

ASSOCIATED BUYERS

Distributor of Natural, Organic, Specialty & Ethnic Foods



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OCTOBER 2010 PRICELIST

BUSINESS HOURS

Monday-Friday
8:30-4:30

REACH US AT

50 Commerce Way
PO Box 399
Barrington, NH 03825
(p)603.664.5656
(f)603.664.8840

for additional product information visit www.assocbuyers.com

FOR ORDERS SHIPPED BETWEEN OCTOBER 4 - OCTOBER 29



www.assocbuyers.com

**Come visit us at Expo East
Oct. 14 - 16, 2010 in Boston
at booth #3711!!**

**Associated Buyers would like to extend
an invitation to visit us at Expo East.**

**We will be offering SHOW DISCOUNTS
for many of our products if you
place orders with us at the show.**

visit www.expoeast.com for Expo information

DISCOUNTS! DEALS! AND MORE!



THANKSGIVING TURKEYS

PREORDERS DUE BY **OCTOBER 18th**

Please confirm shipping schedule for your turkey with your order taker so you know when they will arrive.

item #	Brand	Description	Size	Price	Ext	Sale	Ext
61058	STONEWOOD	TURKEY - FROZEN whole small	16-18# RW	2.99	53.82		
61057	STONEWOOD	TURKEY - FROZEN whole medium	18-19# RW	2.99	56.81		
61056	STONEWOOD	TURKEY - FROZEN whole large	20-24# RW	2.99	71.76		
60666	ORG PRAI	TURKEY ORGANIC	10-14# RW	3.99	47.88	2.99	35.88

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the hottest thing
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Out of this World Gluten Free Cakes & Cookies



• Gluten Free • Dairy Free • Peanut Free • Soy Free
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Shelf Stable



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• Baked in a Dedicated facility • All Natural • No Trans Fats
• No Hydrogenated Oils • Handmade in our NY Bakery

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4 "Visit us at Expo East BOOTH #1411"



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We're the #1 selling ginger candy in North America, #2 non-chocolate brand in the natural segment and the #1 product line of 2010. With these numbers, you can count on us to supply you with the best in ginger.

We've been doing just that since 1984.

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2010 soft™ Gold
"Outstanding Product Line" NASFT Awards



Crystallized Ginger 1812



Original Ginger Chews 1813



Spicy Apple Ginger Chews 1814



Peanut Ginger Chews 1819



Gin Gins 1822

For more healthy, 100% natural and gluten free ginger candies, visit our website www.gingerpeople.com

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IN PRODUCE & IN GROCERY!

FINALLY, SQUEEZE BOTTLES
THAT TASTE GREAT!

MADE WITH ORGANIC
LEMON AND LIME JUICE
AND
ESSENTIAL OIL FOR A
BURST OF FLAVOR!



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KOSHER

Promo
25% Off!*

Volcano Lemon Burst®
&
Volcano Lime Burst®



12 UNITS PER CASE

UPC

VOLCANO LEMON BURST® 200 ML (6.7 OZ) 8-10533-00999-5

VOLCANO LIME BURST® 200 ML (6.7 OZ) 8-10533-00998-8

DREAM FOODS INTERNATIONAL, LLC
WWW.DREAMFOODS.COM
1-877-9VOLCANO
SALES@DREAMFOODS.COM

U PAREVE

*Ask your Associated Buyers sales rep for promotional details.



For the Holidays

The following is an assortment of special **Holiday Items; Gift Ideas, Stocking Stuffers and Holiday Feast Essentials**. These do not need to be preordered, however, we suggest to insure supply, that you place orders for these items early in the season (availability as supplies last).

item#	brand	description	size	regular	ext	sale	ext
BULK							
1345	BAZZINI	TUTTI FRUTTI MIX s(p)	10#	3.55	35.50		
1342	BULK	CHERRIES RED GLAZED s (p)	10#	4.80	48.00		
1348	BULK	CITRON DICED s (p)	10#	3.84	38.40		
2384	BULK	CINNAMON STICKS 2.75 inch	1#	4.24	4.24		
2501	BULK	POULTRY SEASONING	1#	3.99	3.99	3.59	3.59
2544	BULK	VANILLA BEANS 2 beans	VIAL	3.79	3.79	3.49	3.49
2542	BULK	VANILLA BEANS bulk	4 OZ	9.50	38.00	8.55	34.20
1114	BULK	CHESTNUTS whole dry shelled	5#	7.06	35.30	6.35	31.75
FROZEN							
60490	CAVIARME	BLUEBERRIES MAINE WILD IQF ORG	1#	4.07	4.07		
63082	CRESCENT	DUCK BREAST BONELESS 2/bag	2# R/W	10.50	21.00		
63080	CRESCENT	DUCKLINGS LONG ISLAND sm	4# R/W	3.10	12.40		
62214	DUFOUR	APPETIZER CHEESECAKE ARTICHOKE	7 OZ	9.87	9.87	7.99	7.99
60744	DUFOUR	APPETIZER STILTON W/CRANBERRY	5.4 OZ	9.35	9.35		
60742	DUFOUR	APPETIZER 4 CHEESE & RST GAR	5.6 OZ	8.89	8.89		
60740	DUFOUR	PUFF PASTRY all butter UNBL	14 OZ	8.25	8.25		
62215	DUFOUR	TART SHELLS 1 1/2 inch 12ct	2.5 OZ	6.60	6.60	5.94	5.94
63221	FIELDRSB	HAZELNUT CRAN ROAST ENCROUT vg	2#	6.55	13.10		
63216	FIELDRST	CELEBRATION ROAST vg	1 #	5.86	5.86		
60209	GAGNE'S	BISCUITS 5 HERB PARM s 6pk	16 OZ	3.64	3.64	2.91	2.91
60208	GAGNE'S	BISCUITS 72-LYER CRM CHS s 6pk	16 OZ	3.64	3.64	2.91	2.91
63144	GAGNE'S	BISCUITS CRM CHS Food Service	96 CT	0.53	50.88	.42	40.32
62137	GAGNE'S	CINNAMON ROLLS CRM CHS s 6pk	16 OZ	3.64	3.64	2.91	2.91
63146	GAGNE'S	CINNAMON ROLLS Food Service	48 CT	0.84	40.32	.67	32.16
63226	GAGNE'S	PECAN STICKY BUNS 4CT s	13 OZ	3.64	3.64	2.91	2.91
65014	GOODWIVE	MINI FLATBREAD SPIN/GOAT CHS	8.8 OZ	6.92	6.92		
65001	GOODWIVE	MINI PUFF PASTRY BRIE EN CROUT	9.1 OZ	8.43	8.43		
65004	GOODWIVE	MINI PUFF PASTRY CRAB	6 OZ	7.67	7.67		
65002	GOODWIVE	MINI PUFF PASTRY SPIN PESTO	7.2 OZ	7.12	7.12		
65000	GOODWIVE	MINI QUICHE ASPARAGUS	10 OZ	7.32	7.32	6.59	6.59
63083	GOODWIVE	MINI QUICHE MUSHROOM 12ct	8.8 OZ	7.77	7.77		
65009	GOODWIVE	PROFITEROLES MUSHROOM	5.6 OZ	7.46	7.46	6.69	6.69
63189	GOODWIVE	PUFF PASTRY	16 OZ	4.48	4.48		
62077	GOODWIVE	STILTON & CRAN RELISH en CROUT	8.3 OZ	8.58	8.58		
62076	GOODWIVE	TARTLET CHS SPINACH & GARLIC	9.3 OZ	7.22	7.22		
65026	GOODWIVE	TARTLET SHIITAKE SPINACH	10 OZ	9.99	9.99		
65028	GOODWIVE	TORTILLA TRMPT CHILE CON QUESO	9.1 OZ	7.46	7.46		
60500	MERRILL	BLUEBERRIES WILD MAINE IQF ORG	5#	2.50	12.50		
63089	NEWSALEM	TEA BREAD ALMOND ORANGE s	16 OZ	3.29	3.29		
63095	NEWSALEM	TEA BREAD APPLE CINNAMON s	16 OZ	3.29	3.29	2.79	2.79
63091	NEWSALEM	TEA BREAD BANANA s	16 OZ	3.29	3.29	2.96	2.96
63092	NEWSALEM	TEA BREAD BLUEBRY VANILLA s	16 OZ	3.29	3.29	2.96	2.96
63096	NEWSALEM	TEA BREAD CARROT RAISIN s	16 OZ	3.29	3.29		
63093	NEWSALEM	TEA BREAD LEM POPPY LF s	16 OZ	3.29	3.29		



For the Holidays

item#	brand	description	size	regular	ext	sale	ext
63088	NEWSALEM	TEA BREAD LEMON s	16 OZ	3.29	3.29		
63090	NEWSALEM	TEA BREAD ORANGE CRANBERRY s	16 OZ	3.29	3.29	2.96	2.96
63094	NEWSALEM	TEA BREAD PUMPKIN s	16 OZ	3.29	3.29		
63075	STAHLBUS	CRANBERRIES WHOLE USA	10 OZ	3.48	3.48		
ETHNIC							
20185	MATIZ	BREAD APRICOT w/Almonds s	8.8 OZ	5.50	5.50		
41620	STRAMOND	ALMOND CREAM ORG s	8 OZ	13.37	13.37	11.99	11.99
41621	STRAMOND	HAZELNUT CREAM ORG s	8 OZ	13.37	13.37		
20250	BIRDS	CUSTARD POWDER	10.5 OZ	3.93	3.93		
22065	SOMERDL	DOUBLE DEVON CREAM	5.6 OZ	5.71	5.71		
8061	LYLES	GOLDEN CANE SYRUP tin	10.6 OZ	3.41	3.41		
5550	LYLES	SUGAR CASTER	17.6 OZ	3.23	3.23		
GROCERY							
BAKING ESSENTIALS!							
41121	INDIA TR	NAT COLOR SET liq red/yel/blue	2.25 OZ	19.99	19.99		
41251	JOBY & MA	DECORATING SUGAR GREEN natural	4 OZ	2.79	2.79		
41252	JOBY & MA	DECORATING SUGAR ORANGE natural	4 OZ	2.79	2.79		
41250	JOBY & MA	DECORATING SUGAR BLUE natural	4 OZ	2.79	2.79		
41253	JOBY & MA	DECORATING SUGAR PINK natural	4 OZ	2.79	2.79		
31302	LOVENBAK	ALMOND PASTE s	10 OZ	6.90	6.90		
31304	LOVENBAK	HAZELNUT PRALINE s	11 OZ	8.77	8.77		
31303	LOVENBAK	MARZIPAN s	11 OZ	5.81	5.81		
31305	LOVENBAK	PISTACHIO NUT PASTE s	11 OZ	6.51	6.51		
31306	LOVENBAK	SCHMEAR CHOCOLATE FILLING s	12 OZ	3.57	3.57		
31529	MATIN	SPREAD ALMOND CREAM s	7.76 OZ	8.05	8.05		
31528	MATIN	SPREAD CHESTNUT CREAM s	7.76 OZ	4.82	4.82		
41618	STRAMOND	MARZIPAN ORG Italy	8.8 OZ	8.73	8.73		
4293	ROLAND	CHESTNUT PUREE	16 OZ	6.65	6.65		
UMMMM...FOR THOSE COLD NIGHTS AHEAD!							
41128	J CROW	MULLED CIDER MIX loose	10/1.06 OZ	1.25	12.50		
41127	J CROW	MULLED CIDER MIX tea bags	10/10 CT	1.37	13.70		
34377	SILLYCOW	HOT CHOC CHOC milk bottle s	16.9 OZ	3.74	3.74		
35624	SILLYCOW	HOT CHOC GUERNSEY TRUFL bank s	10 OZ	3.70	3.70		
35625	SILLYCOW	HOT CHOC HOLSTEIN TREAT bank s	10 OZ	3.70	3.70		
34398	SILLYCOW	HOT CHOC MRSHMLLW milk bottle	16.9 OZ	3.74	3.74		
34378	SILLYCOW	HOT CHOC TRUFFLE milk bottle s	16.9 OZ	3.74	3.74		
STUFF THAT BIRD							
20293	ALEIAS	STUFFING MIX PLAIN gf	6/12 OZ	4.63	27.78		
20292	ALEIAS	STUFFING MIX SAVORY gf	6/12 OZ	4.63	27.78		
41115	OLIVIAS	STUFFING TRADITIONAL	12 OZ	3.62	3.62	3.26	3.26
41286	OLIVIAS	STUFFING CORNBREAD v	12 OZ	3.62	3.62	3.26	3.26
BREAKFAST IN BED?							
30547	DANCING	PANCAKE/WAFF MIX PUMPKIN SPICE	16 OZ	5.59	5.59		
SWEET THINGS FOR THE STOCKINGS OR THE CANDY BOWL							
32009	BROWN	MAPLE CANDY 3 pieces	.75 OZ	1.99	1.99		
32011	BROWN	MAPLE CANDY 6 pieces	1.5 OZ	4.15	4.15		
32010	BROWN	MAPLE CANDY LEAF	1.5 OZ	3.49	3.49	3.14	3.14



For the Holidays

item#	brand	description	size	regular	ext	sale	ext
6486	HIGHLAND	MAPLE CANDY 5pcs	1.25 OZ	3.49	3.49		
6499	HIGHLAND	MAPLE CANDY LEAF	1.85 OZ	3.99	3.99		
3804	HONEYACR	CORDIAL MINT PATTY Dairy-Free	2# BOX	22.99	22.99		
40149	KNIPSCHL	BAR CHOC BURNT CARML SEA SLT s	3/4 OZ	4.35	13.05		
MORE CANDY & CONFECTIONS							
30860	THEOBROM	BAR CHOC ALMND APL CIN ORG FT	12/1.25 OZ	1.90	22.80	1.33	15.96
30862	THEOBROM	BAR CHOC ALMND CRANBRY ORG FT	12/1.25 OZ	1.90	22.80		
30861	THEOBROM	BAR CHOC ALMOND COCONUT ORG FT	12/1.25 OZ	1.90	22.80		
30863	THEOBROM	BAR CHOC DARK PURE ORG FT	12/1.25 OZ	1.90	22.80		
30864	THEOBROM	BAR CHOC ORANGE CHUNK ORG	12/1.25 OZ	1.69	20.28		
30823	THEOBROM	BAR DK CHOC BANANA CHNK ORG	12/1.25 OZ	1.69	20.28		
30825	THEOBROM	BAR DK CHOC COCONUT CHNK ORG	12/1.25 OZ	1.69	20.28		
30826	THEOBROM	BAR DK CHOC ESPRESSO CHNK ORG	12/1.25 OZ	1.69	20.28		
30824	THEOBROM	BAR DK CHOC RASPBRY CHNK ORG	12/1.25 OZ	1.69	20.28		
30827	THEOBROM	BAR DK CHOCOLATE 72% ORG	12/1.25 OZ	1.69	20.28		
34750	VERITAS	TRUFFLE COLLECTION 5PC ASST s	12/2.5 OZ	5.00	60.00		
34752	VERITAS	TRUFFLE DK CHOC CARAML SSALT s	12/2.5 OZ	5.00	60.00		
34751	VERITAS	TRUFFLE MK CHOC CARAML SSALT s	12/2.5 OZ	5.00	60.00		
34747	VERITAS	WINE PARNG BOLD RED 64% DK CHO	16/3 OZ	3.60	57.60		
34749	VERITAS	WINE PARNG LT RED 70% DK CHOC	16/3 OZ	3.60	57.60		
34748	VERITAS	WINE PARNG MED RED 64% DK CHOC	16/3 OZ	3.60	57.60		
34746	VERITAS	WINE PARNG WHITE 38% MLK CHOC	16/3 OZ	3.60	57.60		
ESSENTIAL COOKING SAUCES							
5495	ROSEBUD	MINT SAUCE s	6 OZ	5.35	5.35	2.76	2.76
40211	TRACKLE	SAUCE MINT CONCENTRATE GF s	6 OZ	3.45	3.45		
5279	DAVES	HOT SAUCE MINI SAMPLERS	4 PK	4.44	4.44		
31470	DAVES	SAUCE ADJUSTABLE HEAT	7.8 OZ	6.99	6.99		
HOLIDAY COOKIES & DESSERTS							
80303	MRSCRIMB	COCONUT MACAROONS CHOC gf	12/8.8 OZ	2.27	27.24	1.82	21.84
80302	MRSCRIMB	COCONUT MACAROONS gf	12/7.4 OZ	2.10	25.20	1.68	20.16
4376	BARHAR	PUDDING INDIAN	15.5 OZ	2.30	2.30		
32445	CAVIARME	SYRUP WILD BLUEBERRY	10 OZ	5.21	5.21		
40144	KNIPSCHL	SAUCE BUTTERSCOTCH s	8 OZ	4.35	4.35		
40145	KNIPSCHL	SAUCE BUTTERSCOTCH W/LIME s	8 OZ	4.35	4.35	3.92	3.92
40141	KNIPSCHL	SAUCE CHOC DULCE DE LECHE s	8 OZ	4.35	4.35		
40148	KNIPSCHL	SAUCE CHOCOLATE MINT s	8 OZ	4.35	4.35	3.92	3.92
40147	KNIPSCHL	SAUCE CHOCOLATE PEANUT s	8 OZ	4.35	4.35		
40142	KNIPSCHL	SAUCE CHOCOLATE s	8 OZ	4.35	4.35		
40146	KNIPSCHL	SAUCE COCONUT CARAMEL s	8 OZ	4.35	4.35		
40140	KNIPSCHL	SAUCE CREME BRULEE s	8 OZ	4.35	4.35		
40143	KNIPSCHL	SAUCE SPICED CHOCOLATE s	8 OZ	4.35	4.35	3.92	3.92
HOLIDAY GIFTS FROM THE KITCHEN							
32442	CAVIARME	BLUBERRIES ME WLD mpl syrp jar	12 OZ	6.07	6.07		
32443	CAVIARME	BLUBERRIES ME WLD mpl syrp jar	25.6 OZ	12.43	12.43		
32441	CAVIARME	BLUEBERRIES ME WLD frt jc jar	25 OZ	10.86	10.86		
32440	CAVIARME	BLUEBERRIES ME WLD frt jce jar	7 OZ	3.86	3.86		
34337	BOYAJIAN	OLIVE OIL MINI gar/basil/lem p	BOX	4.78	4.78		
PIE ANYONE?							
3771	FARM MKT	PUMPKIN ORG can	15 OZ	2.79	2.79	2.23	2.23
3773	FARM MKT	PUMPKIN PIE MIX ORG can	15 OZ	2.95	2.95	2.36	2.36
3775	FARM MKT	SWEET POTATO PUREE ORG can	15 OZ	2.79	2.79	2.23	2.23



For the Holidays

item#	brand	description	size	regular	ext	sale	ext
32446	CAVIARME	PIE FILL WILD MAINE BLUEBERRY	25 OZ	9.71	9.71	7.99	7.99
41125	OUT ON A	PIE FILLING MAINE APLE no sug	25 OZ	6.49	6.49		
41123	OUT ON A	PIE FILLING MAINE APPLE LOW SU	25 OZ	6.49	6.49		
41124	OUT ON A	PIE FILLING ME BLBERRY low sug	25 OZ	6.49	6.49		
41126	OUT ON A	PIE FILLING ME BLUEBRY no sug	25 OZ	6.49	6.49		
41129	OUT ON A	PIE FILLING ME STRAW/RHUB l/su	25 OZ	6.49	6.49		
41297	OUT ON A	PIE FILLING RASPBERRY low sug	25 OZ	6.49	6.49		
41298	OUT ON A	PIE FILLING RASPBERRY no sug	25 OZ	6.49	6.49	5.84	5.84
SPICE UP THE HOLIDAYS AND THE BIRD							
30951	URBANACC	GOURMET BRINING BAG	3.2 OZ	2.81	2.81	2.11	2.11
30948	URBANACC	MULLING SPICE ROYAL TENT CARD	1.5 OZ	2.91	2.91		
30965	URBANACC	RUB LUSCIOUS LAMB	1.25 OZ	2.51	2.51	1.75	1.75
30967	URBANACC	RUB PERFECT PORK	1.25 OZ	2.51	2.51	1.75	1.75
30966	URBANACC	RUB TURKEY GOURMET GOBBLER	1.25 OZ	2.51	2.51	2.26	2.26
30961	URBANACC	SPICE CRANBERRY CRAVINGS	2 OZ	2.63	2.63	1.97	1.97
30962	URBANACC	SPICE GRAVY GOODNESS	1.25 OZ	2.63	2.63		
30963	URBANACC	SPICE SUMPTUOUS STUFFING	2 OZ	2.65	2.65	2.35	2.35
30960	URBANACC	SPICE YUMMY YAMS	2 OZ	2.63	2.63	1.97	1.97
30949	URBANACC	TURKEY BRINE gf	12 OZ	4.61	4.61	3.69	3.69
30950	URBANACC	TURKEY GOURMET BRINE KIT gf	13.25 OZ	9.00	9.00		
2507	BELLS	BELLS SEASONING	1 OZ BOX	2.55	2.55		
30025	LARS	ONIONS CRISPY	4 OZ	2.39	2.39		
71003	DAVES	6 SEA SALT MIX multi shaker	3.7 OZ	4.49	4.49		
33346	HIMALASALT	SEA SALT & PEP TRAVEL SET ORG	3.5 OZ	4.35	4.35	3.89	3.89
33345	HIMALASALT	SEA SALT & PEPPER GRINDERS ORG	10 OZ	9.06	9.06		
33162	HIMALASALT	SEA SALT HIMALAYAN CRMIC GRNDR	2.8 OZ	14.84	14.84	13.36	13.36
33161	HIMALASALT	SEA SALT HIMALAYAN MINI GRNDR	4 OZ	5.60	5.60	5.04	5.04
34656	HIMALASALT	SEA SALT ZEN CUBE W/GRATER	11 OZ	11.40	11.40		
21122	MATIZ	FLOR DE SAL Spain	4.4 OZ	8.37	8.37		
CHESTNUTS ROASTING BY THE OPEN FIRE...							
31267	ROLAND	CHESTNUTS MARRONS rst peeled	7.4 OZ	8.50	8.50		
31268	ROLAND	CHESTNUTS MARRONS rst/peeled	14.8 OZ	10.75	10.75		
5756	TOMEI	CHESTNUTS ROASTED PEELED China	3.6 OZ	1.65	1.65		
21121	MATIZ	CHESTNUTS ORGANIC Spain	7.05 OZ	6.40	6.40		
HOLIDAY CONDIMENTS AND ALL THOSE SPECIAL SEASONAL PRESERVES!							
31018	AMER SPN	BALATON BRANDIED CHERRIES	13.5 OZ	6.25	6.25		
31019	AMER SPN	WINTER COMPOTE w/brandy	13 OZ	5.69	5.69		
41155	APPALACH	SAUCE CRANBERRY LIME s Vg	8 OZ	3.99	3.99		
34349	APPALACH	SAUCE CRANBERRY ORG Cape Cod	10 OZ	3.99	3.99		
34930	JUDYS	RELISH CRANVERYBERRY RUM s	12 OZ	4.64	4.64		
34931	JUDYS	RELISH CRANVERYBERRY RUM s	8 OZ	4.29	4.29		
6246	KNUDSEN	CRANBERRY SAUCE jar s	9 OZ	3.40	3.40		
31533	MATIN	JAM APPLE PEAR WALNUT s	13 OZ	6.21	6.21	4.99	4.99
31531	MATIN	JAM BLACK FIG s	13 OZ	6.21	6.21		
31532	MATIN	JAM PEACH APRICOT RASP s	13 OZ	6.21	6.21		
31530	MATIN	JAM TANGERINE s	13 OZ	6.21	6.21		
41088	NE CRAN	CHUTNEY CRAN MANGO s	12 OZ	3.80	3.80		
41087	NE CRAN	CHUTNEY CRANBERRY s	12 OZ	3.80	3.80		
41093	NE CRAN	CRANBERRY & ORANGE SLICES s	12 OZ	3.75	3.75		
41094	NE CRAN	CRANBERRY POM SAUCE s	12 OZ	3.75	3.75		
41092	NE CRAN	CRANBERRY SAUCE s	12 OZ	3.75	3.75		
41090	NE CRAN	JELLY CRAN ONION PEPPER s	12 OZ	4.03	4.03		



For the Holidays

item#	brand	description	size	regular	ext	sale	ext
41091	NE CRAN	JELLY CRAN POM PEPPER s	12 OZ	4.03	4.03		
41089	NE CRAN	JELLY CRANBERRY PEPPER	12 OZ	4.03	4.03		
5486	ROSEBUD	JELLY CRANBERRY & ORANGE s	8 OZ	5.71	5.71		
5480	ROSEBUD	JELLY MINT s	8 OZ	5.86	5.86		
5483	ROSEBUD	JELLY RED CURRANT s	8 OZ	6.26	6.26		
5481	ROSEBUD	JELLY ROSEMARY s	8 OZ	5.95	5.95		
5207	ROSEBUD	MARMALADE ORANGE & WHISKEY s	8 OZ	5.96	5.96		
40212	TRACKLE	CRANBERRY SAUCE W PORT GF s	9 OZ	4.30	4.30	3.44	3.44
40209	TRACKLE	JELLY MINT GF s	6 OZ	3.50	3.50	2.80	2.80
5213	TRACKLE	JELLY RED PEPPER & CHILLI s	9 OZ	4.40	4.40		
5211	TRACKLE	JELLY REDCURRANT s	9 OZ	4.40	4.40		
40210	TRACKLE	JELLY ROSEMARY GF s	6 OZ	3.55	3.55	2.84	2.84
32444	CAVIARME	SPREAD WILD BLUEBERRY	9 OZ	5.00	5.00		
FRUIT BUTTERS							
30300	AMER SPN	BUTTER APPLE	8 OZ	5.15	5.15		
30301	AMER SPN	BUTTER CHERRY	9 OZ	5.15	5.15		
31406	AMER SPN	BUTTER GINGER PEAR s	9 OZ	5.15	5.15		
30302	AMER SPN	BUTTER MANGO s	9 OZ	5.15	5.15		
30304	AMER SPN	BUTTER PUMPKIN s mpl sugar	9 OZ	5.15	5.15		
30299	AMER SPN	BUTTER RED RASPBERRY seedls	9 OZ	5.15	5.15		
31405	AMER SPN	BUTTER STRAWBERRY s	9 OZ	5.15	5.15	4.35	4.35
CURDS AND WAY...WAY GOOD (as they say in Maine)							
34691	HOGANS	LEMON CURD s	11 OZ	5.39	5.39		
5575	THURSDAY	CURD LEMON s	11 OZ	4.80	4.80		
30049	THURSDAY	CURD LIME s	11 OZ	4.80	4.80		
LET'S MAKE THE HOLIDAY SWEETER!							
6488	HIGHLAND	MAPLE BUTTER/CREAM CINNAMON	9 OZ	9.99	9.99		
6507	HIGHLAND	MAPLE BUTTER/CREAM jar	9 OZ	9.99	9.99		
6511	HIGHLAND	MAPLE SYRP GR A MED ORG gl/hnd	8 OZ	5.99	5.99		
6480	HIGHLAND	MAPLE SYRP GRADE B glass jug	16 OZ	9.95	9.95		
6483	HIGHLAND	MAPLE SYRP GRD A MED COLLECTOR	34 OZ	23.50	23.50	21.15	21.15
6484	HIGHLAND	MAPLE SYRP GRD A MED COLLECTOR	8 OZ	8.99	8.99		
6485	HIGHLAND	MAPLE SYRP GRD A MED gl cabin	8.4 OZ	7.96	7.96		
6489	HIGHLAND	MAPLE SYRP GRD A MED gl leaf	8.4 OZ	8.99	8.99		
6500	HIGHLAND	MAPLE SYRP LEAF NIP	1.7 OZ	2.90	2.90		
6515	HIGHLAND	MAPLE SYRP ROUND CRUET	10 OZ	9.99	9.99		
30368	HIGHLAND	MAPLE SYRUP AMBER APPLE	12 OZ	9.95	9.95		
6475	HIGHLAND	MAPLE SYRUP INFUSED w/CINAMON	8 OZ	8.99	8.99		
6474	HIGHLAND	MAPLE SYRUP INFUSED w/VANILLA	8 OZ	8.99	8.99		
HOUSEHOLD							
LIGHT UP THE HOLIDAYS!							
2189	ABI	CANDLE PURE BEESWAX 8 inch	EACH	1.95	1.95	1.76	1.76
50143	CHAMP AP	BEESWAX CANDLES 12inch	PAIR	5.79	5.79		
50108	EASTWIND	CANDLE TAPERS 12in BEESWAX	PAIR	8.74	8.74		
50107	EASTWIND	CANDLE TAPERS 9in BEESWAX	PAIR	7.35	7.35		
5750	WAYWAX	CANDLE PILLAR CITRUS HARMONY	3 X 3IN	5.90	5.90		
5753	WAYWAX	CANDLE PILLAR CITRUS HARMONY	2 X 4.5IN	4.19	4.19	3.77	3.77
5746	WAYWAX	CANDLE PILLAR COZY HOME	3 X 3IN	5.90	5.90		
5749	WAYWAX	CANDLE PILLAR COZY HOME	2 X 4.5IN	4.19	4.19		



For the Holidays

<i>item#</i>	<i>brand</i>	<i>description</i>	<i>size</i>	<i>regular</i>	<i>ext</i>	<i>sale</i>	<i>ext</i>
5748	WAYWAX	CANDLE PILLAR ESSENTIAL LOVE	3 X 3IN	5.90	5.90		
5754	WAYWAX	CANDLE PILLAR ESSENTIAL LOVE	2 X 4.5IN	4.19	4.19		
5755	WAYWAX	CANDLE PILLAR EUCALYPTUS	1.5X6IN	4.19	4.19		
5760	WAYWAX	CANDLE PILLAR LAVENDER	2 X 4.5IN	4.19	4.19		
5744	WAYWAX	CANDLE PILLAR NORTHERN FOREST	3 X 3IN	5.90	5.90		
5751	WAYWAX	CANDLE PILLAR NORTHERN FOREST	2 X 4.5IN	4.19	4.19		
5758	WAYWAX	CANDLE PILLAR ORANGE	2 X 4.5IN	4.19	4.19	3.77	3.77
5761	WAYWAX	CANDLE PILLAR PATCHOULI	2 X 4.5IN	5.10	5.10	4.59	4.59
5745	WAYWAX	CANDLE PILLAR SWEET DREAMS	3 X 3IN	5.90	5.90		
5752	WAYWAX	CANDLE PILLAR SWEET DREAMS	2 X 4.5IN	4.19	4.19		
5773	WAYWAX	CANDLE PILLAR UNSCENTED	2 X 4.5IN	4.19	4.19		
4769	WAYWAX	CANDLE TIN CITRUS HARMONY	3 OZ	3.59	3.59		
4770	WAYWAX	CANDLE TIN COZY HOME	3 OZ	3.59	3.59		
4771	WAYWAX	CANDLE TIN ESSENTIAL LOVE	3 OZ	3.59	3.59		
4772	WAYWAX	CANDLE TIN NORTHERN FOREST	3 OZ	3.59	3.59		
4773	WAYWAX	CANDLE TIN SWEET DREAMS	3 OZ	3.59	3.59	3.23	3.23
4782	WAYWAX	CANDLE TUB CITRONELLA HEMP	2#	10.50	10.50		
5770	WAYWAX	VOTIVE AROMATHERAPY EUCALYPTUS	6 CNT	1.25	7.50	1.10	6.60
5766	WAYWAX	VOTIVE AROMATHERAPY LAVENDER	6 CNT	1.25	7.50		
5771	WAYWAX	VOTIVE AROMATHERAPY ORANGE	6 CNT	1.25	7.50		
5767	WAYWAX	VOTIVE AROMATHERAPY PATCHOULI	6 CNT	1.49	8.94		
4764	WAYWAX	VOTIVE CITRUS HARMONY	6 CNT	1.25	7.50		
4765	WAYWAX	VOTIVE COZY HOME	6 CNT	1.25	7.50		
4766	WAYWAX	VOTIVE ESSENTIAL LOVE	6 CNT	1.25	7.50	1.13	6.78
4767	WAYWAX	VOTIVE NORTHERN FOREST	6 CNT	1.25	7.50		
4768	WAYWAX	VOTIVE SWEET DREAMS	6 CNT	1.25	7.50		
5772	WAYWAX	VOTIVE UNSCENTED	6 CNT	1.25	7.50	1.13	6.78
REFRIGERATED							
1529	BELGIO	ASIAGO WEDGES (4pcs)	2# R/W	8.78	17.56		
5730	BELLERV	BRIE WHEEL	8 OZ	5.09	5.09		
112C	BULK	CREAM CHEESE	3#	3.19	9.57	2.87	8.61
1572	CLAWSON	STILTON PORTIONS England	5OZ	5.99	5.99		
5734	REMY	BRIE WHEEL	1 KILO	16.75	16.75		
90120	ROSENBG	BLUE CHEESE WEDGES	4.4 OZ	3.52	3.52		
1573	SOMERDL	DOUBLE GLOUCESTER England	7 OZ	5.35	5.35	4.69	4.69
6441	TOURNEVT	CHEVRE NOIR Goat cheddar	4.5 OZ	6.50	6.50		
90221	GRAFTON	DUET PREM CHED/BLU CHS 1/2 WHL	1.75# RW	13.70	27.40		
90220	GRAFTON	DUET PREM CHED/BLUE CH wedge	6 OZ	5.29	5.29		
91055	PINELAND	VARIETY WEDGES 4/4OZ ONE EACH	4/4OZ	7.99	7.99		
90170	VT BUTTR	CREME FRAICHE	8 OZ	3.30	3.30		
90171	VT BUTTR	MASCARPONE	8 OZ	3.70	3.70		
90118	DEVON	DEVON CREAM	6 OZ	5.45	5.45	4.85	4.85



100%
ORGANIC
JUICES

Not From Concentrate
DIRECT JUICE
NO Additives of Anykind

**elite
naturel**

www.elitenaturel.com



*Your customers will love
these delicious, wholesome,
allergy friendly treats.*

 **NEW—Our oatmeal cookies are
now Gluten Free!**

 **Nut Free**

 **Whole Grain**

Perfect for including people with allergies
and sensitivities.

Delicious for *everyone*.



The Real Taste of Licorice.



- ✓ Premium quality, soft licorice
- ✓ All natural ingredients
- ✓ FAT FREE*
- ✓ Kosher certified*
- ✓ No preservatives, artificial flavors, colors or salt
- ✓ Suitable for vegan and vegetarian consumption*

* Exception: Panda Cremes which contain fat (no trans fat) and skim milk powder



All natural Panda Licorice Cremes are soft, filled licorice chews!

Contains the following flavors:

Banana, Caramel, & Strawberry.

Package is resealable for freshness!



All Black Licorice and Mixed Raspberry/Black Licorice shippers available

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BAKING - EXTRACTS & FLAVORINGS
BAKING MIXES
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BEANS, CANNED - REFRIED
BEANS, DRIED & PACKAGED
BEVERAGES, JUICE
BEVERAGES, JUICE CONCENTRATES
BEVERAGES, JUICE - ASEPTIC
BEVERAGES, SPARKLING
BEVERAGES, NON-ALCOHOLIC
BEVERAGES, NON-DAIRY & DAIRY
BEVERAGES, TEA/COFFEE, HERB, READY TO DRINK
BEVERAGES, MIXES POWDERED
BEVERAGES, MIXES LIQUID
BEVERAGES, WATER & FLAVORED WATER
BREADS, BREAD CRUMBS & CROUTONS
BREAKFAST, CEREALS & GRANOLAS
BREAKFAST MIXES
CANDY & CONFECTIONS
CHEESE, SHELF STABLE
CHIPS, PRETZELS & PUFFS
COFFEE
COFFEE SUBSTITUTES
CONDIMENTS, BOUILLON/BROTH/PWD/GRVY MIX
CONDIMENTS, COOKING SAUCES - BBQ & MARIN
CONDIMENTS, SAUCES
CONDIMENTS, COOKING HOT SAUCES
CONDIMENTS, WORCESTERSHIRE SCE
CONDIMENTS, DIPS & SPREADS
CONDIMENTS, OLIVES
CONDIMENTS, PICKLED & MARINATED
CONDIMENTS, PICKLED - CAPERS
CONDIMENTS, PICKLES, RELISH, SAUERKRAUT
CONDIMENTS, SALAD DRESSINGS
CONDIMENTS, SALSA
CONDIMENTS, SPREADS - MUSTARD
CONDIMENTS, SPREADS - KETCHUP
CONDIMENTS, SPREADS - MAYO
COOKIES
CRACKERS, BREAD STICKS & RICE CAKES
DESSERTS & TOPPINGS
FLOUR
FRUITS, CANNED & JARS
FRUITS, CANNED & JARS - APPLES/SAUCES
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GROCERY BRAND NAME REFERENCE

123 GLUTEN FREE	baking mixes
3 ACRE KITCHEN - formerly Nancy's	condiments, bbq & marinades
	condiments, salad dressings
AK MAK	crackers, bread sticks & rice cakes
AL DENTE	pasta
ALEIA'S GLUTEN FREE FOODS	bread, breadcumbs, croutons, stuffing
	cookies
AL KANATER	Middle Eastern - desserts
ALMA	condiments, olives
	nuts & seeds
ALSO SALT	herbs & spices, other
AL WADI	Mediterranean - cooking sauces
	baking extracts
AMERICAN SPOON FOODS	condiments, cooking sauce - BBQ
	condiments, cooking sauce marinades
	condiments, pickles, relish & sauerkraut
	condiments, sandwich spreads - mustard
	desserts & dessert toppings
	preserves & spreads, sweetened
	preserves & spreads, butters
AMORE	condiments, cooking sauces
AMOY	Asian - noodles
AMY & BRIAN	beverages, juice
AMY'S KITCHEN	beans, canned - baked
	prepared foods - canned
	soups, canned
ANCIENT HARVEST QUINOA	flour
	grains
ANNIE CHUN'S	Asian - noodles
	prepared foods, packaged
ANNIE'S HOMEGROWN	cookies
	crackers, bread sticks & rice cakes
	prepared foods, canned
	prepared foods, packaged
	snacks & snack bars
ANNIE'S NATURALS	condiments, cooking BBQ sauces
	condiments, cooking marinades
	condiments, cooking worcestershire
	condiments, salad dressings
	condiments, sandwich spd, mustard
	condiments, sandwich sprd, ketchup
APPALACHIAN NATURALS	condiments, cooking marinades
	condiments, dips & spreads
	condiments, salad dressings
	condiments, salsa

condiments, sandwich spd, mustard
preserves
APPENNINO
Mediterranean - condiments, dips & sauces
APPLE & EVE
beverages, juice aseptic
ARIA IMPORTS
olive oils
ARIEL
beverages, non-alcoholic
ARROWHEAD MILLS
baking mixes
breakfast, cereals & granolas
breakfast, mixes
flour
grains
rice
ARTISANA NUT BUTTERS
nut & seed butters
ASIAN BEST
Asian - cooking sauces& ingredients
ASIAN BOY
Asian - herbs & seasonings
Asian - nori & wrapping sheets
ASSI
Asian - beverages
ATHENA
olive oils
ATLANTIC ORGANIC
condiments, vinegar balsamic
oils
olive oils
AUNT GUSSIE'S
cookies
AURORA
chips, pretzels & puffs
fruits, dried & packaged
fruits & nut mixes
nuts & seeds, packaged
snacks & snack bars
BAKERY ON MAIN
breakfast cereal & granola
snacks & snack bars
BARBARA'S BAKERY
breakfast, cereals & granolas
chips, pretzels & puffs
cookies
crackers, bread sticks & rice cakes
prepared foods, packaged
BAR HARBOR
beans, canned, baked
condiments, bouillon & broths
desserts & toppings
seafood
soups, canned & aseptic
BARNIER
condiments, olives
BAVARIA
beverages, sparkling
BAZZINI
nuts & seeds roasted
BEE RAW
sweeteners, honey
BELLA TERRA
vegetables, tomatoes
pasta
BELL'S SEASONING
herbs & spices
BELVOIR
beverages, sparkling
BERKSHIRE GRAIN
breakfast cereals & granolas
BERKSHIRE MOUNTAIN BAKERY
cookies
BETTER THAN FRED'S
condiments, salsa
BETTER THAN MILK
beverages, non-dairy & dairy
BILARDO BROTHERS
herbs & spice blends
BILLINGTON'S
sweeteners, sugar
BIONATURAE
beverages, juice
condiments, vinegars
olive oil
pasta
preserves, unsweetened
vegetables, tomatoes
BIOTTA
beverages, juice
BIRDS
UK foods - baking mixes
BISCA WATER CRACKERS
crackers, bread sticks & rice cakes

BISTO	UK foods - cooking sauces & ingredients	CELESTIAL SEASONINGS	teas	DALMATIA	Mediterranean - dips & spreads
BITE ME	condiments, cooking sauces - hot	CEREAL TERRA	Mediterranean	DAMORGADA	olive oil
BLUE DIAMOND	beverages, non-dairy & dairy	condiments - capers	CERELVIT	DANCING DEER	breakfast mixes
BLUE MOUNTAIN	Asian - coconut milk	breakfast cereal & granola	CHACHI	cookies	DANIELLE
Caribbean - herbs & seasonings		condiments, hot sauce	CHAMPLAIN VALLEY APIARIES	chips, pretzels & puffs	fruit, canned
Mexican - herb & seasonings		sweeteners	CHAO THAI BRAND	DARI	grains & flakes
BLUE SKY	beverages, sparkling	Asian - coconut milk & powders	CHAPPAQUA CRUNCH	DAVE'S GOURMET	baking salt
beverages, tea, coffee, herb ready-to-drink		breakfast cereals & granolas	CHATFIELDS	beverage mixes, liquid	condiments, cooking hot sauces
BLUE STAR	crackers, bread sticks & rice cakes	baking, chocolate & cocoa	cheesecake	condiments, sandwich sprd - mustard	pasta sauces
BOB'S	baking products	sweeteners, misc.	CHEBE	DAWES HILL	sweeteners, honey
BOBBY O'S	chips, pretzels & puffs		CHERRYBROOK KITCHEN	DE LA ESTANCIA	grains & flakes
BOBO'S	pasta sauces	baking mixes	breakfast mixes	DEEP RIVER SNACKS	chips, pretzels & puffs
BOTTLE GREEN	beverages, non-alcoholic	breakfast cereal & granola	CHOICE ORGANIC TEAS	DELI-CATESSEN	crackers, bread sticks & rice cakes
BOULDER HOT SAUCE	condiments, cooking hot sauces	CHOLOLA	condiments, cooking sauce - hot	DELICIAS	condiments, pickled & marinated
BOXFORD BAKEHOUSE	breakfast cereal & granola	CLAEYS	Candies & confections	DELL AMORE	condiments, pickled capers
BOYAJIAN	baking - extracts & flavors	CLASSY DELITES	condiments, dips & spreads	DENNYMIKE'S	pasta sauces
oils, flavored		CLIF	snacks & snack bars	condiments, bbq	herb & seasoning blends
vinegars - flavored		COBRAM ESTATE	olive oil	DESTINO	vegetables
BRAGGS	condiments, vinegars	COLAVITA	condiments, vinegars	DIVINA	Mediterranean - dips & spreads
BROOKFARM	nuts & seeds, packaged	olive oils	COLE'S	condiments, pickled & marinated	condiments, olives
oils		COLMAN'S	seafood	crackers, bread sticks & rice cakes	olive oil
BROWN FAMILY FARM	candy & confections	herbs & seasonings	COLMAN'S OF NORWICH	vegetables	
sweeteners, maple		UK foods - cooking sauces & ingredients	COLUMELA	DIVINE CHOCOLATE	candy & confections
BUBBIE JEAN	cooking sauces	condiments, vinegar	COMIDA MEXICANA	DOMAINE DE VIGNES	vinegar
BURNHAM & MILLS	beverage mixes, powdered	Mexican - cooking sauces	COMPANION	DONA MARIA	Mexican - cooking sauces
candy & confections		Asian - prepared foods	COMVITA	DOWD & ROGERS	baking mixes
BUSHA BROWNE	preserves & spreads, sweetened	condiments, cooking sauces	COOL CUPS	flours	DR. GONZO'S
condiments, cooking sauces		condiments, pickled & marinated	snacks & snack bars	condiments - sandwich spreads, mustards	condiments - cooking sauces, hot
condiments, cooking sauces, bbq & marinades		CONDIMENTAL	COOMBS FAMILY FARM	DR. MCDUGALL'S	breakfast, cereals & granolas
BUTTERFLY	Asian - noodles	CONDIMENTAL	sweeteners, maple	breakfast, cereals & granolas	soups, dried & packaged
CAFE BUSTELO	coffee	CONDIMENTAL	CORTAS	soups & broths, canned & aseptic	DR. STUART'S
CAFIX	coffee substitutes	CONDIMENTAL	Mediterranean - cooking sauces	tea	DRAGON
CALBEE	Chips, pretzels & puffs	COSMO'S	condiments, pickled & marinated	Asian - cooking sauces	DRAGON FLY
CAL VALLS	condiments, olives	COWTOWN	condiments, cooking sauces - bbq	Asian - soy sauces & tamari	DRAGONFLY
beverages, juice		CREAM-NUT	nut butters	teas	DREW'S ALL NATURAL
vegetables, tomatoes		CROFTER'S	preserves, sweetened	condiments, salad dressings	condiments, salsa
CALIFORNIA CRUNCHIES	nuts & seeds, packaged	preserves, unsweetened	CROOKED BIRCH	DYNASTY	Asian - cooking sauces & ingredients
CAMEL BRAND	Middle Eastern - desserts	condiments, cooking sauces	condiments, cooking sauces	Asian - fruits, canned	Asian - herbs & seasonings
CANARINO	Teas	condiments, pickled & marinated	condiments, pickled & marinated	Asian - noodles & rice sticks	Asian - oils
CANDELEROS	Mexican - cooking sauces	condiments, cooking sauces - bbq	condiments, cooking sauces	Asian - vegetables	teas
Mexican - condiments, salsa		CREAM-NUT	condiments, pickled & marinated	EARTH'S BEST	baby food
CANDY TREE	candy & confections	CROFTER'S	condiments, pickled & marinated	ECO TEAS	tea
CAP BON	Mediterranean - candy & confections	CROOKED BIRCH	condiments, pickled & marinated	EDEN FOODS	Asian - herbs & spices
CAPE COD SPECIALTY FOODS	candy & confections	condiments, pickled & marinated	condiments, pickled & marinated	Asian - pickled & marinated	Asian - noodles
CARLSON ORCHARDS	beverages, non-alcoholic	CONDIMENTAL	CONDIMENTAL	Asian - nori	Asian - soups & broths
fruits, canned - applesauce		CROSTINI	crackers, bread sticks & rice cakes	Asian - soy & tamari	Asian - vinegar
CARMELINA	vegetables, tomatoes	CROWN PRINCE	seafood	baking products	baking salt
CARRILLO'S	condiments, salsa	CRUNCHMASTER	crackers	beans, refried	beans, canned organic
CARR'S	cookies	CRYSTAL'S	sweeteners, honey	beverages, juice	beverages, juice concentrates
crackers, bread sticks & rice cakes		CTF	Asian-cooking sauces		
CASABLANCA GARDENS	prepared foods, packaged	CUTONE	vegetables		
CASCINA BELVEDERE	rice	D'ALLASANDRO	baking, salts		
CAVIAR OF MAINE	fruit, canned & jars	baking, salts	beans, packaged & dried		
fruit, pie fillings		dried mushrooms	grains		
fruit, dried & packaged		herbs & spices	rice		
preserves - unsweetened		DAGOBA	baking, chocolate & cocoa		
desserts & dessert toppings		baking, chocolate & cocoa	beverage mixes, powdered		
		candy & confections			

EDEN FOODS - cont.	FIESTA	GO MACRO
beverages, non-dairy & dairy	condiments, dips & spreads	snacks & snack bars
chips, pretzels & puffs	FINAX	GO MAX GO!
condiments, pickled, sauerkraut	breakfast cereals & granolas	candy & confections
condiments, sandwich sprd - mustard	FINN CRISPBREAD	GOOD
fruit, dried & packaged	crackers, bread sticks & rice cakes	condiments, dressings
fruit, canned applesauce	FINNSKA	condiments, mayo
grains & flakes	candy & confections	oils
nuts & seeds, packaged	FLORIDA	GOOD HEALTH NATURAL FOODS
oils	sweeteners, sugar	chips, pretzels & puffs
pasta	FIORDI FRUTTA	GOURMET MOM'S
pasta sauce	baking products	condiments, cooking sauces
pizza sauce	preserves, unsweetened	GRANJA SAN FRANCISCO
prepared foods, canned	FIORDIMELE	sweeteners, honey
preserves, butters	sweeteners, honey	GRANZOTI
sweeteners, grain	FIORDINOCCIOLA	snacks & snack bars
teas	nut & seed butters	GREEK GOURMET
vegetables, tomatoes	FIZZY LIZZY	condiments, olives
EDWARD & SONS	beverages, sparkling	condiments, pickled & marinated
crackers	FLAHAVAN'S	condiments, pickled & marinated - capers
prepared food, packaged	breakfast cereals & granolas	vegetables, peppers
soups, broths & bouillon	FLAVRZ	GREEN & BLACK'S
EFFERVE	beverages, juice concentrates	baking, chocolate & carob
beverages, sparkling	FLOTT	beverage mixes, powdered
EIGHTH WONDER	pasta sauce	candy & confections
rice	FOCO	GREEN MOUNTAIN GRINGO
EL ALMENDRO	Asian - beverages	chips, puffs, & popcorn
candy & confections	FOOD MERCHANTS	condiments, salsa
ELEONA'S	prepared foods	GREENE'S OF VERMONT
condiments, olives	FOODSHOULDTASTEGOOD	condiments, cooking sauces
ELEPHANT	chips, pretzels & puffs	GRINGO JACK'S
Asian - noodles	FOX HOLLOW MUSTARD	condiments, bbq
ELITE NATUREL	condiments, sandwich sprd mustard	condiments, salsa
beverages, juice	FRANCESCA DI MONTE	chips
EL MANAR	vinegar, balsamic	GUAYAKI
Mediterranean - cooking sauces	FRONTIER NATURAL	tea
EL PESCADOR	herbs & spices, other	GUERZONI
seafood	FRONTIER SOUPS	Mediterranean
EL VELERO	soups, cups & dry mixes	GUS (GROWN UP SODA)
seafood	FRUITABU	beverages, sparkling
EMERALD COVE	snacks & snack bars	HAFI
Asian - nori	FUNGUS AMONGUS	beverages, juice concentrates
Asian - snacks	dried mushrooms	HAIKU
sea vegetables	herbs & seasonings	teas
EMILIANA	GALVANINA	HAIN
condiments, vinegars balsamic	beverages, sparkling	condiments, spreads mayonnaise
EMPEROR'S KITCHEN	beverages, water & flavored water	oils
Asian - herbs & seasonings	GARDEN OF EATIN'	HAKUBAKU
Asian - pickled & marinated	chips, puffs, & popcorn	Asian - noodles & rice sticks
herbs & spices	GEETA'S	HALF MOON BAY TRADING CO.
ENER -G	Indian - chutney & pickles	beverage mixes, liquid
baking products	Indian - cooking sauces	condiments, bbq
breads & croutons	Indian - cooking pastes	condiments, hot sauce
flour	GENISOY	condiments, ketchup
ENVIROKIDZ	snacks & snack bars	condiment, mustard
breakfast cereals	GEROLSTEINER	HAMPSTEAD TEA
EQUAL EXCHANGE	beverages, water & flavored water	Tea
baking, chocolate, cocoa & carob	GG	HANG
beverage mixes, powdered	crackers, bread sticks & rice cakes	Asian - noodles & rice sticks
candy & confections	GHIRARDELLI	HAPI
coffee	baking, chocolate & carob	Asian - snacks
teas	beverage mixes, powdered	HAPPY PHO
ERAWAN	candy & confections	Asian - noodles & rice sticks
Asian - flour	GILLIAN'S FOODS	Asian - soups, broths & bouillon
Asian - noodles & rice sticks	breads & croutons	HARIMSA
ESSENTIAL LIVING FOODS	pasta	baking mixes
beverage mixes, powdered	GINGER PEOPLE	HATCH
candy & confections	baking products	Mexican - cooking sauces
snack & snack bars	baking, flavors & extracts	Mexican - vegetables
sweeteners	beverages, juice	HAUTE CUISINE
EUROSUPREME	beverages, sparkling	crackers, bread sticks & rice cakes
oils, flavored & spray	candy & confections	HAVISTA
FAMILIA	condiments, cooking sauces	Asian - noodles & rice sticks
breakfast, cereals & granolas	cookies	HEDGIES
FAMOSO	fruit, dried	condiments, salsas
pasta	preserves & spreads, sweetened	HEINZ
vegetables, tomatoes	GLACIA ICEBOX	condiments, sandwich spread ketchup
FANTASTIC FOODS	beverages, water	soups & broths, canned
prepared, packaged	GLENNY'S	HELWA
FARMER'S MARKET	snacks & snack bars	cookies
vegetables	GNU FOODS - FIBER & FLAVOR	HENRY & LISA'S
FASTACHI	snacks & snack bars	seafood
nut & seed mixes, packaged	GOLD EARTH	HERDEZ
FEARN	Asian - noodles	Mexican - condiments, salsa
baking products	GOLDEN BOY	HERRELL'S
FELIX LINGONBERRIES	Asian - cooking sauces	desserts & dessert toppings
fruit, canned & jars	GOLDEN GATE	HICK LICK'N
FENG SHUI	herbs & spices	condiments, cooking sauces
Asian - snacks	GOLDENFRY	HICKORY
FENTIMAN'S	UK foods - baking mixes	snacks & snack bars
beverages, sparkling	GOLDIES	HIGHLAND SUGARWORKS
FIDDLER'S GREEN	candy & confections	breakfast mixes
baking mixes	snacks & snack bars	candy & confections
breakfast, cereal & granolas	GOLDRUSH SOURDOUGH	preserves, butters
breakfast, mixes	baking products	sweeteners, maple
dessert toppings		

HIKARI	Asian - soups, broths & bouillons	KAME	Asian - cooking sauces Asian - noodles & rice sticks Asian - vegetables crackers, bread sticks & rice cakes	LEKSAND	crackers, bread sticks & rice cakes
HIMALASALT	baking, salts & salt mills herbs & spices, others			LES MOULINS MAHJOUR	Mediterranean olive oils
HIME	Asian - herbs & seasonings rice	KASHI	breakfast, cereals & granolas crackers, bread sticks & rice cakes snacks & snack bars	LETS DO ORGANIC	baking products candy & confections desserts
HOFAN	Asian - noodles & rice sticks	KETTLE CHIPS	chips, puffs, & popcorn	LIJJAT PAPADUMS	Indian - crackers
HOGAN'S	baking mixes preserves & spreads, sweetened	KIKKOMAN	Asian - bread crumbs, panko Asian - cooking sauces Asian - soups, broths Asian - soy sauces & tamari	LINDT	candy & confections
HOLLY'S	breakfast products	KIMLAN	Asian - cooking sauces & toppings	LITTLE BAY BAKING CO.	baking, mixes
HOME FREE	cookies	KING	fruits, dried & packaged	LITTLE BEAR	Mexican - crackers/taco shells beans canned, refried chips, pretzels & puffs herbs & spices blends
HONEES	candy & confections	KING ARTHUR	baking mixes breakfast mixes flour	LITTLE DUCK ORGANICS	fruit, dried & packaged
HONEST KIDS	beverages, ready-to-drink	KITCHEN BASICS	soups & broth	LIV ORGANIC	beverages, juice
HONEST TEA	beverages, tea	KITCHEN TABLE BAKERS	crackers	LIVING HARVEST	beverages, dairy & non-dairy
HONEY GARDEN APIARIES	sweeteners, honey	KNIPSCHILDT	candy & confections dessert & dessert toppings	LKK PANDA	Asian - cooking sauces
HONEYLAND	sweeteners, honey	KNUDSEN	beverages, juice beverages, juice concentrates beverages, aseptic beverages, sparkling	LONGEVITY	baking products
HONIBE	sweeteners, honey	KOKUHO	rice	LOS CHILEROS	Mexican - baking mixes Mexican - flours Mexican - grains Mexican - herbs & seasoning Mexican - prepared foods
HP SAUCE	UK foods - cooking sauces & ingredients	KOMBUCHA WONDER DRINK	beverages, iced tea & ready to drink tea	LOTUS FOODS	rice
HSIN TUNG YANG	Asian - cooking pastes	KOON CHUN	Asian - cooking sauces	LOVE N BAKE	baking products
HUBS	nuts & seeds, packaged	KRISTALL	beverages, sparkling	LUCY'S	cookies
IAN'S NATURAL FOODS	bread, bread crumbs & croutons	LA BALEINE	baking, salts	LULU	condiments, cooking sauces condiments, dips & spreads condiments, vinegars - balsamic preserves, sweetened sweeteners, honey
IBARRA	Mexican - beverage mixes	LA CHINATA	herbs & spices, other	LUNA	snacks & snack bars
IMAGINE FOODS	soups, canned & aseptic	LA MASIA	vinegars vinegars, balsamic	LUNDBERG	chips, pretzels & puffs crackers, bread sticks & rice cakes prepared, packaged rice sweeteners, grain
I M HEALTHY	nut & seed butters	LA MEDINA	sweeteners, sugar	LYLE'S	sweeteners, grain
INDIA TREE	baking products	LA PAILA	desserts	MADECASSE	baking products candy & confections
INDIAN LIFE	Indian - crackers & pappadums Indian - snacks & snack mixes	LA PREFERIDA	Mexican - vegetables Mexican - condiments, salsas Mexican - beans beans canned, refried	MADHAHA	sweeteners, misc.
INES ROSALES	Mediterranean - desserts	LA TOURANGELLE	oils	MADHOUSE MUNCHIES	chips, pretzels & puffs
INKOS	beverages, iced tea & ready to drink tea	LAGO DI GARDA	olive oils	MAE PLOY	Asian - cooking sauces Asian - cooking pastes
INTERNATIONAL HARVEST	fruit, dried fruit & nut mixes nuts & seeds, packaged	LAN CHI	Asian - cooking sauces Asian - cooking paste	MAESRI	Asian - cooking sauces Asian - cooking pastes Asian - soups, broths
J. CROWS	beverage mixes, powdered	LARABAR	snacks & snack bars	MAINE COAST SEA VEGETABLES	Asian - nori sea vegetables snacks & snack bars
JANE'S KRAZY SALT	herbs & spices	LARRY'S BEANS	coffee	MAINE NATURAL OILS	oils
JAPAN DELIGHT	Asian - prepared foods	LARRY'S SOUTHWESTERN SAUCES	condiments, cooking sauces	MAINE ROOT	beverages, sparkling
JAPAN GOLD	Asian - prepared foods	LARS OWN	condiments, sandwich spread - mustards herb & spices, other sweeteners, sugar	MAINE SEA SALT COMPANY	herbs & seasonings, others herb & spice blends
JENNIE'S	cookies	LAS DOSCIENTAS	olive oil	MAISIE JANE'S	candy & confections nuts & seeds
JER'S	candy & confections	LATE JULY	cookies crackers	MALDON SEA SALT	baking, salts herbs & spices, other
JES	Asian - cooking sauces	LAVASCH	crackers, bread sticks & rice cakes	MARCONI	oils, flavored
JFC	Asian - beans Asian - herbs & seasonings	LAWRENCE'S DELIGHTS	Mediterranean - desserts	MARCO POLO	Mediterranean - cooking sauce Mediterranean - dips & spreads Mediterranean - pickled & marinated
JOBY & MARTY'S	candy & confections	LAXMI	Indian - herbs & seasonings		
JOHN MACY'S CHEESESTICKS	crackers, bread sticks & rice sticks	LE PHARE	Mediterranean - cooking sauces		
JOSE GOLD	condiments, salsa	LEE KUM KEE	Asian - bulk Asian - cooking sauces Asian - soy sauces		
JOSEPH'S	cookies				
JOYYA	Middle Eastern - desserts Middle Eastern - nut & seed butters				
JUANITAS	Mexican - prepared foods				
JUDY'S VERMONT	condiments, bbq & marinades condiments, pickles, relish & sauerkraut				
JUMP UP & KISS ME	condiments, cooking sauces hot				
KADOYA	oils				
KAFFREE ROMA	coffee substitutes				

MARCO POLO - cont. beverages, juices condiments, pickles, relish & sauerkraut fruits, cans & jars preserves, sweetened vegetables, peppers	MISO MASTER Asian - soy sauces & tamari	NATURE'S PATH breakfast, cereals & granolas snacks & snack bars
MARIAH'S condiments, pickles & relish	MITOKU candy & confections	NEW ENGLAND CRANBERRY preserves, sweetened
MARIGOLD soups, broths & bouillon	MOCHIKO flours	NEW ENGLAND NATURAL BAKERS snacks & snack bars
MARMITE UK Foods - condiments, dips & spreads	MODERN herb & spice blends	NEW HOPE MILLS breakfast mixes
MARUKAN Asian - cooking sauces Asian - vinegar	MOLINO grains	NEWMAN'S OWN candy & confections grains & popcorn
MARY'S GONE CRACKERS crackers, bread sticks & rice cakes	MOORLAND sweeteners, honey	NIBLACK grains
MASECA Mexican - flours & flour mixes	MORGAN'S MILLS baking mixes breakfast mixes flour	NICE CHOICE Asian - snacks
MAS PORTELL condiments, pickled & marinated condiments, pickled - capers condiments, vinegars herbs & spices - other oils, flavored	MORI NU soy foods	NIELSEN-MASSEY VANILLA baking, extracts & flavorings
MASTRI DI SAN BASILIO olive oil	MORNING GLORY desserts & dessert toppings	NISHIKI Asian - rice rice
MATIN baking products preserves, sweetened	MOTHER'S MOUNTAIN condiments, cooking sauces - bbq condiments, cooking sauces - hot condiments, sandwich spreads, mustard condiments, sandwich spreads, ketchup preserves sweeteners, honey	NOBU Asian - herbs & seasonings
MATIZ herbs & seasonings, others Mediterranean seafood vegetables	MOUNT HAGEN coffee	NO PUDGE baking mixes
MAXWELL'S condiments, bouillon...& gravy mixes	MR. #1 Asian - sweeteners	NORTH BAY TRADING COMPANY soup mixes, dried & packaged
McCANN'S breakfast, cereals & granolas	MR. KRISPERS chips, pretzels & puffs	NUMI TEA tea
McCLURE'S sweeteners, honey	MR. Q. CUMBER beverages, sparkling	NUNE'S FARMS nuts & seeds, roasted
McFADDEN FARM herbs & spices	MR. SPRINKLES desserts & toppings	NUTIVA nuts & seeds, roasted
McVITIES UK foods - desserts & cookies	MRS. CRIMBLE'S crackers, breadsticks & rice cakes	OLDE CAPE COD condiments, dips & spreads crackers, bread sticks, rice cakes pasta sauces soups, canned
MEDAGLIA D'ORO coffee	MRS. LEEPER'S pasta prepared foods, packaged	OLDE TYME nuts & seeds, roasted
MEDITALIA Mediterranean - dips & spreads	MRS. MAY'S snacks & snack bars	OLEUM VIRIDE olive oils
MEDITERRANEAN ORGANICS condiments, olives condiments, pickled & marin - capers vegetables, peppers	MT VIKOS Mediterranean - dips & spreads Mediterranean - pickled & marinated Mediterranean - prepared foods crackers, bread sticks & rice cakes fruits, cans & jars	OLIVIA'S breads & croutons stuffing mixes
MELINDA condiments, cooking sauces - hot	MUIR GLEN condiments, salsa condiments, spreads ketchup vegetables, tomatoes pasta sauces pizza sauce	OLYMPUS vegetables
MERULA olive oil	MYRONS Asian - cooking sauces condiments, cooking sauces	ONCE AGAIN Middle Eastern - nut & seed butters nut & seed butters
METROMINT beverages, water & flavored water	MYSMOOTHIE beverages, aseptic	ONE WORLD teas
MEYENBERG beverages, non-dairy & dairy	NAGAI Asian - nori	O OLIVE OIL condiments, vinegars condiments, vinegars - balsamic oils, flavored
MEZZETTA condiments, pickled & marinated condiments, pickled & marinated - capers condiments, hot sauces condiments, olives condiments, pickles pasta sauce vegetables vegetables, peppers	NAIRIN'S cookies	OREGON CHAI tea, concentrates
MEZZINI Mediterranean Foods condiments, cooking sauces & marinades condiments, dips & sauces	NAMASTE FOODS baking mixes breakfast mixes prepared foods, packaged	ORGAIN beverages, dairy & non-dairy
MICHU Asian - vinegar	NASOYA condiments, sandwich sprd mayo	ORGANIC COFFEE CO. coffee
MIDEL cookies	NATIVE FOREST Asian - cooking sauce coconut milk fruits, canned & jars vegetables	ORGANIC MELTDOWN candy & confections
MIGUEL & VALENTINO condiments, dips & spreads condiments, olives olive oils seafood	NATUR-A beverages, dairy & non-dairy	ORGANIC PLANET Asian - noodles
MIGUEL'S STOWE AWAY condiments, salsas chips, pretzels & puffs	NATURAL SEA seafood	ORGANIC SOURCE beverages, sparkling
MIMICCREME beverages, dairy & non-dairy dessert & dessert toppings	NATURAL VALUE Asian - coconut milk Asian - vegetables Mexican - vegetables beans, canned beans canned, refried condiments, spreads mustards fruits, cans & jars grains pasta seafood vegetables	ORGANIC VALLEY beverages, dairy & non-dairy
MINOA olive oils	NATURALLY DELICIOUS condiments - mayo	ORGRAN cookies
MISKI Mexican & Latin - desserts	NATURE'S CHOICE snacks & snack bars	ORIENTAL MASCOT Asian - oils
MISKO pasta		ORTIZ seafood
		OSKRI Middle Eastern - nut & seed butters snacks & snack bars sweeteners, misc. fruit, dried & packaged
		OUT ON A LIMB fruit, pie fillings
		OYSTER CREEK MUSHROOMS herbs & spices, dried mushrooms
		PACIFIC FOODS soups, canned & aseptic
		PACIFIC ORGANIC SALT baking, salts
		PAIN IS GOOD condiments, cooking sauces - hot condiments, salsas herb & spice blends
		PALACIOS Mediterranean - prepared foods

PALDO	beverages, juice	REIGA FOODS	condiments, bouillon, broth powders, clam juice, & gravy mixes	SANTA CLARA	olive oils
PALMIERI	pasta sauces pizza sauce	RICE DREAM	beverages, non-dairy & dairy	SANTA CRUZ ORGANIC	beverages, juice beverages, juice concentrates beverages, aseptic
PAMELA'S	baking mixes breakfast mixes cookies	RICK'S PICKS	condiments, pickled & marinated	SANTO DOMINGO	herbs & seasonings, others
PANDA	candy & confections	RICHARD'S VERMONT MADE	condiments, cooking - bbq condiments, cooking - hot sauce pasta sauce	SARATOGA SPRINGS	beverages, water & flavored water
PASTOR CHUCK'S	preserves	RIVER GARDEN KITCHENS OF VERMONT	condiments, salad dressings	SARSON'S	UK foods - vinegar
PATAK'S	Indian - cooking sauces Indian - cooking pastes Indian - pickles & relish	ROAD'S END ORGANICS	condiments, boil/broth, gravy mixes prepared, packaged	SCHARFFEN BERGER	baking, chocolate & carob candy & confections
PATEL'S	Indian - prepared foods	ROBERT'S ALL AMERICAN	chips, puffs, & popcorn	SEASONED PIONEERS	herbs & spices
PEANUT BUTTER & CO.	nut & seed butters	ROLAND	Asian - cooking sauces Asian - flour mixes Asian - herbs & seasonings Asian - noodles Asian - vegetables Mediterranean - pickled & marinated baking products baking, salts beans, canned beverages, non-alcoholic condiments, cooking sauces condiments, cooking sauces - hot sauces condiments, pickled capers condiments, sandwich spread mustard condiments, vinegars - balsamic fruits, canned grains herbs & spices, other nuts & seeds, packaged oils pasta sauces seafood sweeteners, sugar vegetables	SENCHA	candy & confections
PEARL RIVER BRIDGE	Asian - bulk Asian - soy sauces	ROMULO	olive oil	SENSIBLE FOODS	snacks & snack bars
PEELU	candy & confections	ROOT CELLAR	condiments, dips & spreads condiments, pickles, relish & sauerkraut condiments, salsas	SESAME KING	nuts & seed butter
PELOPONNESE	Mediterranean - dips & spreads Mediterranean - prepared foods condiments, olives vegetables, peppers	ROSEBUD	condiments, cooking sauces condiments, pickles, relish & sauerkraut preserves sweetened	SESMARK	crackers, bread sticks & rice cakes
PEMBERTON	breakfast mixes condiments, cooking BBQ sauces condiments, cooking sauces condiments, salsas dessert toppings pasta sauces	RUBS WITH LOVE	condiments, bbq & marinades herbs & seasonings	SHABTAI	cookies
PEPPADEW	vegetables - peppers	RUMFORD	baking products	SHEFFIELD'S	flour
PEPPER DOG	condiments, salsa	RUNA	tea	SHELTON'S	seafood & canned meats
PG TIPS	tea	RUSTIC CRUST	pizza crusts pizza sauces	SHIPWRECK GALLEY	condiments, salsa
PICKAPEPPA	Caribbean - cooking sauces condiments, cooking hot sauces	RYVITA	crackers, bread sticks & rice cakes	SILLY COW	beverage mixes, powdered
PINDERS	see Refrigerated Items	S & B	Asian - herbs & seasonings	SILVER PALATE	condiments, dips & spreads condiments, olives condiments, salad dressings condiments, sandwich spreads, mayo pasta sauce
PINELAND FARMS	condiments, salsa pasta sauces preserves, sweetened	SAF INSTANT YEAST	baking products	SIMPKINS	candy & confections
PLANTATION MOLASSES	sweeteners, molasses	SAHALE	snacks & snack mixes	SIMPLY SOYNUIT BUTTER	nut butters
PLOYES	breakfast mixes flour	SAIFAN	olive oils	SIMPLY ORGANIC	baking, extracts & flavorings condiments, broth, bouillon, gravy mixes condiments, dips & spreads
POMONA'S	baking products	SALAZON CHOCOLATE CO.	candy & confections	SITTOOS	Middle Eastern - nut & seed butters
PONS	olive oils	SAM MILLS	oils pasta	SMERALDINA	beverages, water & flavored water
PRIMAL STRIPS	snacks & snack bars	SAN ANGEL MOLE	Mexican - cooking sauces	SOBAYA	Asian - noodles & rice sticks
PRIMO	olive oils	SANFAUSTINO	beverages, water & flavored water	SOL MATE	beverages, sparkling
Q. BEL	candy & confections	SAN J	Asian - cooking sauces Asian - soy sauces & tamari	SOLEA	chips, pretzels & puffs
Q TONIC	beverages, sparkling	SAN MARCOS	Mexican - cooking sauces Mexican - vegetables	SOLERA 77	condiments, vinegar
RACCONTO RISERVA	cheese, shelf stable pasta sauces	SAN PELLEGRINO	beverages, water & flavored water beverages, sparkling	SOMERDALE	UK foods - dips & spreads
RAJAH CURRY	Indian - herbs & seasonings	SANTA BARBARA OLIVE CO.	condiments, olives condiments, pickled & marinated	SORREL RIDGE	preserves, unsweetened
RANIERI	oils, flavored	SANTA CHIARA	olive oils	SOUL DE CUBA	condiments, bbq & marinades condiments, salad dressings condiments, salsa
RAPUNZEL	baking, chocolate & carob condiments, bouillon & broths nut & seed butters sweeteners, sugar			SPAA	Asian - prepared foods Asian - snacks
RAYES	MUSTARD MILL condiments, spreads mustards			SPANISH GARDEN	Mediterranean - vegetables
REALLY GREAT FOOD COMPANY	baking mixes			SPECTRUM NATURALS	baking products condiments, spreads mayonnaise condiments, vinegars condiments, vinegars - balsamic oils olive oil
REALLY RAW HONEY	sweeteners, honey			SPROUT REVOLUTION	grains & flakes
RED LAKE NATION	rice			STACY'S PITA CHIPS	chips, puffs, & popcorn
RED ROSE	Asian - nori & wrapping sheets			STASH	beverage mixes, powdered candy & confections sweeteners, other tea
REED'S GINGER BREW	beverages, sparkling			STEVITA	sweeteners, misc.
REGATTA (formerly Barritts)	beverages, sparkling			STIRRINGS	beverage mixes, liquid beverage mixes, rimmers

STONEHOUSE 27 condiments, cooking sauces	TIPARROS Asian - cooking sauces	WANGDERM Asian - cooking sauces Asian - cooking pastes Asian - sweeteners
STRETCH ISLAND snacks & snack bars	TIZANE beverages, ready-to-drink	WASA crackers, bread sticks & rice cakes
SULTAN Mediterranean - cookies	TOMMY'S NAKED SODA beverages, sparkling	WATERPLUS beverages, water & flavored water
SUMMIT SPRING beverages, water	TRACKLEMENTS condiments, cooking sauces condiments, pickles, relish & sauerkraut condiments, salad dressings condiments, spreads mustards condiments, spreads ketchup preserves, sweetened	WATERWHEEL crackers
SUNNY HONEY STICKS candy & confections	TRADITIONAL MEDICINAL tea	WATKINS condiments, cooking sauces
SUNSPIRE baking, chocolate & carob	TUCKER'S NATURAL crackers, breadsticks & rice cakes	WEICHUAN Asian - cooking sauces
SUNSPIRE - cont. candy & confections	TURTLEDOVE condiments, dips & spreads pasta sauces	WEL PAC Asian - flours & starches sea vegetables
SUNSTART QUALITY BAKERS cookies	TUTINOS condiments, vinegars - balsamic	WESTBRAE beans, baked beans, canned organic beverages, non-dairy & dairy condiments, spreads mustards vegetables
SUPERIOR NUT CO. nut & seed butters	TWEEDS chips, pretzels & puffs	WESTSOY beverages, non-dairy & dairy
SUPERSEEDZ nuts & seeds, packaged	TWININGS teas	WHITE HERON TEA tea
SURF SWEETS candy & confections	TWO LEAVES AND A BUD teas	WHITE MOUNTAIN KETTLE CORN chips pretzels & puffs
SUSHI SONIC Asian - herbs & seasonings Asian - pickled & marinated Asian - soups & broths	TY NANT beverages, water & flavored water	WHOLESOME SWEETENERS sweeteners, sugar sweeteners, molasses
SUZANNE'S SPECIALTIES desserts & dessert toppings preserves, sweetened sweeteners, honey sweeteners, grain sweeteners, molasses sweeteners, others	UNCLE FAN'S Asian - cooking sauces	WICKED JOE'S coffee
SUZIE'S crackers, bread sticks & rice cakes	UNIO condiments, vinegars olive oils	WICKED NATURAL condiments, cooking sauces - hot sauces condiments, dips & spreads condiments, salsa condiments, sandwich spreads - ketchup preserves & spreads, sweetened
SWAD Asian - coconut milk & powders Indian - beans, packaged Indian - desserts Indian - flour Indian - herbs & seasonings Indian - ghee fruits, cans & jars	UNION Asian - cooking sauces Asian - cooking pastes	WILD GARDEN condiments, dips & spreads Mediterranean - prepared foods
SWAN'S sweeteners, honey	UNIQUE chips, pretzels & puffs	WILL 'N ROSE'S breakfast cereals & granolas fruit & nut mixes nuts & seeds, packaged
SWEET CLOUD sweeteners, grain	URBAN ACCENTS grains herbs & seasoning blends herbs & seasonings by brand herbs & seasonings - salt & salt substitutes	WISE CRACKERS crackers, bread sticks & rice cakes
SWEET ELLA'S nut butters	VALUEN rice	WIZARD condiments, cooking hot sauces condiments, cooking worcestershire
SWITCH beverages, sparkling	VANILLA PLANTATION baking extracts	XOXOC Mexican/Latin foods - fruit Mexican/Latin foods - preserves
TAISAN Asian - noodles & rice sticks	VENUS crackers, bread sticks & rice cakes	YAKAMI ORCHARDS Asian - cooking sauces
TAJ Indian - cooking sauces	VERITAS candy & confections	YAMA MOTO YAMA Asian - nori & wrappers
TAMBOBAMBA Mexican - prepared foods	VERMINTS candy & confections	YANG JIANG Asian - cooking ingredients
TAMICON Asian - cooking sauces	VERMONT COMMON CRACKER crackers, breadsticks & rice cakes	YELLINGBO olive oils
TAP'N APPLE preserves & spreads, butters	VERMONT MAPLE GRANOLA CO. breakfast cereals & granola	YOGAVIVE snacks
TAYLORS OF HARROGATE tea	VERMONT NUT FREE CHOCOLATE candy & confections snack & snak bars	YOGEN FRUZ candy
TEA'S TEA beverages, ready-to-drink tea	VERMONT PEPPER WORKS condiments, cooking hot sauces	YOGI TEA tea
TEECCINO coffee substitutes	VERMONT SMOKE & CURE snacks & snack bars	YU YEE Asian - bulk Asian - vinegars
TERRA CHIPS chips, puffs, & popcorn	VERMONT SWEETWATER beverages, sparkling	Z CRACKERS crackers, breadsticks & rice cakes
TERRA MEDI Mediterranean - dips & spreads condiments, olives condiments, vinegar condiments, balsamic vinegar oils olive oils	VERMONT VILLAGE CANNERY fruit, canned applesauce	ZERGUT Eastern Euro - cooking sauces Eastern Euro - dips & spreads Eastern Euro - pickled & marinated Eastern Euro - fruit Eastern Euro - prepared foods Eastern Euro - vegetables
TERRA NOSTRA candy & confections	VICTORIA GOURMET baking salts herb & seasoning blends	ZICO beverages, juice
THAI IMPORTS baking products	VIRGIL'S beverages, sparkling	ZIYAD Middle Eastern
THEOBROMA CHOCOLAT candy & confections	VITARROZ condiments, cooking hot sauces	ZOCALO Mexican/Latin foods
THURSDAY COTTAGE desserts & dessert toppings preserves, sweetened	VIVANI candy & confections	
TICK TOCK teas	VOGEL SEASONINGS herbs & spices, blends	
TIDMAN'S baking salt	VOLCANO beverages, juice beverages, juice concentrates	
TIGER'S MILK snacks & snack bars	WALKERS cookies	
TIMELESS NATURAL FOODS beans, packaged, grains & flakes	WALKERS WOOD Caribbean - cooking sauces	
TINKYADA (TNK) pasta	WAN JA SHAN Asian - cooking sauces condiments, cooking worcestershire	

Celebrate an ORGANIC FAMILY DINNER



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ORGANIC and FARMER-OWNED *since 1988.*

ORDER & DELIVERY SCHEDULE

This is our standard, weekly schedule. Orders should be placed 2 business days prior to the day that your run leaves our warehouse. Any schedule changes that we make to accommodate holidays are posted in the catalog. Please refer to your route number when inquiring about your delivery.

Business hours are 8:30 to 4:00 Monday through Friday. Orders should be placed during these hours and completed by 4:00 so that our staff can number your run and process other paperwork. Please plan ahead by calling early when placing large orders.

AREA 100, 101 & 102 SOUTHWEST NH

Amherst to Keene, Brattleboro, VT then North to Bellows Falls, VT on to Deering, NH
101 and 102 are part of the 100 Run on alternate weeks.
PLEASE ASK CUSTOMER SERVICE WHICH RUN YOU ARE ON.
Order every Thursday by 4:00 PM

★ **Order deadline for Buying Clubs Only - every Wed by 4pm**
Delivery every Monday and Tuesday.

AREA 103 SOUTHWEST NH

Same as area 100 the week opposite 101.

★ **Order deadline for Buying Clubs Only - every other Wed by 4pm**

AREA 125 SOUTHERN VERMONT

Up to Rutland over to Glen Falls, NY
Order every other Thursday by 4:00 PM

★ **Order deadline for Buying Clubs Only - every other Wed by 4pm**
Delivery every other Monday and Tuesday.

AREA 150 WESTERN MASSACHUSETTS

All areas west of Greenfield to Albany, NY
Order every other Thursday by 4:00 PM

★ **Order deadline for Buying Clubs Only - every other Wed by 4pm**
Delivery every other Monday and Tuesday.

AREA 200, 201 & 202

CENTRAL and NORTHERN VERMONT

201 and 202 are part of the 200 Run on alternate weeks.
PLEASE ASK CUSTOMER SERVICE WHICH RUN YOU ARE ON.
Order every Monday by 4:00 PM

★ **Order deadline for Buying Clubs Only - every Fri by 4pm**
Delivery every Wednesday and Thursday.

AREA 300, 301 & 302 CENTRAL and NORTHERN NH, ST. JOHNSBURY, VERMONT

From New London along 89 to Hanover, up Rt 91 to St. Johnsbury, south on 93 to Concord.

301 and 302 are part of the 300 Run on alternate weeks.
PLEASE ASK CUSTOMER SERVICE WHICH RUN YOU ARE ON.
Order every Friday by 11:00 AM

★ **Order deadline for Buying Clubs Only - every Thurs by 4pm**
Delivery every Monday and Tuesday.

AREA 400, 401, 402 & 403

West of Boston to Worcester, North to Lancaster, around Rt.128 to Beverly, Gloucester and Newburyport.

400 & 401 are weekly runs, 402 & 403 alternate every other week
PLEASE ASK CUSTOMER SERVICE WHICH RUN YOU ARE ON.
Order every Tuesday by 4:00PM
Delivery every Thursday

AREA 450

Seacoast of New Hampshire North of Rt 101 to Rochester, NH and York, ME

Order every Wednesday by 1:00PM
Delivery every Friday

AREA 451

From Hampton, NH west to Manchester, Nashua - Salem area.
Order every Wednesday by 1:00PM
Delivery every Friday

AREA 500-CENTRAL MAINE AND EASTERN NH

From New Durham to the Lake Winnepesaukee area, Rt 16 through Conway. Rt 2 East to Skowhegan & South on I-95 to Sebago Lake Area

Order every Monday by 4:00 PM

★ **Order deadline for Buying Clubs Only - every Fri by 4pm**
Delivery every Wednesday and Thursday

AREA 501-BERLIN NH AREA

Same as area 500 except every other week opposite 502.

★ **Order deadline for Buying Clubs Only - every other Fri. by 4pm**

AREA 502 BROWNVILLE/OTISFIELD AREA

Same as area 500 except every other week opposite 501.

★ **Order deadline for Buying Clubs Only - every other Fri by 4pm**

AREA 503 SOUTHERN MAINE

From Portland to Ogunquit, Maine

Order every Wednesday by 1:00 PM
Delivery every Friday

AREA 516 MIDCOASTAL MAINE RT 1

From Portland to Belfast

Order every Monday by 4:00 PM

★ **Order deadline for Buying Clubs Only - every Fri by 4pm**
Delivery every Wednesday and Thursday

AREA 600 I-95 CENTRAL MAINE

From Pittsfield north along I-95 to the Bangor area

Order every Tuesday by 4:00 PM

Delivery every Thursday & Friday

AREA 602 DOVER FOXCROFT/RT 150

Same as area 600 including north to Dover Foxcroft

Order every other week.

AREA 603 BLUE HILL

Same as area 600 including Blue Hill & Mt. Desert Island every week except the week of 625 run.

AREA 625 NORTHERN MAINE

Aroostook County From Bangor north to Madawaska.

Order every 4 weeks on a Tuesday by 4:00PM.

Delivery every 4 weeks on Thursday, Friday, Saturday.

Order October 5, 2010 by 4:00 for Delivery

October 21, 22.

AREA 650 NORTHEASTERN MAINE

Washington County From Bangor to Eastport.

Order every 4 weeks on a Tuesday by 4:00PM.

Delivery every 4 weeks on Thursday, Friday, Saturday.

Order October 19, Deliver October 21, 22.

AREA 900 BOSTON

Downtown Boston Area

Order every Monday by 11:00AM.

Delivery is every Tuesday.

AREA 925 SOUTHERN MASS.

From Cape Cod to Fall River including Martha's Vineyard (via Island Transport).

Order every other Friday by 4:00PM.

Delivery every other Tuesday/Wednesday

AREA 926 EASTERN CONNECTICUT

East of New Haven to Hartford

Order every other Friday by 4:00PM.

Delivery every other Tuesday/Wednesday.

AREA 950,951 & 952 NORTH OF BOSTON

Everett - Bedford, MA & surrounding areas

951 and 952 are part of the 950 Run on alternate weeks

Order every Friday by 2 PM

Delivery every Monday and Tuesday

POLICIES & PROCEDURES

1. THE MINIMUM ORDER IS \$350, not including service charge, taxes or bottle deposits (some locations may require a higher minimum). ALL ORDERS ARE COD. Special arrangements **ONLY** by Julie.

2. ORDERS MAY BE PLACED between 8:30 AM and 4:00 PM Monday through Friday. Call orders in early enough to be completed by 4:00 as there is much to do before our day is finished. Place add-ons early and in their entirety to ensure that we will be able to get them on your order.

3. COLLATE YOUR ORDERS before calling them in, ordering total quantities of each item. Multiple entries cause errors and confusion.

4. REPACKS: Items with one * are repacked in 5# increments for an additional **25 cents per pound**. Two ** indicate 10# increments with an additional charge of **15 cents per pound**. Sale prices apply to full quantities only. Repacks revert to the regular price plus the repacking charge.

5. CHEAPER BY THE CASE: In most cases, an item sold by the each, or piece, will be cheaper by the case, **generally 4 % less by the case**. Ask if there is a case discount price when ordering. Sale discounts which are greater override the case discount.

6. PRICES CAN CHANGE WITHOUT NOTICE, as prices from our suppliers fluctuate. We try to inform you of changes as you order.

7. SALES TAX: We **MUST** have your tax exempt number on file in our office in order to sell you taxable items without charging sales tax.

8. WE TRY TO BE ACCURATE in our descriptions and ingredients. It is important to us to represent products honestly but we cannot be responsible for typographical errors or omissions. Let us know if we are in error and we will try to correct the mistake.

9. DELIVERY TIMES ARE APPROXIMATE. It is impossible to estimate your delivery time until all the orders for a run are placed. Call the day of or the day before your delivery and we will try to approximate your delivery time. When inquiring about delivery schedules and times, please refer to the route number which appears on the heading of every invoice. Our drivers will do their best to let you know when to expect them and will call you ahead if you request this service when ordering. You must provide an alternate contact person and phone number if you will be unreachable the day of delivery. We will try to reach you; please try to be reachable! If you have any questions, please inquire. We'll help if we can.

10. PLEASE HELP THE DRIVERS UNLOAD YOUR ORDER. They have come a long way and they have a long way to go. Anticipate the truck's arrival by scheduling personnel to help the driver unload the truck and provide an adequate sight for unloading the truck that is level and off the road if possible. Walkways and stairs should be free of ice, snow and other hazards to minimize the risk of injury to our drivers and those helping them. We reserve the right to not make a delivery if doing so endangers the truck or the driver. Both are valuable to us, so we ask for your understanding if weather, road or other conditions prevent us from making your delivery. Safety is our primary concern. We reserve the right to assess a **DELIVERY CHARGE** to accounts that do not have help for our drivers. This is a case by case assessment. You will be notified if we feel that it is appropriate to apply this charge.

***** Please verify a piece count with the driver.**

11. WE CANNOT ACCEPT CASH PAYMENTS: Please do not pay our drivers in cash. They will not be able to accept cash, so payments must be made by check or money order. If this presents a problem, please contact customer service to make other payment arrangements.

12. BAD CHECKS: We charge \$15.00 for each bounced check. Please communicate with us and avoid having your checks returned.

13. SPECIAL ORDER POLICY: Please **BE SURE** that the items you special order with us, are in fact what you want. You must provide accurate and complete information about the product. We do provide pricing on special order items.

a) All special orders are pre-pay. We will not place your order unless we have received payment from you.

b) The only exception is for regular, weekly customers who may circumvent this process **ONLY** if we have a commitment form signed by the store manager. We will automatically bill your account for the product regardless of whether you or your customer changes their mind. There are no exceptions here, so please be sure about special orders before you make a commitment. Once we place this order with our vendor, the product belongs to you- **NO EXCEPTIONS.**

14. RETURN POLICY: If there are errors, damages or missing items on the order being delivered, our drivers are authorized to make the necessary invoice adjustments. Any problems with your order after the driver has left **MUST** be called into customer service **WITHIN 15 DAYS**. Be sure to ask for your credit confirmation number from the representative who assists you. The confirmation number will help expedite the credit process.

We will **not be responsible for any freight charges** on product returned by any means other than our trucks. If you get delivery via any common carrier, please be aware that you will **NOT** be able to return unwanted or damaged product. Please sign the bill of lading listing damages. We will file a claim with the trucking company who delivered your order.

Returns do not guarantee credit will be issued. All claims must be verified by our internal staff. If claims cannot be substantiated, product will be returned on your next order at no additional charge.

*****PLEASE NOTE:** We cannot accept returns on books, CDs or apparel since doing so diminishes the quality of the merchandise. Exchange CDs directly with Putumayo.

Our drivers are not allowed to pick up returns from a previous shipment unless you have called our customer service department for a credit authorization number. The driver must have an authorization form pre-approving pick up of product. Credits will not be issued on product returned without prior authorization.

*****PLEASE NOTE:** All products **MUST** be returned in the original packaging and in resalable condition. Price stickers must be removed prior to returning and products must be in the original lot size sold. Organic repacked product must have the AB label with the lot number. **NO EXCEPTIONS WILL BE ALLOWED.**

Associate Buyers reserves the right to charge a 10% restocking fee on all misordered or overstocked items. All credits are issued upon receipt of the merchandise to our warehouse for evaluation.

15. ADDRESS YOUR CONCERNS, questions or return information to the same customer service representative until the issue is resolved. Please ask for their name if we neglect to give it to you. Any follow-up calls that may be necessary should be directed to the same person unless they are unavailable.

16. BOTTLE POLICY: Deposits at 5 cents per bottle or can on carbonated beverages. We will pick up empties in Maine, Vermont, Massachusetts. Maine bottle return also includes 32oz glass juice bottles. Please put them back, rinsed, in their original cartons. We can only be responsible for cans and bottles from products which you purchase from us. NH does not require a bottle deposit.

17. BOTTLE RETURNS should be made to Associated Buyers whenever possible. All bottles must be washed out and free of their caps before our driver will pick them up. We will not pick up or give credit for returns which are not properly cleaned. State return bottle laws include "CLEAN" as a condition of return, and we will enforce the rules. Redemption Centers are difficult for us to pick up from, therefore we prefer receiving bottles and cans back from our customers. **NO CAPS**

18. LET US KNOW if there is anything you would like us to carry. We'd be glad to check it out.

19. OUR INVENTORY LIST IS AVAILABLE IN ELECTRONIC FORMAT, (Word, Text, Excel, or PDF- please specify one) that we could email to you upon request. Please call Customer Service or email them at info@assocbuyers.com. (please note that a PDF of our complete catalog is a very large file!)

**25%
OFF!**

GREEN MOUNTAIN GRINGO SALSA

**MONTH
OF OCTOBER**



**GMO
FREE**



HOT • MEDIUM • MILD

ITEM #0310

ITEM #0311

ITEM #0312

ROASTED CHILE • ROASTED GARLIC

ITEM #0314

ITEM #0315

STOCK UP FALL!

GREEN MOUNTAIN GRINGO TORTILLA STRIPS

**ORIGINAL
TORTILLA
STRIPS**

ITEM #0313

**GMO
FREE
CORN &
KOSHER**



NEW!



**WHITE
ORGANIC CORN
TORTILLA STRIPS**

ITEM #34034

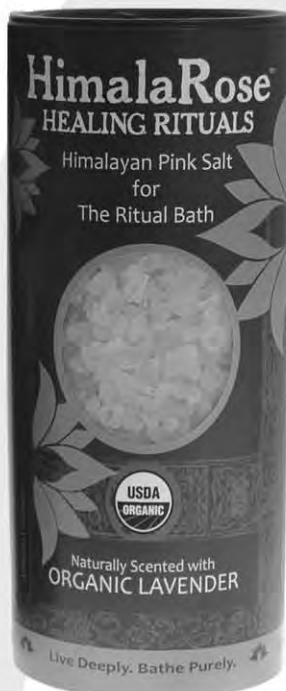


**BLUE
ORGANIC CORN
TORTILLA STRIPS**

ITEM #34033

HimalaRose HEALING RITUALS

Organic Himalayan Pink Salt for the Ritual Bath



100% ORGANIC HIMALAROSE is the jewel of the ancient ocean, created 250 million years ago during a time of pristine environmental integrity. Hand-harvested from a remote, exotic source deep within the Himalayas, it contains abundant essential minerals and trace elements, the ones our bodies are made of and the same ones we require for wellbeing.

100% Organic Lavender,
100% Organic Rose Petal
Each contains 28 oz of pure bliss!

HimalaRose Healing Rituals Massage Stones

Our soothing massage stones provide a calming, euphoric experience. Exfoliating, mineralizing, and gently detoxifying, leaving skin radiant and muscles deeply relaxed. Heating & chilling instructions included for ultimate relaxation.



100% ORGANIC. ALL NATURAL, NO ADDITIVES. PEOPLE TESTED. CRUELTY FREE.

Live Deeply. Bathe Purely.



Myth, language, and sacred ritual, since ancient times, have expressed our profound connection to the Heavens and higher consciousness, with water and salt at the core of purification, prayers, blessings, cleansing and beauty rituals. Bathing with **organic HIMALAROSE Healing Rituals** purifies, rejuvenates, restores balance, and nourishes the soul, having a profound effect upon our wellbeing. HimalaSalt.com.

FROZEN FOODS

DUFOUR - Available mid/end September

60626	DUFOUR	PUFF PASTRY CHOCOLATE s	14 OZ	8.35	8.35	7.52	7.52
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FOUR TINES

60860	FOURTINE	BRAZILIAN STUFFED PEPPER gf vg	12/7.5 OZ	3.93	47.16	3.54	42.48
60867	FOURTINE	CAULIFLOWER TIMBALES gf vg	12/8 OZ	3.80	45.60	3.42	41.04
60864	FOURTINE	EGGPLANT PESTO ROLLS gf vg	12/6 OZ	3.93	47.16	3.54	42.48
60861	FOURTINE	EGGPLANT SARDA gf vg	12/8 OZ	3.93	47.16	3.54	42.48
60866	FOURTINE	LEEK TIMBALES gf vg	12/8 OZ	3.80	45.60	3.42	41.04
60865	FOURTINE	SPANAKOPITA TIMBALES gf vg	12/7 OZ	3.80	45.60	3.42	41.04
60863	FOURTINE	VEGETABLE TAGINE gf v	12/8 OZ	3.67	44.04	3.30	39.60
60862	FOURTINE	ZUCCHINI TOM & FENL TIAN gf vg	12/8 OZ	3.93	47.16	3.54	42.48

HEAVENLY SOUFFLE

61121	HEAVENLY	SOUFFLE CHOC MINT 2PK k s	12/5.2 OZ	4.65	55.80	4.19	50.28
61120	HEAVENLY	SOUFFLE CHOCOLATE 2PK k s	12/5.2 OZ	4.65	55.80	4.19	50.28
61123	HEAVENLY	SOUFFLE CREME BRULEE 2PK k s	12/5.2 OZ	4.65	55.80	4.19	50.28
61122	HEAVENLY	SOUFFLE PUMPKIN 2PK k s	12/5.2 OZ	4.65	55.80	4.19	50.28

IZZY'S CHEESECAKE - see pages 57-63 for information & ingredients

61421	IZZYS	CHEESECAKE MAINE BLUEBERRY s	16 OZ	6.90	6.90	6.20	6.20
61420	IZZYS	CHEESECAKE PLAIN s	16 OZ	6.90	6.90	6.20	6.20
61424	IZZYS	CHEESECAKE PUMPKIN s	16 OZ	6.90	6.90	6.20	6.20
61422	IZZYS	CHEESECAKE RASPBERRY SWIRL s	16 OZ	6.90	6.90	6.20	6.20
61423	IZZYS	CHEESECAKE TRIPLE CHOCOLATE s	16 OZ	6.90	6.90	6.20	6.20
61425	IZZYS	EGGLESS COMBO CAKE CHSE CHOC s	9 OZ	4.66	4.66	4.19	4.19

PAPOU'S KITCHEN

60690	PAPOUS	FALAFEL PATTIES 12pk v k	18 OZ	4.39	4.39	3.95	3.95
60691	PAPOUS	FALAFEL TOASTIES 4PK v k	16 OZ	4.39	4.39	3.95	3.95

SHABTAI GOURMET

61410	SHABTAI	APRICOT ROLL gf v k s	6/12 OZ	5.36	32.16	4.82	28.92
61415	SHABTAI	BON BONS gf v k s	6/9 OZ	5.85	35.10	5.27	31.62
61407	SHABTAI	BROWNIE FUDGE gf v k s	6/16 OZ	6.51	78.12	5.86	70.32
61412	SHABTAI	CAKE 7 LAYER WHITE gf v k s	6/16 OZ	6.34	38.04	5.71	34.26
61414	SHABTAI	CAKE 7IN WHITE w/CHOC gf v k	6/28 OZ	14.48	86.88	12.56	75.36
61416	SHABTAI	CAKE HONEY LOAF gf v k s	6/11 OZ	5.85	35.10	5.27	31.62
61409	SHABTAI	CAKE MARBLE LOAF gf v k s	6/11 OZ	4.99	29.94	4.49	26.94
61403	SHABTAI	CAKE SEVEN LAYR DEVIL FD gf k	6/16 OZ	6.52	39.12	5.87	35.22
61411	SHABTAI	CAKE SPONGE LOAF gf v k s	6/11 OZ	4.99	29.94	4.49	26.94
61404	SHABTAI	CUPCAKE BROWNIE BITES gf v k s	6/12 OZ	5.59	33.54	5.03	30.18
61406	SHABTAI	RASPBERRY ROLL gf v k s	6/12 OZ	5.36	32.16	4.82	28.92
61402	SHABTAI	RING TINGS gf v k s	6/11 OZ	6.54	39.24	5.89	35.34
61405	SHABTAI	SWISS CHOCOLATE ROLL gf v k s	6/12 OZ	5.36	32.16	4.82	28.92

SPELT RIGHT - see pages 69-72 for information & ingredients

63290	SPELTR B	BAGELS SPELT CINN RASN 5pk vg	15 OZ	5.09	5.09	4.58	4.58
63292	SPELTR B	BREAD SPELT ARTISAN vg df k	16 OZ	5.20	5.20	4.68	4.68
63294	SPELTR B	BREAD SPELT ROSEMARY vg df k	16 OZ	5.20	5.20	4.68	4.68
63293	SPELTR B	BREAD SPELT RYE vg df k	16 OZ	5.20	5.20	4.68	4.68
63291	SPELTR B	BREAD SPELT WHL GRAIN vg df k	16 OZ	5.20	5.20	4.68	4.68

GROCERY - ETHNIC FOODS

ASIAN FOOD

BULK

10033	WANJASN	TAMARI WF ORGANIC	1 GAL	16.92	16.92	15.23	15.23
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NOODLES & RICE STICKS

15470	MAMA	NOODLES RICE INSTANT gf v	7.94 OZ	1.45	1.45	1.31	1.31
15471	MAMA	NOODLES RICE VERMICELLI gf v	7.94 OZ	1.45	1.45	1.31	1.31
15472	MAMA	NOODLES W/G RICE VERMICIL gf v	7.94 OZ	1.45	1.45	1.31	1.31

PREPARED FOODS - see pages 69-72 for information & ingredients

20029	JAPANGLD	SOBA BUCKWHEAT NOODLE KIT	14.6 OZ	4.36	4.36	3.49	3.49
20025	JAPANGLD	SUSHI KIT TRADITIONAL	20.6 OZ	8.48	8.48	6.78	6.78
20026	JAPANGLD	SUSHI PARTY KIT TOKYO STYLE	20.6 OZ	8.48	8.48	6.78	6.78
20028	JAPANGLD	UDON NOODLE KIT	14.5 OZ	4.36	4.36	3.49	3.49
20027	JAPANGLD	YAKISOBA KIT CHOW MEIN	14.1 OZ	4.36	4.36	3.49	3.49

INDIAN FOOD

CHUTNEY, PICKLES & RELISH - see pages 74-75 for information & ingredients

5842	GEETA	CHUTNEY PREM MANGO squeez vg s	360 GM	3.99	3.99	3.39	3.39
5844	GEETA	CHUTNEY SPICY LIME squeez vg s	360 GM	3.99	3.99	3.39	3.39
5843	GEETA	CHUTNEY TOM ONION squeez vg s	360 GM	3.99	3.99	3.39	3.39

MEDITERRANEAN FOOD

CONDIMENTS, COOKING SAUCES & MARINADES

32568	APPENNIN	SAUCE TRUFFLE	6.4 OZ	15.94	15.94	14.35	14.35
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GROCERY

ALMA

31880	ALMA	PIGNOLIA PINE NUTS	3.5 OZ	6.76	6.76	6.08	6.08
31881	ALMA	PIGNOLIA PINE NUTS	9.5 OZ	17.75	17.75	15.98	15.98

ANNIE'S HOMEGROWN

30874	ANNIEHG	DELUXE ELBOWS MILD CHEDDAR ORG	6/9.5 OZ	3.41	20.46	3.07	18.42
30875	ANNIEHG	DELUXE RICE PASTA CHEDDAR gf	6/11 OZ	3.43	20.58	3.09	18.54
41438	ANNIEHG	GUMMY FRUIT BERRY ORG 18PK s	18/1.8 OZ	0.84	15.12	0.76	13.68
41437	ANNIEHG	GUMMY FRUIT BERRY ORG s	9/2.75 OZ	1.70	15.30	1.53	13.77
41435	ANNIEHG	GUMMY FRUIT CITRUS ORG 18PK s	18/1.8 OZ	0.84	15.12	0.76	13.68
41436	ANNIEHG	GUMMY FRUIT STRAWBERRY ORG s	9/2.75 OZ	1.70	15.30	1.53	13.77
41439	ANNIEHG	GUMMY FRUIT STRWBRY ORG 18PK s	18/1.8 OZ	0.84	15.12	0.76	13.68

ARTISANA - see page 115 for information & ingredients

31213	ARTISANA	ALMOND BUTTER ORG RAW	16 OZ	10.08	10.08	8.06	8.06
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AURORA

31851	AURORA	MIX CRAN WALNT CLUSTER ORG s k	9 OZ	4.77	4.77	4.29	4.29
31850	AURORA	MIX FRONTER CRAN ALMND ORG s k	9.5 OZ	4.77	4.77	4.29	4.29
31852	AURORA	MIX HEARTY BLEND ORG s k	8.5 OZ	4.77	4.77	4.29	4.29
31853	AURORA	MIX MAGICAL MYSTERY s k	11 OZ	3.91	3.91	3.52	3.52
31855	AURORA	MIX SPICY PUB s k	6.5 OZ	3.26	3.26	2.93	2.93
31856	AURORA	MIX SWEET & NUTTY s k	10.5 OZ	3.91	3.91	3.52	3.52

BROOKFARM

32566	BROOKFRM	MACADAMIA NUTS RSTD BUSH PEPR	3.5 OZ	5.31	5.31	4.78	4.78
32567	BROOKFRM	MACADAMIA NUTS RSTD KSHMR CHLI	3.5 OZ	5.31	5.31	4.78	4.78
32565	BROOKFRM	MACADAMIA NUTS RSTD SEA SALT	3.6 OZ	5.31	5.31	4.78	4.78
32557	BROOKFRM	OIL MACADAMIA LEMON MYRTLE k	8.5 OZ	10.23	10.23	9.21	9.21
32558	BROOKFRM	OIL MACADAMIA LIME CHILLI k	8.5 OZ	10.23	10.23	9.21	9.21
32556	BROOKFRM	OIL MACADAMIA NATURAL k	8.5 OZ	10.23	10.23	9.21	9.21

BUSHA BROWNE

29066	BUSHABRN	CHUTNEY BANANA ORIGINAL s	12 OZ	5.36	5.36	4.82	4.82
29065	BUSHABRN	CHUTNEY SPICY FRUIT s	12 OZ	5.87	5.87	5.28	5.28
29062	BUSHABRN	JELLY GINGER PEPPER s	12 OZ	5.03	5.03	4.53	4.53
29060	BUSHABRN	JELLY HOT PEPPER ORIGINAL s	12 OZ	5.03	5.03	4.53	4.53
29063	BUSHABRN	JELLY LIME PEPPER s	12 OZ	5.03	5.03	4.53	4.53
29061	BUSHABRN	JELLY TWICE BOILED GUAVA s	12 OZ	5.03	5.03	4.53	4.53
29064	BUSHABRN	MARMALADE BURNED ORANGE s	12 OZ	5.03	5.03	4.53	4.53
29067	BUSHABRN	SAUCE HONEY JERK BBQ s	12 OZ	4.84	4.84	4.36	4.36
29072	BUSHABRN	SAUCE PUKKA HOT PEPPER	4 OZ	3.30	3.30	2.97	2.97
29068	BUSHABRN	SAUCE SMOKEY BBQ s	12 OZ	4.84	4.84	4.36	4.36
29073	BUSHABRN	SAUCE SPICY JERK s	5 OZ	3.45	3.45	3.11	3.11
29069	BUSHABRN	SAUCE SPICY PLANTERS STEAK s	12 OZ	4.84	4.84	4.36	4.36
29070	BUSHABRN	SAUCE SPICY TOMATO LOVE APPL s	12 OZ	4.84	4.84	4.36	4.36
29071	BUSHABRN	SEASONING TRAD JERK RUB s	4 OZ	2.91	2.91	2.62	2.62
29074	BUSHABRN	SHERRY PEPPER SPICY HOT	5 OZ	4.67	4.67	4.20	4.20

CARMELINA - see pages 134-137 for information & ingredients

31915	CARMELIN	TOMATOES CHERRY	14.28 OZ	1.32	1.32	1.08	1.08
31910	CARMELIN	TOMATOES CHOPD SAN MRZNO ORG	14.28 OZ	1.45	1.45	1.08	1.08
31913	CARMELIN	TOMATOES CHOPPED	28 OZ	2.29	2.29	1.72	1.72
31914	CARMELIN	TOMATOES PASSATA PUREE glass	24.28 OZ	2.13	2.13	1.60	1.60
31912	CARMELIN	TOMATOES WHOLE PEELED	28 OZ	2.29	2.29	1.72	1.72
31911	CARMELIN	TOMATOES WHOLE SAN MRZNO ORG	14.28 OZ	1.45	1.45	.99	.99

CASA PONS - see page 30 for information & ingredients

4715	PONS	OLIVE OIL EXTRA VIRG ORG spain	17 OZ	5.96	5.96	4.77	4.77
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KEY

for abbreviations:

biod -	biodegradable
df -	dairy free
d/w -	drained weight
DW -	dry weight
Fam -	family size
fr -	fructose
ff -	fat free
FT -	fair trade
gf -	gluten free
h -	hydrogenated oil
k -	kosher
LC -	low carb
l/f -	low fat
l/s -	low sugar
l/sd -	low sodium
n/a -	not available
n/v -	not vegetarian
	(contains chicken, fish, beef)
NW -	net weight
ORG or OG -	organic
(p) -	preservatives and/or artificial colors or flavors
r -	returnable bottle
r/m -	raw milk
r/w -	random weight
(s) or s -	SUGAR (white, brown, and/or evaporated cane juice, Florida Crystals, unbleached cane sugar, natural cane sugar or Sucanat) Honey is not included in this designation nor do we mark products which contain honey, barley malt, or brown rice syrup (sweetener).
(v) -	vegetable rennet
v -	vegetarian
vg -	vegan
w/c -	wild crafted
wf -	wheat free
W/G, w/g -	whole grain
RTD -	ready to drink
* -	can be repacked in 5# increments
** -	can be repacked in 10# increments
(see policies page for add'l charges for repacking)	

IZZY'S CHEESECAKE



Not Just Cheesecake, Izzy's Cheesecake!



At Izzy's Cheesecake we're committed to producing the finest cheesecake in the world. Each and every one of our gourmet cheesecakes is made entirely from scratch, by hand, and from the very freshest, all-natural premium ingredients. The result is our signature rich, creamy, flavorful cheesecake that you will choose every time.

SUPPORT LOCAL!

www.izzyscheesecake.com
Portland, Maine

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CEREALVIT						
41451	CEREALVT	CEREAL BENEVT MULTI GR ORG gf	13.25 OZ	4.19	4.19	3.14
41452	CEREALVT	CEREAL CHOCO STARS ORG gf s	13.25 OZ	4.19	4.19	3.14
41453	CEREALVT	CEREAL COFFEE FLAKES ORG gf s	13.25 OZ	4.19	4.19	3.14
41450	CEREALVT	CEREAL CORN FLAKES ORG gf	13.25 OZ	4.19	4.19	3.14
CROFTERS						
34407	CROFTER	PREM SPRD CONCRD GRAPE ORG k s	10 OZ	3.39	3.39	3.05
34408	CROFTER	PREM SPRD POMEGRANATE ORG k s	10 OZ	3.39	3.39	3.05
DR. MCDOUGALL'S - see pages 121-124, 128-131 for information and ingredients						
30888	DR MCDGL	ASIAN NOODLE KUNG PAO vg	2 OZ	1.66	1.66	1.39
30890	DR MCDGL	ASIAN NOODLE PAD THAI vg	2 OZ	1.66	1.66	1.39
30891	DR MCDGL	ASIAN NOODLE RSTD PEANUT vg	1.9 OZ	1.66	1.66	1.39
30892	DR MCDGL	ASIAN NOODLE SOY GINGER vg	1.9 OZ	1.66	1.66	1.39
30893	DR MCDGL	ASIAN NOODLE SZECHUAN vg	2 OZ	1.66	1.66	1.39
30894	DR MCDGL	ASIAN NOODLE TERIYAKI vg	1.9 OZ	1.66	1.66	1.39
30887	DR MCDGL	ASIAN PILAF CURRY LENTIL	2.5 OZ	1.66	1.66	1.39
30889	DR MCDGL	ASIAN PILAF MASALA LENTIL vg	2.6 OZ	1.66	1.66	1.39
30883	DR MCDGL	SOUP BLACK BEAN RTS gf vg	18.3 OZ	2.61	2.61	2.19
30882	DR MCDGL	SOUP CHUNKY TOMATO RTS gf vg	17.7 OZ	2.61	2.61	2.19
30880	DR MCDGL	SOUP LENTIL RTS gf vg	18.2 OZ	2.61	2.61	2.19
30885	DR MCDGL	SOUP MINESTRONE RTS gf vg	18 OZ	2.61	2.61	2.19
30886	DR MCDGL	SOUP RSTD PEP TOM RTS gf vg	18 OZ	2.61	2.61	2.19
30884	DR MCDGL	SOUP SPLIT PEA RTS gf vg	18.2 OZ	2.61	2.61	2.19
30881	DR MCDGL	SOUP VEGETABLE RTS gf vg	18 OZ	2.61	2.61	2.19
FIOR DI FRUTTA - see page 117 for information & ingredients						
28230	FIORDIFR	JAM POMEGRANATE ORG Italy	8.82 OZ	3.64	3.64	2.73
1592	FIORDIFR	JAM ROSEHIP ORG Italy	8.82 OZ	3.64	3.64	2.73
GALVANINA						
32546	GALVANIN	SODA BLOOD ORANGE ORG k s	6/4/12 OZ	1.24	29.76	1.12
32550	GALVANIN	SODA CRAN POMEGRANATE ORG k s	6/4/12 OZ	1.24	29.76	1.12
32548	GALVANIN	SODA GRAPEFRUIT ORG k s	6/4/12 OZ	1.24	29.76	1.12
32547	GALVANIN	SODA LEMON ORG k s	6/4/12 OZ	1.24	29.76	1.12
32551	GALVANIN	SODA ORNG PRICKLY PEAR ORG k s	6/4/12 OZ	1.24	29.76	1.12
32549	GALVANIN	SODA POMEGRANATE ORG k s	6/4/12 OZ	1.24	29.76	1.12
32545	GALVANIN	SODA ACAI ORG k s	12/25.4 OZ	2.59	31.08	2.33
32540	GALVANIN	SODA BLOOD ORANGE ORG k s	12/25.4 OZ	2.59	31.08	2.33
32544	GALVANIN	SODA CRAN POMEGRANATE ORG k s	12/25.4 OZ	2.59	31.08	2.33
32542	GALVANIN	SODA GRAPEFRUIT ORG k s	12/25.4 OZ	2.59	31.08	2.33
32541	GALVANIN	SODA LEMON ORG k s	12/25.4 OZ	2.59	31.08	2.33
32552	GALVANIN	SODA ORNG PRICKLY PEAR ORG k s	12/25.4 OZ	2.59	31.08	2.33
32543	GALVANIN	SODA POMEGRANATE ORG k s	12/25.4 OZ	2.59	31.08	2.33
32563	GALVANIN	SPARKLING MINERAL WATER Italy	12/33.8 OZ	1.39	16.68	1.25
32564	GALVANIN	SPARKLING MINERAL WATER Italy	20/16.9 OZ	0.88	17.60	0.79
GINGER PEOPLE						
33317	GINGERPE	GINGER SWEET HOT SLICES s	4.5 OZ	2.74	2.74	2.47
33318	GINGERPE	GINGER SWEET HOT SLICES s	10 OZ	5.08	5.08	4.57
GOURMET MOM'S						
34435	GOURMMOM	SAUCE BAYOU CREOLE gf vg	24 OZ	5.75	5.75	5.18
34436	GOURMMOM	SAUCE MAUI SUNSET gf vg	24 OZ	5.75	5.75	5.18
34437	GOURMMOM	SAUCE MILANO MARINARA gf vg	24 OZ	5.75	5.75	5.18
HERRELLS						
30804	HERRELLS	SAUCE HOT FUDGE CHIPOTLE s	10 OZ	5.50	5.50	4.95
30803	HERRELLS	SAUCE HOT FUDGE COCONUT s	10 OZ	5.50	5.50	4.95
R.W. KNUDSEN - see pages 89-91 for information & ingredients						
33357	KNUDSEN	JUICE BLUEBERRY LIGHT	12/32 OZ	2.95	35.40	2.65
33358	KNUDSEN	JUICE CRANBERRY LIGHT	12/32 OZ	2.95	35.40	2.65
33359	KNUDSEN	JUICE POMEGRANATE LIGHT	12/32 OZ	2.95	35.40	2.65
82100	KNUDSEN	SPARKLING POMEGRANATE ORG	12/750 ML	3.49	41.88	3.15
LA TOURANGELLE - see page 31 for information & ingredients						
1326	LA TOUR	OIL COCONUT VIRGN UNREFIND ORG	14 OZ	6.06	6.06	4.55
OLIVIA'S CROUTONS - see page 155 for information & ingredients						
41115	OLIVIAS	STUFFING TRADITIONAL	12 OZ	3.62	3.62	3.26
41286	OLIVIAS	STUFFING CORNBREAD v	12 OZ	3.62	3.62	3.26
OSKRI - see pages 125-127 for information & ingredients						
35685	OSKRI	BAR MINI CASHEW CRNBRY gf v k	40/.88 OZ	0.41	16.40	0.31
35688	OSKRI	BAR MINI COCONT DK CH ORG gf v	40/.88 OZ	0.41	16.40	0.31
35682	OSKRI	BAR MINI COCONUT ORG gf vg k	40/.78 OZ	0.41	16.40	0.31
35691	OSKRI	BAR MINI FIBER ALMND CRNBRY gf	40/.88 OZ	0.41	16.40	0.31
35686	OSKRI	BAR MINI FIG gf v k	40/.88 OZ	0.41	16.40	0.31
35681	OSKRI	BAR MINI QUINOA ORG gf vg k	40/.78 OZ	0.36	14.40	0.27
35680	OSKRI	BAR MINI SESME DATE SYRP gf vg	40/.78 OZ	0.36	14.40	0.27
35692	OSKRI	PATTIE HONEY MINT gf v k	80/11 GM	0.38	30.40	0.28

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
PRIMAL- see pages 119-120 for information & ingredients						
7424	PRIMAL	MEATLESS JERKY HT SHTK MUSH vg	24/1 OZ	1.05	25.20	0.94 22.56
7425	PRIMAL	MEATLESS JERKY MESQUITE LIME v	24/1 OZ	1.05	25.20	0.94 22.56
7426	PRIMAL	MEATLESS JERKY TEXAS BBQ vg k	24/1 OZ	1.05	25.20	0.94 22.56
7428	PRIMAL	MEATLESS PEPPERONI NATURAL vg	24/1.5 OZ	1.32	31.68	1.19 28.56
REALLY GREAT FOOD COMPANY - see pages 83-87 for information & ingredients						
31922	REALLYGT	MIX BREAD FRENCH gf k s	13 OZ	4.63	4.63	4.03 4.03
31921	REALLYGT	MIX BREAD PUMPKIN gf k s	19 OZ	5.51	5.51	4.80 4.80
31923	REALLYGT	MIX BREAD RYE STYLE gf k s	19 OZ	5.51	5.51	4.80 4.80
31847	REALLYGT	MIX CAKE COFFEE CRUMB gf k s	20 OZ	5.51	5.51	4.80 4.80
31848	REALLYGT	MIX CAKE DEVILS FOOD gf k s	23 OZ	6.36	6.36	5.53 5.53
31846	REALLYGT	MIX CAKE POUND gf k s	20 OZ	5.51	5.51	4.80 4.80
31845	REALLYGT	MIX COOKIE BUTTER gf k s	15 OZ	4.92	4.92	4.28 4.28
31843	REALLYGT	MIX COOKIE CHOC CRINKLE gf k s	16 OZ	5.07	5.07	4.41 4.41
31844	REALLYGT	MIX COOKIE VERSATILE gf k s	15 OZ	4.92	4.92	4.28 4.28
31920	REALLYGT	MIX CORNBREAD HOMESTYLE gf k s	28 OZ	6.41	6.41	5.58 5.58
31849	REALLYGT	MIX MUFFIN APPLE SPICE gf k s	13 OZ	5.04	5.04	4.38 4.38
31924	REALLYGT	MIX PIE CRUST gf k s	13 OZ	4.63	4.63	4.03 4.03
REIGA FOODS						
41455	REIGA FD	CHS SCE MIX WHT CHEDDR pkt gf	12/1.1 OZ	0.95	11.40	0.67 8.04
41454	REIGA FD	CHS SCE MIX YEL CHEDDR pkt gf	12/1.1 OZ	0.95	11.40	0.67 8.04
RICHARD'S VERMONT MADE - see page 73 for information & ingredients						
30557	RICHARDS	BARBEQUE SAUCE VEGAN s	18 OZ	3.96	3.96	3.36 3.36
RICK'S PICKS						
39045	RICKPICK	PICKLES HOTTIES s	24 OZ	5.19	5.19	4.42 4.42
ROBERT'S - see pages 109-114 for information & ingredients						
73154	ROBERTS	PIRATES BOOTY SOUR CR ONION gf	12/4 OZ	2.13	25.56	1.91 22.92
73155	ROBERTS	PIRATES BOOTY SOUR CR ONION gf	24/1 OZ	0.81	19.44	0.73 17.52
73158	ROBERTS	PIRATES BOOTY VEGGIE gf	12/4 OZ	2.13	25.56	1.91 22.92
73156	ROBERTS	PIRATES SMART PUFFS gf	12/4.5 OZ	2.13	25.56	1.91 22.92
73152	ROBERTS	POTATO FLYERS ORIGINAL gf	12/5.5 OZ	2.13	25.56	1.91 22.92
73153	ROBERTS	POTATO FLYERS ORIGINAL gf	24/1.5 OZ	0.81	19.44	0.73 17.52
73150	ROBERTS	POTATO FLYERS SOUR CR ONION gf	12/5.5 OZ	2.13	25.56	1.91 22.92
73151	ROBERTS	POTATO FLYERS SOUR CR ONION gf	24/1.5 OZ	0.81	19.44	0.73 17.52
73157	ROBERTS	TINGS ORIGINAL gf	12/6 OZ	2.13	25.56	1.91 22.92
RUNA						
41661	RUNA	GUAYUSA TEA AMAZON SPICE ORG	15CT	6.94	6.94	6.25 6.25
41662	RUNA	GUAYUSA TEA RAINFRST MINT ORG	15CT	6.94	6.94	6.25 6.25
41660	RUNA	GUAYUSA TEA TRADITIONAL ORG	15CT	6.94	6.94	6.25 6.25
41663	RUNA	GUAYUSA TEA TROPICL GINGER ORG	15CT	6.94	6.94	6.25 6.25
SANTA CHIARA						
32562	SANTACHI	OIL OLIVE EVOO TAGGIASCA gold	500 ML	16.79	16.79	15.11 15.11
SANTA CLARA						
32560	SANTACLA	OIL OLIVE EVOO blue bottle	250 ML	9.92	9.92	8.93 8.93
32561	SANTACLA	OIL OLIVE EVOO blue bottle	500 ML	14.60	14.60	13.14 13.14
SCHARFFEN BERGER - see pages 95-103 for information & ingredients						
31885	SCHARFEN	BAR DARK CHOC BITTRSWT 70% s	12/3 OZ	2.91	34.92	2.19 26.28
31890	SCHARFEN	BAR DARK CHOC BITTRSWT 70% s	18/1 OZ	1.53	27.54	1.15 20.70
31894	SCHARFEN	BAR DARK CHOC MOCHA 62% s	18/1 OZ	1.53	27.54	1.15 20.70
31895	SCHARFEN	BAR DARK CHOC NIBBY 62% s	18/1 OZ	1.53	27.54	1.15 20.70
31886	SCHARFEN	BAR EXTRA DARK CHOC 82% s	12/3 OZ	2.91	34.92	2.19 26.28
31891	SCHARFEN	BAR EXTRA DARK CHOC 82% s	18/1 OZ	1.53	27.54	1.15 20.70
31888	SCHARFEN	BAR MILK CHOC ALMND SALT 41% s	12/3 OZ	2.91	34.92	2.19 26.28
31889	SCHARFEN	BAR MILK CHOC EXTRA RICH 41% s	12/3 OZ	2.91	34.92	2.19 26.28
31893	SCHARFEN	BAR MILK CHOC EXTRA RICH 41% s	18/1 OZ	1.53	27.54	1.15 20.70
31887	SCHARFEN	BAR SEMI SWT DARK CHOC 62% s	12/3 OZ	2.91	34.92	2.19 26.28
31892	SCHARFEN	BAR SEMI SWT DARK CHOC 62% s	18/1 OZ	1.53	27.54	1.15 20.70
31901	SCHARFEN	CHOC BAKING CHNK BITSWT 71% s	6 OZ	3.93	3.93	2.95 2.95
31902	SCHARFEN	CHOC BAKING CHNK SEMI SWT 71% s	6 OZ	3.93	3.93	2.95 2.95
31900	SCHARFEN	COCOA POWDER SWTND NATURAL s	8 OZ	6.30	6.30	4.73 4.73
31899	SCHARFEN	COCOA POWDER UNSWTND NAT	6 OZ	6.30	6.30	4.73 4.73
31898	SCHARFEN	TASTNG SQ ASSTD CHOC s	3.17 OZ	4.23	4.23	3.17 3.17
31896	SCHARFEN	TASTNG SQ DK CHOC BITSWT 70% s	3.17 OZ	4.23	4.23	3.17 3.17
31897	SCHARFEN	TASTNG SQ RICH MILK CHOC 41% s	3.17 OZ	4.23	4.23	3.17 3.17
SESAME KING - see pages 64-65 for information & ingredients						
33700	SESAMKNG	TAHINI LIGHT ROASTED k	16 OZ	3.20	3.20	2.88 2.88
33701	SESAMKNG	TAHINI DARK ROASTED k	16 OZ	3.20	3.20	2.88 2.88
33702	SESAMKNG	TAHINI LIGHT ROASTED k	32 OZ	5.68	5.68	5.11 5.11
SHABTAI GOURMET						
61413	SHABTAI	COOKIE CHOCOLATE CHIP gf v k s	6/10 OZ	5.98	35.88	5.38 32.28
61400	SHABTAI	COOKIE FLORNTNE LACE gf vg k s	6/8 OZ	4.95	29.70	4.46 26.76
61408	SHABTAI	COOKIE LADY FINGERS gf vg k s	6/4 OZ	4.69	28.14	4.22 25.32
61401	SHABTAI	COOKIE METAWAY CRUMB gf v k s	6/12 OZ	6.45	38.70	5.81 34.86

HEAVENLY
Soufflé
All-Natural,
Single Serving Desserts,
frozen in ceramic ramekins

No fuss, No Mess...
Let us do all the work



Chocolate Soufflé



Pumpkin Soufflé



Crème Brûlée

- All-Natural
- Kosher
- Frozen

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DELIGHTS

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Olive Oil Culture Since 1945

CASA PONS Organic Extra Virgin Olive Oil



The Pons family has been growing and harvesting olive trees since 1945, following a tradition that half a century later allows us to enjoy a magnificent Olive Oil, referred to as "green gold".

Pons Organic Extra Virgin Olive Oil is certified by USDA and each bottle is numbered. This oil has been produced exclusively from olives without using any chemical pesticide. Maximum acidity 0.30°.

Ingredients: Organic Extra Virgin Olive Oil

Item #4715

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
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VERMONT NUT FREE - see pages 132-133 for information & ingredients

33601	VT NUTFR	BAR GRANOLA CH CHIP NUT FREE s	12/2.1 OZ	1.63	19.56	1.47	17.64
33602	VT NUTFR	BAR GRANOLA SWT RSIN NUT FREE	12/2.1 OZ	1.63	19.56	1.47	17.64
33600	VT NUTFR	BAR GRANOLA TRL BRY NUT FREE s	12/2.1 OZ	1.63	19.56	1.47	17.64

WICKED NATURAL - see pages 104-105 for information & ingredients

21351	WICKDNAT	HOT SAUCE TROPICAL SPICE gf s	9 OZ	3.86	3.86	3.28	3.28
21352	WICKDNAT	JELLY CRANBRY MINT JALPNO gf s	9 OZ	3.86	3.86	3.28	3.28
21350	WICKDNAT	SALSA FARMERS MARKET gf	16 OZ	3.86	3.86	3.28	3.28

HOUSEHOLD

NATURAL VALUE

50181	NATVALUE	SPONGE SCRUB W/ORG WALNUT	24CT	.75	18.00	.67	16.08
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ORGANIC COFFEE FILTER COMPANY

92015	ORGFILTR	SPICE BAG COTTON ORG	EACH	3.17	3.17	2.85	2.85
92014	ORGFILTR	TEA FILTER BAG COTTON ORG	EACH	3.32	3.32	2.99	2.99

PUTUMAYO WORLD MUSIC

51087	PUTUMAYO	JAZZ PLAYGROUND cd	EACH	9.99	9.99	8.99	8.99
51088	PUTUMAYO	LATIN PARTY cd	EACH	9.99	9.99	8.99	8.99
51089	PUTUMAYO	RHYTHM & BLUES cd	EACH	9.99	9.99	8.99	8.99
51084	PUTUMAYO	ROCK & ROLL PLAYGROUND cd	EACH	9.99	9.99	8.99	8.99
51085	PUTUMAYO	SOUTH AFRICA cd	EACH	9.99	9.99	8.99	8.99
51086	PUTUMAYO	TRIBUTE TO A REGGAE LEGEND cd	EACH	9.99	9.99	8.99	8.99

NATURAL REMEDIES & SUPPLEMENTS

FOOD SCIENCE OF VERMONT

90330	FOODSCIE	COCOA CAL MAG	60 TAB	8.70	8.70	7.83	7.83
90334	FOODSCIE	COENZYME Q10 CHEWMELT 100 MG	60 TAB	30.22	30.22	27.20	27.20
90333	FOODSCIE	D3 SUPERIOR 1000 IU	250 TAB	5.87	5.87	5.28	5.28
90331	FOODSCIE	D3 SUPERIOR 5000 IU	120 TAB	13.91	13.91	12.52	12.52
90332	FOODSCIE	D3 SUPERIOR LIQUID 10000 IU	30 ML	8.04	8.04	7.24	7.24
90335	FOODSCIE	PROBIOTIC MEGA CHEWABLE	90 WAFER	17.15	17.15	15.44	15.44

PERSONAL CARE

SEVENTH GENERATION - see page 159 for information & ingredients

9659	SEVENTH	BABY WIPES BOX 350 CT	350 CT	16.30	16.30	14.67	14.67
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PET CARE

BARKWHEATS - see page 163 for information & ingredients

53047	BARKWHTS	DOG TREATS TRIAL ASST W/STRIP	12/7 OZ	0.83	9.96	0.75	9.00
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WELLNESS - see page 161 for information & ingredients

51083	WELLNESS	DOG FOOD CORE TURKEY grain fr	12/12.5 OZ	2.39	28.68	1.60	19.20
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REFRIGERATED

DAIYA

61381	DAIYA	CHEDDAR STYLE SHEDDED df vg	8 OZ	4.29	4.29	3.86	3.86
61383	DAIYA	CHEDDAR STYLE SHRED df vg	5#	6.39	31.95	5.75	28.75
61382	DAIYA	ITALIAN STYLE MOZZ SHRED df vg	5#	6.39	31.95	5.75	28.75
61380	DAIYA	MOZZARELLA STYLE SHEDDED df vg	8 OZ	4.29	4.29	3.86	3.86

MALAKA

5590	MALAKA	RENNET LIQUID vg	.5 OZ	5.27	5.27	4.74	4.74
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LA TOURANGELLE Virgin Organic Coconut Oil



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cool ideas & see the faces here you chat
with every day! Become our friend!**

La Tournagelle, 100% organic, virgin and unrefined coconut oil is fresh and delicious. It is made from organic coconuts, which are expeller-pressed within 4 days of being harvested by hand.

This raw, lightly filtered oil is pure, organic and has an incredible coconut flavor. Use it in stir fries, curries and baking, or as a replacement for butter.

It is also great for use on skin and hair to heal, protect and beautify.

Ingredients: 100% pure, expeller-pressed Coconut Oil

Item #1326



October is Co-op and Fair Trade Month

Line Drive **30%** off on all Equal Exchange products
(except packaged coffee)



Virgin, Unrefined, Organic Coconut Oil

Perfect for making delicious Indian, South East Asian & Latin Foods



Indian Pancake

Ingredients

Yields 10-12

- 4 Tbs La Tourangelle Coconut Oil
- 1 cup uncooked rice
- ½ cup yellow split peas
- 1 ½ tsp yeast
- ½ cup warm water
- 1 tsp sugar
- 1 ½ tsp salt
- ¼ tsp mustard seeds
- 1 small onion (chopped)
- 1 green chilli (chopped)



Direction

Soak rice and yellow split peas separately in cold water for 2 hours. Drain water and grind rice in a blender with just enough fresh water to make blending work. Subsequently, grind yellow split peas in the same way. When yellow split peas becomes a smooth batter, add it to the ground rice and mix well. Sprinkle yeast over warm water and leave it for 5 minutes. Add sugar and salt, stir and add it to the rice and yellow split peas mixture. Leave it for 1 hour in a warm place for the mixture to rise. Heat La Tourangelle Coconut oil in a frying pan and stir fry the mustard seeds until they pop. Add chopped onion and chilli and continue stir frying them, until onion turns golden brown. Allow it to cool and add to the batter. Preheat a pan over medium-high heat. Add La Tourangelle Coconut oil to the pan. Pour enough batter onto the heated pan to make small plate size pancakes. Lower the heat to medium and turn it over using a spatula. Serve with coconut and tomato chutney.

A good morning starts with...



Nocciolata Organic Hazelnut Spread is
2010 sofi™ Silver Winner, Outstanding Jam,
Preserve, Honey or Nut Butter



Rigoni di Asiago, the tastiest and healthiest way
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products now available on the US market in the best stores.

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we are at SIAL 2010 – Hall 5A - Booth H201

HOT DEALS!

Over Stock Inventory Sale!
(Product is of Top Quality)

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE	EXT
BULK							
12113	BRKSHGRN	GRANOLA KRUNCHIE MUNCHIE s 88%	5#	4.05	20.25	2.99	14.95
3295	NENB	GRANOLA GOJI BERRY CRUNCHY	25 #	2.63	65.75	1.97	49.25
1287	SPECTRM	MAYONNAISE CANOLA gf	GAL	23.17	23.17	15.50	15.50
FROZEN							
60029	AMYS	MEAL WHOLE CHILI & CORNBIRD	10.5 OZ	4.15	4.15	3.09	3.09
60095	AMYS	TOASTER POPS APPLE DF s	8.5 OZ	3.59	3.59	2.99	2.99
61322	APPLGT	BURGERS BEEF 85% LEAN ORG	16 OZ	6.98	6.98	5.49	5.49
61326	APPLGT	HOT DOGS BF/PK NY STYL uncrd s	12 OZ	5.32	5.32	4.19	4.19
61305	KETTLE C	SOUP ROASTED VEGETABLE gf vg	10 OZ	2.69	2.69	2.09	2.09
60136	LIGHTLIF	SMART GROUND MEATLESS	12 OZ	3.10	3.10	2.48	2.48
63253	ORCA BAY	FLOUNDER FILLETS	10 OZ	4.79	4.79	3.59	3.59
62260	PANEBELL	DOUGH PIZZA & BREAD WHITE	20 OZ	3.37	3.37	2.69	2.69
63284	STAHLBUS	BLACK RASPBERRIES	8 OZ	3.48	3.48	2.44	2.44
GROCERY							
35364	EDEN	MISO SHIRO ORG RICE/SOY	12.1 OZ	8.59	8.59	4.86	4.86
20020	HAPPYPHO	NOODLE SOUP MIX GARLIC gf vg	4.5 OZ	3.72	3.72	2.97	2.97
20021	HAPPYPHO	NOODLE SOUP MIX GINGER gf vg	4.5 OZ	3.72	3.72	2.97	2.97
20022	HAPPYPHO	NOODLE SOUP MIX SHIITAKE gf vg	4.5 OZ	3.72	3.72	2.97	2.97
20032	JAPANDEL	KOMBU NOODLE box GLASS	3.5 OZ	4.22	4.22	2.99	2.99
20030	JAPANDEL	KOMBU NOODLE box ORIGINAL	3.1 OZ	4.22	4.22	2.99	2.99
20033	JAPANDEL	KOMBU NOODLE box RICE	3.9 OZ	4.22	4.22	2.99	2.99
20034	JAPANDEL	KOMBU NOODLE pkt GARLIC SOY vg	2.8 OZ	4.22	4.22	2.99	2.99
20108	LEEKUMKE	OYSTER FLAVORED SAUCE choy sun	5 LB TIN	10.09	10.09	8.07	8.07
9126	MARUKAN	PONZU CITRUS MARINADE	12 OZ	3.50	3.50	2.80	2.80
22149	MISHIMA	BROWN FRIED RICE TERIYAKI s	6/8.8 OZ	2.19	13.14	1.75	10.50
22153	MISHIMA	SOUP CUP CLEAR NOODLE MISO v	6/1.08 OZ	2.09	12.54	1.49	8.94
22155	MISHIMA	SOUP CUP CLEAR NOODLE THAI v	6/1.04 OZ	2.09	12.54	1.49	8.94
20287	NISHIKI	COOKED BROWN RICE bowl	7.4 OZ	1.85	1.85	1.39	1.39
21116	MATIZ	SPREAD OLIVADA SWEET s Spain	6.5 OZ	4.83	4.83	3.63	3.63
41620	STRAMOND	ALMOND CREAM ORG s	8 OZ	13.37	13.37	9.99	9.99
34217	TERRAMED	BRUSHETTA OLIVE ALMOND	9 OZ	5.00	5.00	3.75	3.75
22039	ZERGUT	BALKAN SALAD	19 OZ	3.14	3.14	2.35	2.35
22040	ZERGUT	VEGETABLE SALAD s	19 OZ	3.14	3.14	2.36	2.36
20675	ZIYAD	COUSCOUS W/TOM SAUCE RTE Halal	15.8 OZ	2.54	2.54	1.99	1.99
60306	HATCH	CHILES GREEN CHEF'S CUT	10 OZ	3.70	3.70	2.60	2.60
21136	XOXOC	DRIED PRICKLY PEAR SWEET s	3.5 OZ	5.18	5.18	3.88	3.88
21135	XOXOC	DRIED PRICKLY PEAR W/CHILE s	3.5 OZ	5.18	5.18	3.88	3.88
20237	COLMAN	SAUCE MIX SHEPHERDS PIE	1.4 OZ	2.10	2.10	1.57	1.57
41375	ANNIEHG	COOKIES BUNNY GRHM FRNDS 6PK s	6/1 OZ	.66	3.96	.53	3.18
41370	ANNIEHG	COOKIES BUNNY GRHM FRNDS fam s	10 OZ	3.04	3.04	1.99	1.99
41373	ANNIEHG	CRACKERS BUNNY BUTTER RICH ORG	6.5 OZ	2.98	2.98	2.18	2.18
30810	ANNIEHG	MAC & CHEESE LOW SODIUM	6/6 OZ	1.63	9.78	1.19	7.14
30338	ANNIENA	BBQ SAUCE CHIPOTLE ORG	12 OZ	3.29	3.29	2.47	2.47
31563	AUNTGUSS	BISCTTI ITALIAN W/ OLIVE OIL s	12 OZ	3.70	3.70	2.49	2.49
31744	AURORA	ALMONDS RSTD salted	9.5 OZ	4.10	4.10	3.28	3.28
31792	AURORA	CASHEWS ROASTED W/SALT	9 OZ	5.00	5.00	4.00	4.00
31763	AURORA	DATES W/OAT FLOUR ORG	10 OZ	3.57	3.57	2.68	2.68
31709	AURORA	FIGS CALIMAYRNA	10 OZ	5.33	5.33	4.26	4.26
31727	AURORA	HAZELNUTS raw	9 OZ	4.67	4.67	3.50	3.50
31713	AURORA	PAPAYA CHUNKS low sugar s	10 OZ	2.71	2.71	1.99	1.99
31379	CASABLAN	KIT COUSCOUS 7 VEGETABLES	21.2 OZ	2.95	2.95	2.29	2.29
32446	CAVIARME	PIE FILL WILD MAINE BLUEBERRY	25 OZ	9.71	9.71	7.99	7.99
31487	CELEST	IND WRAP TEA BLACK CHERRY	6/25 CT	3.19	19.14	2.55	15.30
31482	CELEST	IND WRAP TEA CHAMOMILE	6/25 CT	3.19	19.14	2.69	16.14
31486	CELEST	IND WRAP TEA EARL GREY	6/25 CT	3.19	19.14	2.55	15.30
31481	CELEST	IND WRAP TEA PEPPERMINT	6/25 CT	3.19	19.14	2.55	15.30
31484	CELEST	IND WRAP TEA RED ZINGER	6/25 CT	3.19	19.14	2.69	16.14
7405	CHACHI	HOT SAUCE ORG	8 OZ	4.70	4.70	3.50	3.50
4935	CHOLULA	HOT SAUCE CHILI GARLIC	5 OZ	3.09	3.09	2.47	2.47
8521	CROFTER	CONSERVE MANGO ORG s	10 OZ	2.85	2.85	2.28	2.28
34731	DANIELLE	PEANUT NUGGET CHIPOTLE BBQ s	12/2 OZ	2.19	26.28	1.64	19.68
34730	DANIELLE	PEANUT NUGGET PEANUT BUTTER s	12/2 OZ	2.19	26.28	1.64	19.68
30563	DR MCDGL	BIG CUP SOUP CHICK RICE PASTA	6/2.7 OZ	1.81	10.86	1.44	8.64

HOT DEALS!

Over Stock Inventory Sale!
(Product is of Top Quality)

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE	EXT
GROCERY - cont.							
31634	DREWS	ORG DRESS/MAR ASIAN GINGER	8 OZ	2.86	2.86	1.90	1.90
31632	DREWS	ORG DRESS/MAR HARVEST FRENCH s	8 OZ	2.86	2.86	2.15	2.15
33046	ELEONA	OLIVES CHALKIDIKI W/ALMD o oil	10 OZ	5.60	5.60	3.78	3.78
33043	ELEONA	OLIVES CHALKIDIKI W/LEM o oil	10 OZ	5.60	5.60	3.78	3.78
36384	ELITE	JUICE ACAI 100% ORG	12/125 ML	3.39	40.68	2.69	32.28
8217	FANTAST	INSTANT HUMMUS DIP MIX GF	6 OZ	2.79	2.79	1.95	1.95
31104	GHIRARD	DARK BAR ESPRESSO ESCAPE	12/3.5 OZ	2.39	28.68	1.79	21.48
30488	GHIRARD	SQUARES MILK CHOC w/CARAML s p	120 CT	.33	39.60	.25	30.00
1803	GINGERPE	GINGER DELIGHT s	8.5 OZ	5.19	5.19	4.19	4.19
37396	GOODHLTH	POPCORN HALF NAKED W/OLIVE OI	12/4 OZ	1.97	23.64	1.48	17.76
6033	GRANJASF	HONEY MULTIFLORA no drip Spain	12.3 OZ	4.64	4.64	3.94	3.94
30449	GRANZOTI	ENERGY OATS ALMOND SPICE s	12/2 OZ	1.43	17.16	.99	11.88
30446	GRANZOTI	ENERGY OATS MAPLE PECAN s	12/2 OZ	1.43	17.16	1.14	13.68
30171	GREENBLK	BARS MILK CHOC PEANUT ORG s	10/100GR	2.85	28.50	2.14	21.40
31390	HOGAN	MIX BROWN IRISH SODA BREAD	16 OZ	4.59	4.59	2.99	2.99
31392	HOGAN	MIX IRISH SCONE s	16 OZ	4.59	4.59	2.99	2.99
31391	HOGAN	MIX WHITE IRISH SODA BREAD	16 OZ	4.59	4.59	2.99	2.99
41237	HOMEFREE	COOKIES OATMEAL ORG WF	6.3 OZ	3.35	3.35	2.49	2.49
3786	IMAGINE	SOUP CRMY TOMATO ORG GF Vg	16 OZ	2.67	2.67	2.09	2.09
41121	INDIA TR	NAT COLOR SET liq red/yel/blue	2.25 OZ	19.99	19.99	15.99	15.99
41035	KINGARTH	CAKE MIX CHOC INDULGENCE s	21 OZ	9.95	9.95	7.99	7.99
39055	KNUDSEN	JUICE PAPAYA NECTAR	24/8 OZ	.77	18.48	.58	13.92
4301	LITTLEBE	POPCORN WHITE CHEDDAR ORG	12/4 OZ	2.19	26.28	1.64	19.68
35407	LIV ORG	SPORTS DRINK LEMON ORG	12/12 OZ	1.24	14.88	1.09	13.08
33412	LUNDBERG	BASMATI RICE BROWN ORG Cali	2#	4.39	4.39	3.39	3.39
31610	LUNDBERG	COUS BRN RICE PLAIN gf vg	10 OZ	2.38	2.38	1.68	1.68
31611	LUNDBERG	COUS BRN RICE RSTD GAR gf vg	7 OZ	2.38	2.38	1.68	1.68
3556	LUNDBERG	GOURMET RICE WEHANI	6/16 OZ	2.95	17.70	2.19	13.14
41277	MAISIEJ	ALMONDS ORANGE & SPICE	2.5 OZ	2.63	2.63	1.97	1.97
31433	MARCONI	MINI OLIVE OIL 3 PACK	12/3 PK	5.19	62.28	3.95	47.40
53081	MAXWELLS	GRAVY MIX CHICKEN gf	12/1.2 OZ	1.71	20.52	1.28	15.36
53082	MAXWELLS	GRAVY MIX PORK gf	12/1.2 OZ	1.71	20.52	1.28	15.36
35558	MEZZETTA	CAPERS NON-PAREIL IN BLSMC VIN	4 OZ	2.13	2.13	1.59	1.59
1854	MIGUELS	TORTILLA CHIPS WHITE salt	12/7 OZ	1.71	20.52	1.37	16.44
35661	MRS MAYS	CHIPS FRUIT MELON	12/1.5 OZ	1.99	23.88	1.39	16.68
35662	MRS MAYS	CHIPS FRUIT PINEAPPLE	12/2 OZ	1.99	23.88	1.39	16.68
35664	MRS MAYS	CHIPS VEGGIE TARO s	12/2 OZ	1.72	20.64	1.19	14.28
5562	MRS MAYS	CRUNCH BLACK SESAME GF vg s	2 OZ	1.15	1.15	.79	.79
5565	MRS MAYS	CRUNCH PUMPKIN SEED GF vg	2 OZ	1.15	1.15	.86	.86
5561	MRS MAYS	CRUNCH SUNFLOWER GF vg s	2 OZ	1.15	1.15	.92	.92
35666	MRS MAYS	FREEZE DRD CHIPS FRT PINEAPPLE	36/.35 OZ	.79	28.44	.63	22.68
31608	MRSCRIMB	CRACKERS SUNDRD TOM & PESTO gf	4.6 OZ	3.08	3.08	2.46	2.46
2935	MTVIKOS	BISCUITS KRITI OLIVE OIL	12/11.3 OZ	5.95	71.40	4.75	57.00
3926	MTVIKOS	KRITI TOASTS OLIVE OIL RYE	12/5.64 OZ	2.92	35.04	2.19	26.28
34665	NATVALUE	BEANS KIDNEY DK RED ORG	12/14.5 OZ	1.09	13.08	.82	9.84
34664	NATVALUE	BEANS PINTO ORG	12/14.5 OZ	1.09	13.08	.82	9.84
34668	NATVALUE	PEAS SWEET ORG s	12/14.5 OZ	1.35	16.20	.95	11.40
1235	NEWHOPE	PANCAKE MIX BUCKWHEAT	12/32 OZ	3.42	41.04	2.57	30.84
30657	NEWMAN	POPCORN MICROWAVE ORG BUTTER	3.5 OZ	2.95	2.95	2.25	2.25
31832	REALLYGT	MIX CAKE GOLDEN v gf k s	23 OZ	5.96	5.96	4.77	4.77
5675	ROADSEND	chREESE NACHO DIP DF mild ORG	11 OZ	3.65	3.65	2.89	2.89
5676	ROADSEND	chREESE NACHO DIP DF spicy ORG	11 OZ	3.86	3.86	3.09	3.09
41219	ROLAND	AGAR AGAR STRIPS	3 OZ	3.79	3.79	2.99	2.99
34500	RUSTIC	PIZZA CRUST 12in GRT GRAIN ORG	4 EA	3.71	14.84	2.97	11.88
35390	SILVRPAL	SALAD SPLASH ITALIAN ORG	8 OZ	3.19	3.19	2.32	2.32
1288	SPECTRM	MAYONNAISE CANOLA gf	32 OZ	6.25	6.25	4.69	4.69
30683	SPECTRM	MAYONNAISE ORG WASABI	12 OZ	5.39	5.39	3.99	3.99
36003	STASH	FUSION TEA BRKFST W/MATCHA	18CT	2.37	2.37	1.89	1.89
34589	STIRRING	MIX LEMON DROP s	25.4 OZ	5.25	5.25	3.94	3.94
41340	SUZANNES	FRUIT SPRD APRICOTrice swt gf	10 OZ	3.06	3.06	2.45	2.45
41341	SUZANNES	FRUIT SPRD BLUBRY rice swtn gf	10 OZ	3.06	3.06	1.99	1.99
41342	SUZANNES	FRUIT SPRD RASBRY rice swtn gf	10 OZ	3.06	3.06	1.99	1.99
1782	SUZANNES	MOLASSES BLACKSTRAP ORG	16 OZ	3.09	3.09	1.99	1.99
1772	SUZANNES	RICE NECTAR MAPLE ORG gf vg	16 OZ	3.57	3.57	2.17	2.17



HOT DEALS!

Over Stock Inventory Sale!

(Product is of Top Quality)



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE	EXT
GROCERY - cont.							
30860	THEOBROM	BAR CHOC ALMND APL CIN ORG FT	12/1.25 OZ	1.90	22.80	1.33	15.96
8201	TIMELESS	LENTILS PARDINA usa	16 OZ	2.99	2.99	2.39	2.39
30951	URBANACC	GOURMET BRINING BAG	3.2 OZ	2.81	2.81	2.11	2.11
30965	URBANACC	RUB LUSCIOUS LAMB	1.25 OZ	2.51	2.51	1.99	1.99
30966	URBANACC	RUB TURKEY GOURMET GOBBLER	1.25 OZ	2.51	2.51	1.88	1.88
30961	URBANACC	SPICE CRANBERRY CRAVINGS	2 OZ	2.63	2.63	1.97	1.97
30960	URBANACC	SPICE YUMMY YAMS	2 OZ	2.63	2.63	1.97	1.97
39063	VOLCANO	JUICE TANGERINE ORG s	12/8.45OZ	2.31	27.72	1.96	23.52
5663	WALKERS	SHORTBREAD HIGHLANDER s	7 OZ	5.04	5.04	3.99	3.99
22080	WANJASN	WORCESTERSHIRE SCE PREMIUM v s	6.7 OZ	1.24	1.24	.89	.89
HOUSEHOLD							
51062	COTNWASH	LAUNDRY DROPS FRESH SCENT	26 CT	6.47	6.47	4.69	4.69
203	MRS MEYS	DRYER SHEETS BABY BLOSSOM	80SHT	5.65	5.65	3.99	3.99
NATURAL REMEMDIES							
73088	FOODSCIE	CHOLESTSAFE	90 CAP	19.07	19.07	14.30	14.30
PERSONAL CARE							
228	MRS MEYR	BABY BLOSSOM LIP & CHEEK BALM	12/5 OZ	5.70	68.40	4.56	54.72
226	MRS MEYS	BODY OIL BABY BLOSSOM	12/4 OZ	7.13	85.56	5.69	68.28
73062	RADIUS	TOOTHBRUSH SOURCE SOFT	EACH	5.18	5.18	3.89	3.89
REFRIGERATED							
5418	LIGHTLIF	GIMME LEAN GRD BEEF STYLE	14 OZ	3.50	3.50	2.59	2.59
5447	LIGHTLIF	TEMPEH GARDEN VEGETABLE ORG	8 OZ	2.47	2.47	1.85	1.85
90303	ORG VALY	CHEDDAR MILD ORG	2#	7.26	14.52	5.79	11.58
91053	PINELAND	BULK BABY SWISS SMOKED	5.5# RW	6.33	37.98	4.99	29.94
91044	PINELAND	SMOKED JACK	9 OZ	3.79	3.79	3.03	3.03
90178	VT BUTTR	CHEVRE PEPPER LOG	4 OZ	2.75	2.75	2.06	2.06
90179	VT BUTTR	CREAMY GOAT CHEESE CLASSIC	4 OZ	2.95	2.95	2.19	2.19

OUT OF DATE PRODUCT!

(These products are NOT being discontinued...we just have some out of date inventory with very special pricing!)

D60095	AMYS	TOASTER POPS APPLE DF s	8.5 OZ	3.59	3.59	1.99	1.99
D60991	APPLGT	SLICED TURKEY BOLOGNA	7 OZ	2.75	2.75	1.69	1.69
D60985	APPLGT	SLICED TURKEY BRST Herb Rsted	9 OZ	4.10	4.10	2.49	2.49
D63200	GILBERTS	DOUGH COOKE SUGAR gf/df/pf s	16 OZ	5.00	5.00	2.59	2.59
D90251	LIGHTLIF	SMART WINGS BUFFALO	6 OZ	3.77	3.77	2.49	2.49
D60481	NEWHARV	CHICKEN MEATBALLS ITALIAN gf	12 OZ	3.95	3.95	2.69	2.69
D63250	ORCA BAY	SHRIMP EX LG SHLL ON IQF 13/20	1#	11.60	11.60	2.49	2.49
D63283	STAHLBUS	BOYSENBERRIES	8 OZ	3.48	3.48	1.89	1.89
D20293	ALEIAS	STUFFING MIX PLAIN gf	6/12 OZ	4.63	27.78	3.49	20.94
D20293	ALEIAS	STUFFING MIX PLAIN gf	6/12 OZ	4.63	27.78	2.99	17.94
D20293	ALEIAS	STUFFING MIX PLAIN gf	6/12 OZ	4.63	27.78	3.29	19.74
D31744	AURORA	ALMONDS RSTD salted	9.5 OZ	4.10	4.10	2.49	2.49
D31727	AURORA	HAZELNUTS raw	9 OZ	4.67	4.67	2.99	2.99
D31780	AURORA	PEPITAS ORG raw	10 OZ	3.75	3.75	1.99	1.99
D31743	AURORA	SUNFLOWER SEEDS n/s	9.5 OZ	2.44	2.44	1.59	1.59
D30535	DR MCDGL	BIG CUP SOUP PAD THAI	6/2.0 OZ	1.81	10.86	.99	5.94
D30445	GRANZOTI	ENERGY OATS ACAI BERRY s	12/2 OZ	1.43	17.16	.99	11.88
D30445	GRANZOTI	ENERGY OATS ACAI BERRY s	12/2 OZ	1.43	17.16	.99	11.88
D30449	GRANZOTI	ENERGY OATS ALMOND SPICE s	12/2 OZ	1.43	17.16	.99	11.88
D30446	GRANZOTI	ENERGY OATS MAPLE PECAN s	12/2 OZ	1.43	17.16	.99	11.88
D30171	GREENBLK	BARS MILK CHOC PEANUT ORG s	10/100GR	2.85	28.50	1.49	14.90
D31612	LUNDBERG	COUS BRN RICE MED CURRY gf vg	7 OZ	2.38	2.38	1.19	1.19
D3523	MIDEL	HONEY GRAHAM CRACKERS	16 OZ	3.65	3.65	2.50	2.50
D83050	MUIRGLEN	PASTA SAUCE BEEF BOLOGNE ORG s	25.5 OZ	4.60	4.60	2.99	2.99
D30356	NAIRNS	OAT BISCUITS FRUIT & SPICE WF	7.14 OZ	3.57	3.57	1.99	1.99
D40130	SURFSWET	SOUR BERRY BEARS SNK SZ gf	24/9 OZ	.67	16.08	.47	11.28
D34740	VERITAS	BAR MILK CHOC CHERRY ALMOND s	12/2.5 OZ	2.55	30.60	1.49	17.88
D60995	APPLGT	SLICED PANCETTA	4/4 OZ	3.50	14.00	1.99	7.96
D90221	GRAFTON	DUET PREM CHED/BLU CHS 1/2 WHL	1.75# RW	13.70	27.40	7.99	15.98
D5424	LIGHTLIF	SMART SLICES PEPPERONI	4 OZ	3.10	3.10	1.99	1.99
D90305	ORG VALY	CHEDDAR SHRED ORG	6 OZ	3.84	3.84	1.99	1.99
D5734	REMY	BRIE WHEEL	1 KILO	16.75	16.75	10.99	10.99
D90173	VT BUTTR	BUTTER ROLL LIGHTLY SALTED	8 OZ	3.70	3.70	2.29	2.29
D90181	VT BUTTR	CREAMY GOAT CHEESE OLIVE HERB	4 OZ	2.95	2.95	1.99	1.99

HOT DEALS!

OUT OF DATE PRODUCT!
(These products ARE being discontinued)

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE	EXT
BULK							
10291	INTLHARV	JAK FRUIT DRIED ORG	1#	8.99	8.99	5.99	5.99
FROZEN							
60180	FOLLOWYH	CHICKEN FREE CHICKEN s vg	10 OZ	5.29	5.29	2.99	2.99
65178	OHANA	WONTON INDIAN CRRY bitesize vg	8 OZ	3.19	3.19	1.99	1.99
21106	BLAXART	HOT COCOA TAZA POWDER Spain	7 OZ	4.05	4.05	2.78	2.78
GROCERY							
41376	ANNIEHG	COOKIES BUNNY GRHM HONEY 6PK s	6/1 OZ	.69	4.14	.39	2.34
41379	ANNIEHG	SNACK MIX BUNNIES CHEDDAR ORG	9 OZ	3.83	3.83	2.29	2.29
41374	ANNIEHG	SNACK MIX BUNNIES ORG	9 OZ	3.83	3.83	2.29	2.29
31560	AUNTGUSS	BISCTTI ALMOND s	12 OZ	3.70	3.70	2.29	2.29
31556	AUNTGUSS	BISCTTI CHOC CHIP ALMOND s	12 OZ	3.70	3.70	1.99	1.99
31557	AUNTGUSS	COOKIES CHOCOLATE CHIP s	12 OZ	3.70	3.70	1.99	1.99
31790	AURORA	MIX CRANBERRY HONEYNUT SOY	9.5 OZ	3.88	3.88	2.49	2.49
31736	AURORA	RICE CRACKR NORI W/WASABI PEAS	5 OZ	2.54	2.54	1.75	1.75
31786	AURORA	SOYBEANS HONEY rstd	8 OZ	1.92	1.92	1.29	1.29
31781	AURORA	SOYBEANS rstd ORG salted	8 OZ	2.92	2.92	1.99	1.99
33308	BARBARAS	CEREAL WLDPUFF COCO GRHM OG s	10 OZ	4.14	4.14	2.65	2.65
3367	BETMILK	SOY PLUS dry mix	10 OZ	6.74	6.74	4.49	4.49
30282	CHATFLDS	DATE SUGAR	8 OZ	4.35	4.35	2.99	2.99
41142	CLIPPER	WHITE TEA RASPBERRY ORG	20 CNT	3.47	3.47	2.39	2.39
33370	CROFTER	SUPERFRUIT BLK CRNT POM ORG s	11 OZ	3.57	3.57	1.99	1.99
33372	CROFTER	SUPERFRUIT MAQUI PASSION ORG s	11 OZ	3.57	3.57	1.99	1.99
33371	CROFTER	SUPERFRUIT RASPY/UMBERRY ORG s	11 OZ	3.57	3.57	1.99	1.99
6555	EDEN	SEMO PARSLEY GARLIC SPAGHETTI	14 OZ	3.69	3.69	2.49	2.49
36382	ELITE	JUICE POMEGRANATE GRN TEA ORG	12/125 ML	1.39	16.68	.99	11.88
34399	FINAX	MUESLI GOOD FOR YOU MULTIGRAIN	22 OZ	4.85	4.85	2.99	2.99
35216	FOODSHLD	TORTILA CHIPS JALAPENO gf	24/1.5 OZ	.85	20.40	.45	10.80
35179	FRN SOUP	GOULASH MIX HUNGARIAN	6 OZ	4.09	4.09	2.49	2.49
35185	FRN SOUP	SOUP MIX GINGER BEEF FAR EAST	5.5 OZ	4.67	4.67	2.95	2.95
30487	GHIRARD	SQUARES DK CHOC w/WHITE MINTs	120 CT	.33	39.60	.23	27.60
31506	INTLHARV	GO 4 FIGS RAW SUNDRIED ORG	6 OZ	3.67	3.67	2.49	2.49
31504	INTLHARV	GO CHERRY BERRY ORG	5 OZ	6.45	6.45	4.49	4.49
31507	INTLHARV	GO NUTS NO SALT RAW ORG	5 OZ	4.95	4.95	3.49	3.49
31516	INTLHARV	GO TAKE A HIKE MIX ORG	12 OZ	8.27	8.27	5.49	5.49
34611	JERS	PNUT BRttl BITE COCO NUTTY s	12/1.06 OZ	2.09	25.08	1.39	16.68
34612	JERS	PNUT BRttl BITE PRETZO CHANGO	12/1.06 OZ	2.09	25.08	1.29	15.48
34610	JERS	PNUT BRttl BITE TOFFEE BREAK s	12/1.06 OZ	2.09	25.08	1.49	17.88
34613	JERS	PNUT BRttl BITE YIPPEE CAYENNE	12/1.06 OZ	2.09	25.08	1.29	15.48
35102	JERS	PNUT BUTTER BAR PRETZEL MILK s	12/3.5 OZ	3.40	40.80	2.39	28.68
34701	KTBAKERS	PARMESAN CRISPS SESAME gf	3 OZ	4.39	4.39	2.99	2.99
2977	LINDT	BITTERSWT HAZELNUT s	12/3.5OZ	2.19	26.28	1.49	17.88
2970	LINDT	SWISS BAR WHITE s	12/3.5OZ	2.19	26.28	1.49	17.88
31613	LUNDBERG	COUS BRN RICE SAVRY HERB gf vg	6.8 OZ	2.38	2.38	1.29	1.29
83050	MUIRGLEN	PASTA SAUCE BEEF BOLOGNE ORG s	25.5 OZ	4.60	4.60	2.99	2.99
7190	NATURCHO	CEREAL BARS RASPBERRY LF WF	6 BARS	3.03	3.03	1.99	1.99
30851	ORTIZ	ANCHOVY FILLETS OLIVE OIL	2.76 OZ	9.25	9.25	5.99	5.99
41183	PEELU	GUM FRUIT blister pack	24/12 PC	.93	22.32	.59	14.16
41179	PEELU	GUM VITAMIN C blister pack	24/12 PC	.93	22.32	.59	14.16
6026	STACYS	PITA TUSCAN HERB	24/1.5 OZ	.70	16.80	.39	9.36
1771	SUZANNES	RICE NECTAR GENMAI ORG gf	16 OZ	3.33	3.33	1.99	1.99
1781	SUZANNES	RICE NECTAR STRAWBERRY gf	16 OZ	3.45	3.45	1.99	1.99
34773	SUZIES	NAAN BITES CILNTR GR CHILE s	5 OZ	1.81	1.81	.99	.99
34775	SUZIES	NAAN BITES SEA SALT s	5 OZ	1.81	1.81	.99	.99
34772	SUZIES	NAAN BITES YOGURT DILL s	5 OZ	1.81	1.81	.99	.99
34740	VERITAS	BAR MILK CHOC CHERRY ALMOND s	12/2.5 OZ	2.55	30.60	1.39	16.68
36407	YOGAVIVE	APPLE CHIPS CARAMEL ORG	12/1.76 OZ	3.59	43.08	1.99	23.88
71152	ORGINDIA	FIBER HARMONY ORANGE ORG	10.2 OZ	10.66	10.66	6.99	6.99
REFRIGERATED							
90262	CABOT	CHEDDAR TIKI MASALA HNDRUB	8 OZ	4.83	4.83	2.99	2.99
90263	CABOT	CHEDDAR BUFFALO WING HNDRU	8 OZ	4.83	4.83	2.99	2.99
90261	CABOT	CHEDDAR TUSCAN ENCRUSTED	8 OZ	4.83	4.83	2.99	2.99
90307	ORG VALY	CHEDDAR MILD PASTRZD ORG	5#	7.51	37.55	4.39	21.95
90121	SEVRE	CHEVRE BOIT Goat Camembert	6.3 OZ	6.95	6.95	4.69	4.69

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
BULK PRODUCTS & FOOD SERVICE						
BAKING PRODUCTS						
2342	BULK	ARROWROOT POWDER	1#	2.07	2.07	
2179	APPLELDG	BAKEWELL CREAM	1#	5.99	5.99	5.39 5.39
2184	BULK	BAKING POWDER NON-ALUM double	50#	1.55	77.50	
1238	RUMFORD	BAKING POWDER non-aluminum	5#	13.99	13.99	
2180	BULK	BAKING SODA	50# **	.67	33.50	
3427	BETMILK	BETTER THAN MILK? SOY PLAIN	25# **	5.59	139.75	
10021	DAGOB	CACAO POWDER ORG FT	5#	9.65	48.25	
2804	SUNRDG	CAROB CHIPS MALT SW	25# *	4.59	114.75	
4100	BULK	CAROB POWDER medium	50# *	1.45	72.50	
10030	FRONTIER	CHEESE POWDER mild cheddar	1#	14.89	14.89	
2210	BULK	CHIPS CAROB UNSWEETND D/F h	25# *	1.99	49.75	
1353	BULK	CHIPS CAROB w/sugar df h	25# *	1.75	43.75	1.55 38.75
2239	BULK	CHIPS CHOCOLATE 1000cnt s	25# *	2.49	62.25	
2236	SUNRDG	CHIPS CHOCOLATE DARK ORG	25# *	6.72	168.00	
2802	SUNRDG	CHIPS CHOCOLATE MALT SWTD D/F	25# *	5.29	132.25	
1274	BULK	CHIPS CHOCOLATE ORG 1000 cnt s	25# *	5.14	128.50	
3072	BULK	CHIPS CHOCOLATE SEMI 2000cnt s	50# *	2.55	127.50	
2238	BULK	CHIPS WHITE CHOCOLATE s	30# *	4.29	128.70	3.86 115.80
9202	CALLEBT	CHOC BLK BELG DK SEMI SWT s	11#	4.85	53.35	
9204	CALLEBT	CHOC BLK BELG WHITE s	11#	6.29	69.19	
9206	CALLEBT	CHOC BLK BITTERSWEET s	11#	4.85	53.35	
10295	BULK	CHOC CHUNKS SEMI SWEET ORG s	5#	4.69	23.45	
3077	BULK	CHOCOLATE LIQUOR (bakers)	30# *	4.55	136.50	
10299	BULK	CHOCOLATE LIQUOR ORG	5#	4.86	24.30	4.37 21.85
10015	DAGOB	CHOCOLATE SYRUP ORG FT	64 OZ	18.03	18.03	
1364	BULK	COCOA POWDER DUTCH PROCESS	50# *	4.19	199.50	
1365	BULK	COCOA POWDER NATURAL	50# *	3.40	170.00	
10014	MULTIPLE	COCOA POWDER NATURAL ORG FT	25#*	4.55	113.75	4.10 102.50
10010	MULTIPLE	COCOA POWDER ORG dutch	25#*	4.40	110.00	3.96 99.00
2167	BULK	CORN STARCH	5#	.53	2.65	
2181	BULK	CREAM OF TARTAR	1#	5.65	5.65	
2182	BULK	DRY BUTTERMILK POWDER	50# **	3.08	154.00	
1232	BULK	DRY MILK SKIM INSTANT	5#	5.35	26.75	
1231	BULK	DRY MILK SKIM NON INST LOW	50# **	2.99	149.50	
1230	BULK	DRY MILK WHOLE NON INSTANT	10#	2.99	29.90	2.69 26.90
10190	ORG VALY	DRY NONFAT MILK POWDER ORG	5#	5.51	27.55	
3111	BULK	DRY SKIM MILK NON INST HI HEAT	10#	3.18	31.80	2.86 28.60
2541	BULK	GUAR GUM	1#	6.06	6.06	
2545	BULK	LECITHIN GRANULES	1#	5.25	5.25	
1261	REDSTAR	NUTRI YEAST MAXI FLAKE 1/2 MKS	50# *	4.97	248.50	
1262	REDSTAR	NUTRI YEAST MINI FLAKE 16 MKS	50# *	4.80	240.00	
1263	REDSTAR	NUTRI YEAST POWDER 60 MHF	50# *	4.76	238.00	
1167	BULK	POTATO STARCH	1#	2.72	2.72	
33273	LITTLEBA	POTATO STARCH MAINE	50#*	.89	44.50	
5059	LETSDO	SPRINKLEZ CARNIVAL s	1#	8.45	8.45	
11166	BULK	TAPIOCA FLOUR	55#	1.36	74.80	
1166	BULK	TAPIOCA FLOUR	1#	1.52	1.52	
1278	BULK	WHEY POWDER SWEET DAIRY gr A	50# **	1.46	73.00	
1202	REDSTAR	YEAST ACTIVE DRY (bakers)	50# *	2.47	123.50	
BAKING EXTRACTS & FLAVORINGS						
2195	BULK	EXTRACT ALMOND NATURAL	PINT	9.79	9.79	
2193	BULK	EXTRACT ALMOND NATURAL	GAL	61.49	61.49	
2198	BULK	EXTRACT LEMON NATURAL	GAL	40.99	40.99	
2199	BULK	EXTRACT LEMON NATURAL	PINT	6.85	6.85	
3018	BULK	EXTRACT ORANGE NATURAL	PINT	6.89	6.89	
3028	BULK	EXTRACT ORANGE NATURAL	GAL	41.99	41.99	37.79 37.79
2196	BULK	EXTRACT PEPPERMINT NATURAL	GAL	67.49	67.49	
2197	BULK	EXTRACT PEPPERMINT NATURAL	PINT	10.79	10.79	
2192	BULK	FLAVORING IMITATION VANILLA	GAL	15.66	15.66	
1740	BULK	VANILLA EXT BOURBON BLND 1FLD	GAL	145.45	145.45	
2315	BULK	VANILLA EXT BOURBON BLND 1FLD	PINT	21.82	21.82	
1737	BULK	VANILLA EXT SINGLE FOLD NAT	PINT	12.88	12.88	
1739	BULK	VANILLA EXT SINGLE FOLD NAT	GAL	75.76	75.76	
BEANS, CANNED						
10278	NATVALUE	BEANS BLACK ORG	6/108 OZ	5.95	35.70	
10279	NATVALUE	BEANS GARBANZO ORG	6/108 OZ	5.95	35.70	
10281	NATVALUE	BEANS KIDNEY RED ORG	6/108 OZ	5.95	35.70	
10280	NATVALUE	BEANS PINTO ORG	6/108 OZ	5.95	35.70	5.36 32.16
8491	EDEN	ORG BEANS BLACK #10can	108 OZ	8.95	8.95	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
8492	EDEN	ORG BEANS GARBANZO #10can	108 OZ	9.45	9.45		
8493	EDEN	ORG BEANS KIDNEY #10can	108 OZ	9.75	9.75		
8494	EDEN	ORG BEANS PINTO #10can	108 OZ	8.89	8.89		
BEANS, DRIED							
1001	BULK	BEANS BLACK TURTLE	22# **	1.29	28.38	1.16	25.52
1040	BULK	BEANS CANNELINI (white kidney)	22# **	1.45	31.90		
1059	BULK	BEANS CRANBERRY (ROMANO)	22# **	1.79	39.38		
1022	BULK	BEANS FAVA	10#	1.81	18.10	1.59	15.90
1126	BULK	BEANS FAVA SMALL SPLIT/PEELED	11#	.80	8.80		
1074	BULK	BEANS FAVA SMALL WHOLE	10#	1.00	10.00	.90	9.00
5872	WOODLND	BEANS FLAGEOLET	25# **	2.07	51.75		
1008	BULK	BEANS GREAT NORTHERNS	22# **	1.45	31.90	1.29	28.38
1013	BULK	BEANS KIDNEY Dark RED	22# **	1.48	32.56	1.33	29.26
1017	BULK	BEANS NAVY PEA	22# **	1.38	30.36		
1018	BULK	BEANS PINTO	22# **	1.10	24.20	.99	21.78
1005	BULK	CHICKPEAS (garbanzo)	22# **	1.41	31.02		
5876	WOODLND	LENTILS AUTUMN BLEND	25# **	2.41	60.25		
1000	BULK	LENTILS FRENCH	22# **	1.49	32.78	1.34	29.48
1011	BULK	LENTILS GREEN	22# **	1.45	31.90		
1012	BULK	LENTILS RED SPLITS	22# **	1.46	32.12		
1027	BULK	MAINE BEANS JACOB CATTLE	10#	2.10	21.00		
1009	BULK	PEAS GREEN SPLITS	22# **	1.09	23.98		
1026	BULK	PEAS GREEN WHOLE	22# **	1.25	27.50		
1024	BULK	PEAS YELLOW SPLITS	22# **	1.25	27.50	1.09	23.98
BEANS, DRIED - ORGANIC							
6030	BULK	ADZUKI BEANS ORG	25# **	1.80	45.00	1.59	39.75
3128	BULK	BLACK EYE PEAS ORG	25# **	1.59	39.75		
6808	BULK	BLACK SOY BEAN ORG USA	25# **	1.65	41.25		
1535	BULK	BLACK TURTLES ORG	25# **	1.26	31.50		
6304	BULK	CHICK PEAS ORG	25# **	1.45	36.25		
6320	BULK	GREAT NORTHERNS ORG	25# **	1.29	32.25		
1536	BULK	KIDNEY BEANS ORG	25# **	1.50	37.50		
10116	TIMELESS	LENTILS BLACK BELUGA ORG USA	25# **	2.25	56.25		
1414	TIMELESS	LENTILS DU PUY ORG Frnch green	25# **	2.15	53.75		
2103	BULK	LENTILS FRENCH ORG	25# **	1.55	38.75	1.40	35.00
2105	BULK	LENTILS GREEN ORG	25# **	1.39	34.75		
1006	BULK	LENTILS RED SPLIT ORG	25# **	1.99	49.75		
1029	BULK	LIMAS BABY ORG	25# **	1.45	36.25		
3225	BULK	MUNG BEANS ORG	25# **	1.75	43.75	1.55	38.75
2106	BULK	NAVY PEA BEANS ORG	25# **	1.24	31.00		
6805	BULK	PEAS GREEN SPLIT ORG	25# **	1.39	34.75	1.25	31.25
6710	BULK	PINTO BEANS ORG	25# **	1.19	29.75		
1015	BULK	RED CHILI BEANS SMALL ORG USA	25# **	1.65	41.25		
1020	BULK	SOYBEANS ORG	25# **	1.25	31.25		
BEANS, DRIED - SOUP MIXES							
3290	NORTHBAY	SOUP MIX 32 BEAN/8 VEGETABLE	40# *	4.19	167.60		
3315	ARROW	SOUP MIX 7 BEAN/BRLY ORG	25# **	2.27	56.75		
3293	NORTHBAY	SOUP MIX SPICY SOUTHWESTERN	40# *	4.29	171.60		
BEVERAGES							
15114	VT COFFEE	COFFEE ICED CONC ORIG ORG FT	1/2 GAL	73.99	73.99	66.59	66.59
15115	VT COFFEE	COFFEE SPOUT FOR #15114	1 SPOUT	6.50	6.50		
6402	BLUSKY	BAG-IN-BOX CHERRY VAN CRM	3GAL	78.79	78.79		
6378	BLUSKY	BAG-IN-BOX COLA	3GAL	78.79	78.79		
6403	BLUSKY	BAG-IN-BOX DR. BECKER	5GAL	78.79	78.79		
6362	BLUSKY	BAG-IN-BOX LEMON LIME	3GAL	78.79	78.79		
6391	BLUSKY	BAG-IN-BOX ROOT BEER	3GAL	78.79	78.79		
BREAKFAST CEREALS & GRANOLA							
3204	ARROW	CEREAL SEVEN GRAIN AM ORG	25# **	1.90	47.50		
12112	BRKSHGRN	GRANOLA BLUBRY CRISP s 85% ORG	5#	4.05	20.25		
12110	BRKSHGRN	GRANOLA CINN TOAST s 76% ORG	5#	4.05	20.25		
12111	BRKSHGRN	GRANOLA CRAN PUMP SD s 82% ORG	5#	4.05	20.25		
12113	BRKSHGRN	GRANOLA KRUNCHIE MUNCHIE s 88%	5#	4.05	20.25	2.99	14.95
4702	CHAPP	GRANOLA BLUEBERRY BANANA LF	22#	2.52	55.44		
4701	CHAPP	GRANOLA CRANBERRY LF	24#	2.52	60.48		
4747	CHAPP	GRANOLA MAPLE ALMOND	25#	2.52	63.00		
4703	CHAPP	GRANOLA W/RAISINS LF	24#	2.31	55.44		
2824	GRANOATS	GRANOLA CASHEW RAISIN ORG	5#	3.70	18.50		
2818	GRANOATS	GRANOLA CLASSIC ORG	5#	4.25	21.25		
2819	GRANOATS	GRANOLA CRANBERRY CHEW ORG	5#	4.74	23.70		
4521	GRANOATS	GRANOLA GOJI AGAVE ORG	25#	4.85	121.25		
2817	GRANOATS	GRANOLA MAINELY MAPLE WF ORG	5#	4.85	24.25		
2821	GRANOATS	GRANOLA Wheat Free CLASSIC ORG	5#	4.25	21.25		
2822	GRANOATS	MUESLI SWISS STYLE ORG	5#	3.70	18.50		
4519	GRANOATS	MUESLI SWISS STYLE ORG	25#	3.55	88.75		
15416	INTLHARV	GRANOLA CHOC GOJI MULBRY ORG	5#	4.15	20.75	3.49	17.45
3227	NENB	CEREAL CRUNCHY FRUITY ORG gf s	20#	4.06	81.20		
3211	NWM	CEREAL 7-GRAIN ORG	25# **	1.79	44.75		
3278	NENB	GRANOLA BERRY GOOD	5#	3.55	17.75		
3261	NENB	GRANOLA CAPE COD CRANBERRY L/F	25#	2.35	58.75		
3271	NENB	GRANOLA CAPE COD CRANBERRY L/F	5#	2.80	14.00		



Bell's Seasoning

In 1867, William G. Bell, a Boston inventor and cook, created **Bell's Seasoning**. A unique combination of rosemary, oregano, sage, ginger, and marjoram - today's blend is unchanged from the original recipe.

For generation after generation, **Bell's Seasoning** has been the essential ingredient with Holiday turkey, stuffing, and more. What's more - it's salt-free and all-natural.

100% Salt-Free

100% Natural

No added
preservatives,
additives, or
artificial ingredients



Ingredients: Rosemary, Oregano, Sage, Ginger, and Marjoram

Item #2507





Dancing Deer Baking Co.

Pancake & Waffle Mix

We started our mix line in 1997 with our Chinese Five Spice Gingerbread Mix. A customer who loved the creative, artisan qualities of our cakes and cookies had asked us to reinvent this classic. Since then we've been doing great things with special ingredients and simple mixing techniques.

Breakfast in Bed?

Pumpkin Spice



A comforting blend of sweet pumpkin, buttermilk, and spices. All you need is milk, eggs and sugar.

Add toasted pecans and candied orange peel, or top with sautéed apples and pears with a splash of brandy. Finish with freshly whipped cream. Arrives in an artful tin.

Ingredients: Unbleached, unbromated wheat flour, pumpkin flour, natural pumpkin, powdered buttermilk, cane sugar, baking powder and soda, Kosher salt, spices.

Item #30547



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
BREAKFAST CEREALS & GRANOLA - cont.						
3270	NENB	GRANOLA FRENCH VANILLA s	10#	2.41	24.10	
3295	NENB	GRANOLA GOJI BERRY CRUNCHY	25 #	2.63	65.75	1.97 49.25
3255	NENB	GRANOLA MAPLE ALMOND DATE	10#	2.90	29.00	
3256	NENB	GRANOLA ORG BANANA CRUNCH L/F	5#	4.05	20.25	
3265	NENB	GRANOLA ORG CINN SPICE	10#	2.45	24.50	
3264	NENB	GRANOLA ORG MAPLE	10#	3.29	32.90	
3250	NENB	GRANOLA OUTRAGE RASPBRY L/F	5#	3.99	19.95	
3257	NENB	GRANOLA OUTRAGE RASPBRY L/F	25#	3.10	77.50	
3268	NENB	GRANOLA SAVE THE FOREST NUT	10#	2.75	27.50	
3269	NENB	GRANOLA SAVE THE FOREST NUT	25#	2.60	65.00	
3273	NENB	GRANOLA UNSWTND PECAN SPLENDOR	5#	2.65	13.25	
3251	NENB	MUESLI ORG	5#	3.59	17.95	
CANDY & CONFECTIONS						
1356	BULK	CAROB MALT BALLS W/SUGAR h	15# *	2.42	36.30	2.18 32.70
2654	BULK	CAROB MALT SWTN ALMONDS h	10# *	4.24	42.40	
2656	BULK	CAROB MALT SWTND PEANUTS	10# *	2.72	27.20	
2657	BULK	CAROB MALT SWTND RAISINS h	10# *	2.83	28.30	
10115	BULK	CAROB PEANUT CLUSTERS s	10# *	3.03	30.30	
1355	BULK	CAROB PEANUTS W/SUGAR df h	15# *	2.37	35.55	2.13 31.95
1354	BULK	CAROB RAISINS W/SUGAR df h	15# *	2.37	35.55	2.13 31.95
4953	BULK	MILK CHOC COFFEE BEANS s h	10# *	3.83	38.30	
10209	SUNRDG	MILK CHOC TOFFEE PEANUTS s	10# *	5.55	55.50	
4070	BULK	MILK CHOCOLATE ALMONDS s h	15# *	3.48	52.20	3.13 46.95
10106	BULK	MILK CHOCOLATE BRIDGE MIX s h	10# *	2.92	29.20	
4954	BULK	MILK CHOCOLATE MALT BALLS s h	15# *	2.63	39.45	
4955	BULK	MILK CHOCOLATE PEANUTS s h	15# *	2.58	38.70	
4957	BULK	MILK CHOCOLATE PRETZELS s h	15# *	2.65	39.75	
4956	BULK	MILK CHOCOLATE RAISINS s h	15# *	2.62	39.30	
10108	BULK	MILK COCOA COATED ALMONDS s	10# *	4.29	42.90	
4079	SUNRDG	CHOC COCONUT CHEWS ind. wrap	7#	8.25	57.75	
4094	SUNRDG	CHOCOLATE CRANBERRIES	10# *	6.90	69.00	
4075	SUNRDG	CHOCOLATE GINGER s	10# *	7.75	77.50	
10311	SUNRDG	DARK CHOC ALMONDS NATURAL s	10# *	6.73	67.30	
10312	SUNRDG	DARK CHOC MALT BALLS MINI s	10# *	6.38	63.80	5.42 54.20
10111	BULK	DARK CHOCOLATE ALMONDS s	10# *	4.03	40.30	
2805	CLOUD 9	DARK CHOCOLATE ALMONDS s	10#	9.40	94.00	
10208	SUNRDG	DARK CHOCOLATE NONPAREILS s	10# *	6.25	62.50	
10110	BULK	DARK CHOCOLATE PEANUTS s	10# *	3.09	30.90	3.78 37.80
10109	BULK	DARK CHOCOLATE RAISINS s	10# *	2.92	29.20	
2809	SUNSPIRE	DK CHOC ESPRS BEANS D/F	10# *	10.25	102.50	
4096	SUNRDG	GALAXY MIX	10#	5.80	58.00	
1815	GINGERPE	GINGER CHEWS	11#	4.89	53.79	4.39 48.29
1818	GINGERPE	GINGER CHEWS PEANUT	11#	5.20	57.20	
1817	GINGERPE	GINGER CHEWS SPICY APPLE	11#	4.89	53.79	
33466	GINGERPE	GINGER SWEETIES hearts s	11#	10.20	112.20	6.72 73.92
1824	GINGERPE	GIN-GINS CANDY indiv wrapped	11#	4.65	51.15	
1765	BULK	GLAZED MIXED SEED/NUT CRUNCH s	10#	3.83	38.30	
4078	SUNRDG	JOLLY BEANS ORG s	10# *	6.90	69.00	
10313	SUNRDG	MILK CHOC PRETZELS NATURAL s	10# *	5.62	56.20	
10310	SUNRDG	PEANUT BUTTER CHIPS s	25# *	4.64	116.00	
4077	SUNRDG	PEANUT BUTTER PRETZELS s	10# *	5.45	54.50	
10315	SUNRDG	PEANUT BUTTER RAISINS s	10# *	5.29	52.90	4.23 42.30
10300	BULK	PEANUTS TOFFEE COATED s	25# *	1.50	37.50	
1606	JOYVA	SESAME CRUNCH wrapped pcs s	20#	2.67	53.40	2.37 47.40
3060	BAZZINI	SESAME HONEY CRUNCH bulk	30#	3.28	98.40	
2814	SUNSPIRE	SUNDROPS PEANUT CHOCOLATE	5#	7.25	36.25	
2813	SUNSPIRE	SUNDROPS PLAIN CHOCOLATE	5#	5.90	29.50	
10210	SUNRDG	SUNNY BEARS ORG v s	10#	6.90	69.00	
10211	SUNRDG	SUNNY FRUIT SLICES w/vit C OG	10#	6.90	69.00	5.90 59.00
10314	SUNRDG	SUNNY WORMS W/VITAMINS ORG s	10# *	7.24	72.40	
1360	BULK	YOGURT ALMONDS h	15# *	4.24	63.60	
4082	SUNRDG	YOGURT BLUEBRY covered RAISINS	10#	5.85	58.50	5.27 52.70
10113	BULK	YOGURT BRIDGE MIX s h	10# *	2.82	28.20	
1359	BULK	YOGURT MALT BALLS W/SUGAR h	15# *	2.47	37.05	
1357	BULK	YOGURT PEANUTS W/SUGAR h	15# *	2.32	34.80	
10316	SUNRDG	YOGURT PRETZELS NATURAL s	10# *	5.04	50.40	4.29 42.90
1352	BULK	YOGURT PRETZELS W/SUGAR h	15# *	2.59	38.85	
2798	FRTSRC	YOGURT RAISINS	10#	6.95	69.50	
10317	SUNRDG	YOGURT RAISINS NATURAL s	10# *	4.66	46.60	
1358	BULK	YOGURT RAISINS W/SUGAR h	15# *	2.47	37.05	
COFFEE						
8431	EQUALX	ORG BREAKFAST BLEND	2#	8.50	17.00	5.95 11.90
8434	EQUALX	ORG FRENCH ROAST dk	2#	8.00	16.00	5.60 11.20
8371	EQUALX	ORG BOLIVIAN	5#	7.75	38.75	5.43 27.15
8357	EQUALX	ORG BREAKFAST BLEND	5#	7.75	38.75	5.43 27.15
8358	EQUALX	ORG CAFE NICA dk	5#	7.79	38.95	5.45 27.25
8355	EQUALX	ORG CAFE PERU med	5#	7.79	38.95	5.45 27.25
10216	EQUALX	ORG COLOMBIAN	5#	7.79	38.95	5.45 27.25
8359	EQUALX	ORG DECAF BREAKFAST BLEND CO2	5#	10.15	50.75	7.11 35.55
8362	EQUALX	ORG ESPRESSO dk	5#	7.79	38.95	5.45 27.25

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
10218	EQUALX	ORG ETHIOPIAN	5#	7.79	38.95	5.45	27.25
8367	EQUALX	ORG FRENCH ROAST DECAF CO2	5#	9.99	49.95	6.99	34.95
8356	EQUALX	ORG FRENCH ROAST dk	5#	7.79	38.95	5.45	27.25
8364	EQUALX	ORG HOUSE BLEND	5#	7.79	38.95	5.45	27.25
8365	EQUALX	ORG LOVE BUZZ	5#	7.79	38.95	5.45	27.25
10217	EQUALX	ORG MIDNIGHT SUN	5#	7.79	38.95	5.45	27.25
8360	EQUALX	ORG MIND BODY & SOUL BLEND med	5#	7.79	38.95	5.45	27.25
2715	FAIRWNDS	BREAKFAST BLEND med rst	5#	7.00	35.00		
2710	FAIRWNDS	COLOMBIAN SUPREMO	5#	7.00	35.00		
2716	FAIRWNDS	DECAF BREAKFAST BLEND EURO	5#	7.00	35.00		
2717	FAIRWNDS	DECAF HAZELNUT EURO/PROC med r	5#	7.00	35.00		
2709	FAIRWNDS	HAZELNUT COFFEE med rst	5#	7.00	35.00		
32252	GLOBAL	ORG MEXICAN DEKAFF FT BEAN	2 #	9.27	18.54		
30500	LARRYS	ORG BOLIVIAN FT	5#	8.06	40.30		
30501	LARRYS	ORG COLOMBIAN FT	5#	8.06	40.30		
30375	LARRYS	ORG COSTA LITTLE RICKY FT	5#	8.06	40.30		
30376	LARRYS	ORG COWBOY BLEND FT	5#	8.06	40.30		
30377	LARRYS	ORG EL SALVADOR DALI FT	5#	8.06	40.30		
30374	LARRYS	ORG ESPRESSO FT	5#	8.06	40.30		
30378	LARRYS	ORG FRANK SUMATRA FT	5#	8.06	40.30		
30372	LARRYS	ORG GUATAMALAN FT	5#	8.06	40.30		
30380	LARRYS	ORG LOUIE SUPREMO FT	5#	8.06	40.30		
30379	LARRYS	ORG MOCHA JAVA BLEND FT	5#	8.06	40.30		
30373	LARRYS	ORG PERUVIAN FT	5#	8.06	40.30		
10248	LARRYS	ORG SUMATRA FT	5#	8.06	40.30		
2707	ORGCOF	ORG BREAKFAST BLEND FT	2#	7.95	15.90		
2706	ORGCOF	ORG FRENCH ROAST FT	2#	7.95	15.90		
2705	ORGCOF	ORG FRENCH RST DECAF CO2 FT	2#	7.95	15.90		
2704	ORGCOF	ORG FRENCH VANILLA FT	2#	7.95	15.90		
2701	ORGCOF	ORG GORILLA DECAF FT	2#	7.95	15.90		
33523	ORGCOF	ORG GUATEMALA MAYA LAKE FT	2#	7.95	15.90	6.36	12.72
2703	ORGCOF	ORG HAZELNUT FT	2#	7.95	15.90		
33522	ORGCOF	ORG HURRCNE ESPRSSO DECAF FT	2#	7.95	15.90	6.36	12.72
33520	ORGCOF	ORG HURRICANE ESPRESSO FT	2#	7.95	15.90	6.36	12.72
2714	ORGCOF	ORG JAVA LOVE FT	2#	7.95	15.90		
33524	ORGCOF	ORG NICRAGUAN SELVA NEGRA FT	2#	7.95	15.90	6.36	12.72
33521	ORGCOF	ORG RAINFOREST BLEND FT	2#	7.95	15.90	6.36	12.72
2708	ORGCOF	ORG STELLAR BREW FT	2#	7.95	15.90		
2713	ORGCOF	ORG SUMATRA MANDHELING FT	2#	7.95	15.90		
2712	ORGCOF	ORG ZEN BLEND ground FT	2#	7.95	15.90		
CONDIMENTS							
41202	ROLAND	CLAM JUICE	46 OZ	3.65	3.65		
1483	PALMIERI	PASTA SAUCE SPAGHETTI	GAL	8.95	8.95		
1501	PALMIERI	PIZZA SAUCE	GAL	10.50	10.50		
7061	ANNIENA	DRESSING CAESAR	1 LTR	7.40	7.40		
7057	ANNIENA	DRESSING COWGIRL RANCH	1 LTR	7.40	7.40		
7054	ANNIENA	DRESSING GODDESS	1 LTR	7.40	7.40		
7059	ANNIENA	VINAIGRETTE BALSAMIC	1 LTR	7.40	7.40		
7055	ANNIENA	VINAIGRETTE RASPBERRY LF	1 LTR	7.40	7.40		
7064	ANNIENA	VINAIGRETTE RST RED PEPPER	1 LTR	7.40	7.40		
7056	ANNIENA	VINAIGRETTE SHIITAKE SESAME	1 LTR	7.40	7.40		
34012	GREENMT	SALSA GRINGO MED	64 OZ	11.99	11.99	8.99	8.99
1493	PALMIERI	SALSA HOT & CHUNKY	GAL	10.86	10.86		
1287	SPECTRM	MAYONNAISE CANOLA gf	GAL	23.17	23.17	15.50	15.50
1285	NATVALUE	MUSTARD STONEGROUND ORG	GAL	13.25	13.25		
10213	BARNIER	OLIVES BLK OIL CURED W/HERBS	6.6# DW	40.00	40.00		
6444	DIVINA	OLIVES GREEK MIX	10#	49.00	49.00		
2159	BULK	OLIVES GREEN PITTED Sicilian	5 GAL	71.50	71.50		
10214	BARNIER	OLIVES GREEN W/HERBS	6.06# DW	31.40	31.40		
4355	ROLAND	OLIVES KALAMATA	4.4#	30.05	30.05		
2160	BULK	OLIVES KALAMATA JUMBO keg	10KILO	105.00	105.00		
4351	ROLAND	OLIVES KALAMATA PITTED	4.4#	29.78	29.78		
4357	DIVINA	OLIVES KALAMATA PITTED ORG	10#	90.00	90.00		
4453	DIVINA	OLIVES KALAMATA PTTED JUMBO	10#	66.59	66.59		
10230	BARNIER	OLIVES PICHOLINE Morocco	6.06#	30.50	30.50		
4455	BULK	OLIVES SICIL GREEN PTD JUMBO	1GAL	18.15	18.15	16.34	16.34
8115	SPECTRM	VINEGAR APPLE CIDER ORG UNFIL	GAL	13.50	13.50		
1605	MONARI	VINEGAR BALSAMIC	10LTR	53.03	53.03		
1603	CALOIL	VINEGAR BALSAMIC age 5 yr	5LTR	16.67	16.67	15.00	15.00
8119	SPECTRM	VINEGAR BROWN RICE ORG	GAL	17.50	17.50		
1612	COLAVIT	VINEGAR RED WINE	5LTR	14.90	14.90	12.95	12.95
31658	DOMAINE	VINEGAR RED WINE	5 LT	15.00	15.00		
4367	ROLAND	VINEGAR RICE WINE p	GAL	11.36	11.36		
1604	COLAVIT	VINEGAR WHITE WINE	5LTR	14.90	14.90		
31659	DOMAINE	VINEGAR WHITE WINE	5 LT	15.00	15.00	13.50	13.50
8127	SPECTRM	VINEGAR WHITE WINE ORG	1.32GAL	24.16	24.16		
1399	ATLANTIC	VINEGAR BALSAMIC ORG packets	105/5 OZ	.21	22.05	.17	17.85
COOKIES							
7084	BARBARAS	FIG BARS RASPBERRY FF/WF	20#	3.96	79.20		



20% Off

#33523
Guatemala Maya Lake

#33522
Hurricane Espresso Decaf

#33520
Hurricane Espresso

#33524
Nicaraguan Selva Negra

#33521 Rainforest Blend ft



The Organic Coffee Company is committed to helping preserve the environment. Each year our coffee buyer visits farms inspecting the harvest and building relationships with the farms who grow our coffee. It is all part of our dedication to pleasing coffee lover, coffee farmers and even the animals and birds that call these areas home.

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Make a difference.

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Pie Fillings for the Holidays

Caviar of Maine

Wild Maine Blueberry Pie Filling



Pie filling made with Wild Maine Blueberries.

No sugar added.

Makes the best blueberry pie you have ever tasted!

Ingredients: Wild Maine Blueberries, White Grape Juice, Apple Cider, Citrus Pectin, and Calcium.

Item # 32446



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
FLOUR						
1210	BULK	6-GRAIN FLOUR ORG	25# **	.99	24.75	
7395	BULK	AMARANTH FLOUR ORG	25# **	2.53	63.25	2.28 57.00
1247	MORGANS	BARLEY FLOUR ORG	5#	1.55	7.75	
1241	NWM	BARLEY FLOUR ORG	25# **	1.03	25.75	
6108	MORGANS	BARLEY FLOUR ORG	25#	1.45	36.25	
6106	MORGANS	BARLEY FLOUR ORG	10#	1.49	14.90	
1206	BULK	BUCKWHEAT FLOUR LIGHT	50# **	1.24	62.00	1.12 56.00
4018	BULK	BUCKWHEAT FLOUR ORG	25# **	1.52	38.00	
4019	MORGANS	BUCKWHEAT White FLOUR ORG	5#	2.08	10.40	
1007	BULK	CHICK PEA FLOUR ORG	25# *	1.77	44.25	
4114	MORGANS	CORN FLOUR YELLOW ORG	5#	.80	4.00	
2617	CVM	CORN FLOUR YELLOW ORG	10#	.72	7.20	
4113	MORGANS	CORN FLOUR YELLOW ORG	25#	.69	17.25	
2641	BULK	CORNMEAL BLUE ORG	25# **	2.05	51.25	
4109	BULK	CORNMEAL COARSE	50#	.59	29.50	
4110	BULK	CORNMEAL DEGERMED	50# **	.58	29.00	
2570	CVM	CORNMEAL YELLOW ORG	10#	.72	7.20	
4126	MORGANS	CORNMEAL YELLOW ORG	25#	.69	17.25	
4121	CVM	CORNMEAL YELLOW ORG	25#	.62	15.50	
1209	CVM	CORNMEAL YELLOW ORG	50#	.53	26.50	
4124	MORGANS	CORNMEAL YELLOW ORG	10#	.79	7.90	
4123	MORGANS	CORNMEAL YELLOW ORG	5#	.80	4.00	
41238	KINGARTH	FLOUR ARTISAN ALL PURPOSE ORG	5#	1.57	7.85	
1691	ESSENTIL	FLOUR SPELT SPROUTED ORG	50#**	2.51	125.50	
1692	ESSENTIL	FLOUR W WHEAT SPROUTED ORG	50#**	2.51	125.50	
41239	KINGARTH	FLOUR WHITE WH WHEAT ORG	5#	1.57	7.85	
1252	VITAL	GLUTEN FLOUR PURE	50# **	1.89	94.50	
1224	NWM	GRAHAM FLOUR ORG	25# **	1.39	34.75	
1227	SIRLANC	HIGH GLUTEN FLOUR	50# **	.79	39.50	
1214	BULK	MASA HARINA YELLOW	50# **	.59	29.50	.53 26.50
1200	BULK	MILLET FLOUR ORG	25# **	1.19	29.75	
6115	MORGANS	OAT FLOUR ORG	5#	1.70	8.50	
6111	MORGANS	OAT FLOUR ORG	10#	1.67	16.70	
6114	MORGANS	OAT FLOUR ORG	25#	1.54	38.50	
1211	BULK	OAT FLOUR ORG	50# **	1.49	74.50	
4071	BULK	POTATO FLAKES	40# **	1.99	79.60	
3332	BULK	POTATO FLOUR p	10#	1.62	16.20	1.46 14.60
1201	CVM	PUMPERNICKEL RYE FLOUR ORG	50#	.55	27.50	
2777	ANCIENT	QUINOA FLOUR ORG	50# **	4.85	242.50	
5389	LUNDBERG	RICE FLOUR BROWN ORG Cali	25#	1.59	39.75	
6119	MORGANS	RICE FLOUR BROWN SHORT ORG	10#	2.24	22.40	
1205	MORGANS	RICE FLOUR BROWN SWEET ORG	25#	2.58	64.50	
6122	MORGANS	RICE FLOUR BROWN SWEET ORG	10#	2.78	27.80	
6124	MORGANS	RICE FLOUR BROWN SWEET ORG	5#	2.80	14.00	
1254	BULK	RICE FLOUR WHITE	10#	1.29	12.90	
1255	BULK	RICE FLOUR WHITE	50#	1.14	57.00	
4309	CVM	RYE FLOUR DARK WHOLE ORG	25#	.64	16.00	
2174	CVM	RYE FLOUR DARK WHOLE ORG	10#	.74	7.40	
1215	CVM	RYE FLOUR DARK WHOLE ORG	50#	.56	28.00	
6117	MORGANS	RYE FLOUR ORG	25#	.93	23.25	
6118	MORGANS	RYE FLOUR ORG	50#	.91	45.50	
6116	MORGANS	RYE FLOUR ORG	10#	1.03	10.30	
4311	CVM	RYE FLOUR WHITE ORG	25#	.89	22.25	
6217	MORGANS	RYE MEAL CRACKED ORG	25#	.97	24.25	
1218	BULK	SEMOLINA FLOUR	50# **	.99	49.50	
2118	BULK	SEMOLINA FLOUR ORG	50# **	1.45	72.50	
4399	BULK	SOY FLOUR DEFATTED	50# **	.65	32.50	
1219	BULK	SOY FLOUR FULL FAT ORG	20# **	1.75	35.00	1.58 31.60
6315	CVM	SPELT FLOUR WHITE ORG	5#	2.27	11.35	2.04 10.20
6309	CVM	SPELT FLOUR WHITE ORG	25#	1.81	45.25	
6307	CVM	SPELT FLOUR WHOLE ORG	5#	2.31	11.55	
6305	CVM	SPELT FLOUR WHOLE ORG	10#	1.87	18.70	
1064	PURITY	SPELT FLOUR WHOLE ORG	25#	1.85	46.25	
4511	CVM	UNBL BREAD FLOUR ORG w/germ	25#	1.13	28.25	
4506	CVM	UNBL BREAD FLOUR WHITE ORGgerm	10#	1.26	12.60	
4508	CVM	UNBL BREAD FLOUR WHITE ORGgerm	50#	1.02	51.00	
1253	ROUNDTAB	UNBL PASTRY FLOUR	50#	.59	29.50	
4503	CVM	UNBL PASTRY FLOUR WHITE ORG	50# **	1.30	65.00	
1220	KINGARTH	UNBL WHITE BREAD FLOUR SPECIAL	50# **	.69	34.50	
4501	REXROYAL	UNBL WHITE FLOUR	50# **	.69	34.50	
1240	SIRGAL	UNBL WHITE FLOUR ALL PURPOSE	50# **	.69	34.50	
1249	KINGARTH	UNBL WHITE FLOUR ARTISAN ORG	50# **	1.36	68.00	
1122	KINGARTH	UNBL WHITE FLOUR CLASSIC ORG	50# **	1.37	68.50	
2176	G&W	UNBL WHITE FLOUR ORG w/germ	50# **	1.19	59.50	1.07 53.50
1258	CVM	UNBL WHITE FLR ALL PURPOSE ORG	50# **	1.04	52.00	
1403	CVM	WHITE FLOUR ALL PURP OG w/germ	50#	1.04	52.00	
1212	BULK	WHITE WHL WHT FLOUR	50# **	.75	37.50	
4620	BULK	WHL WHT BREAD FLOUR	50# **	.75	37.50	
1228	CVM	WHL WHT BREAD FLOUR fine ORG	50#	.80	40.00	
2177	CVM	WHL WHT BREAD FLOUR fine ORG	10#	.99	9.90	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
4633	CVM	WHL WHT BREAD FLOUR fine ORG	25#	.84	21.00	
4634	MORGANS	WHL WHT BREAD FLOUR ORG	10#	1.45	14.50	
2172	NWM	WHL WHT BREAD FLOUR ORG	50#	1.20	60.00	
4636	MORGANS	WHL WHT BREAD FLOUR ORG	50#	1.40	70.00	
4635	MORGANS	WHL WHT BREAD FLOUR ORG	5#	1.47	7.35	
4638	MORGANS	WHL WHT BREAD FLOUR ORG	25#	1.41	35.25	
6300	MORGANS	WHL WHT GRAHAM FLOUR ORG	10#	1.45	14.50	1.31 13.10
6301	MORGANS	WHL WHT GRAHAM FLOUR ORG	25#	1.41	35.25	
2178	CVM	WHL WHT PASTRY FLOUR ORG	10#	1.25	12.50	
4641	CVM	WHL WHT PASTRY FLOUR ORG	25#	1.09	27.25	
1229	CVM	WHL WHT PASTRY FLOUR ORG	50#	1.05	52.50	
4646	MORGANS	WHL WHT PASTRY FLOUR ORG sfted	25#	1.25	31.25	
4643	MORGANS	WW PASTRY FLOUR ORG stonegrd	5#	1.39	6.95	
4639	MORGANS	WW PASTRY FLOUR ORG stonegrd	10#	1.33	13.30	

FRUIT, DRIED - ORGANIC

3718	BULK	APPLE DICES ORG	5#	7.14	35.70	6.43 32.15
3720	BULK	APPLE RINGS ORG	5#	7.19	35.95	
1269	BULK	APRICOTS TURKISH ORG	28# *	4.69	131.32	4.22 118.16
10318	SUNRDG	BANANA CHIPS ORG sweetened s	14#*	2.96	41.44	
1337	BULK	COCONUT chips UNSWEETENED ORG	25# *	2.45	61.25	
1338	BULK	COCONUT medium UNSWEETND ORG	25# *	1.81	45.25	
10012	BULK	CRANBERRIES DRIED ORG s	1#	7.63	7.63	
1306	BULK	DATE ROLLS w/COCONUT ORG	15#	3.93	58.95	3.53 52.95
2202	BULK	DATES CHPPED EXTRUD oat fl ORG	30# *	3.20	96.00	
1303	BULK	DATES MEDJOOLS ORGANIC USA	15#	5.75	86.25	
11003	BULK	FIGS BLACK MISSION ORG	30# *	4.25	127.50	
10043	AURORA	FIGS TURKISH ORG	25#*	4.13	103.25	
10290	BULK	MANGO SLICES DRIED ORG	5#	8.99	44.95	
3740	BULK	PRUNES PITTED ORG	5#	4.50	22.50	
1335	BULK	RAISINS JUMBO Thompson ORG	30# *	2.19	65.70	
1330	BULK	RAISINS Thompson ORGANIC	30# *	2.09	62.70	1.88 56.40
11002	BULK	temp n/a DATES PITTED ORGANIC	15#	2.37	35.55	
3335	BULK	TOMATOES DRIED Calif ORG	1#	8.03	8.03	
3346	BULK	TOMATOES DRIED w/salt Turk ORG	1#	7.99	7.99	6.99 6.99

FRUIT, DRIED

1290	BULK	APPLE DICED no sulphur	25# *	5.21	130.25	
1291	BULK	APPLE RINGS no sulphur	25#	5.11	127.75	
1165	BULK	APPLE RINGS no sulphur	5#	5.26	26.30	4.73 23.65
3188	BULK	APPLE RINGS w/sulphur	25# *	5.23	130.75	
1293	BULK	APRICOTS TURKISH w/sulphur	28# *	3.50	98.00	
3724	BULK	APRICOTS UNSULPHU CALIF	5#	7.43	37.15	
1295	BULK	BANANA CHIPS sweetened s	14# *	1.51	21.14	
1296	BULK	BANANA CHIPS unsweetened	14# *	1.55	21.70	
3311	BULK	BLUEBERRIES DRIED sugar swt	1#	13.64	13.64	12.28 12.28
1298	BULK	BLUEBERRIES MAINE WILD w/sugar	1#	13.75	13.75	12.38 12.38
3318	BULK	CHERRIES DRIED BING no sug/ptd	1#	9.58	9.58	
3363	BULK	CHERRIES RED TART sweetened s	1#	8.37	8.37	
1300	BULK	COCONUT CHIPS RAW unswtnd	25# *	2.19	54.75	1.97 49.25
1299	BULK	COCONUT MEDIUM unswt no/SO2	25# *	2.00	50.00	1.79 44.75
3299	BULK	CRANBERRIES DRIED apple swtd	1#	7.75	7.75	
3320	BULK	CRANBERRIES DRIED sugar	1#	5.30	5.30	
1301	BULK	CURRANTS Zante Calif	30# *	2.53	75.90	
2201	BULK	DATES CHOPED EXTRUD In Oat Fl	30# *	2.31	69.30	
1308	BULK	DATES DEGLET NOOR PITTED Calif	15#	2.72	40.80	2.45 36.75
1305	BULK	DATES PITTED bakery	15#	1.89	28.35	
1314	BULK	MANGO LOW SUGAR no sulphur	11#	3.39	37.29	
1318	BULK	MIXED FRUIT no sulphur	5#	5.04	25.20	
3331	BULK	PAPAYA CHUNKS SWTND w/sulphur	11#	2.45	26.95	
3044	BULK	PAPAYA SPEARS L/S no sulphur	11#	2.85	31.35	
2640	BULK	PAPAYA SPEARS S/F no sulphur	11#	4.14	45.54	
1319	BULK	PAPAYA SPEARS sweetened p	11#	1.87	20.57	
1320	BULK	PEACHES no sulphur	5#	4.90	24.50	
1321	BULK	PEARS no sulphur	5#	4.90	24.50	
3026	BULK	PINEAPPLE DICED w/SO2 sweetnd	11#	2.19	24.09	
3058	BULK	PINEAPPLE RINGS l/s no SO2	11#	3.14	34.54	
1324	BULK	PINEAPPLE RINGS no sug no SO2	11#	5.85	64.35	
1323	BULK	PINEAPPLE RINGS swtnd	11#	2.19	24.09	
1328	BULK	PRUNES PITTED no sorbate	25# *	2.99	74.75	
1329	BULK	RAISINS CALIF SELECT Thompson	30# *	1.75	52.50	
1327	BULK	RAISINS GOLDEN sulphured	30# *	2.80	84.00	
10250	BULK	STRAWBERRIES DRIED s	1#	11.89	11.89	
3326	BULK	TOMATO BITS DRIED no sulfates	1#	6.97	6.97	5.97 5.97
3328	BULK	TOMATOES DRIED Calif	1#	6.97	6.97	
3330	BULK	TOMATOES DRIED Calif	5#	6.46	32.30	

FRUIT, DRIED & GLAZED

1342	BULK	CHERRIES RED GLAZED s (p)	10#	4.80	48.00	
1348	BULK	CITRON DICED s (p)	10#	3.84	38.40	
1848	GINGERPE	GINGER CRYD DICED ORG China	11#	7.65	84.15	6.50 71.50
1849	GINGERPE	GINGER CRYD DICED ORGANIC	5.5#	7.73	46.38	
1349	BULK	GINGER CRYD SLICE s w/so2 Thai	5.5 #	2.68	16.08	
1343	BULK	GINGER CRYD SLICE s w/so2 Thai	11#	2.47	27.17	2.17 23.87



Pie Fillings for the Holidays

Out on a Limb Pie Fillings Apple Pie Filling



What's more American than Apple Pie? How about Apple Pie baked with Apple Pie Filling made with Maine Cortland Apples? Apple Pie is a year-round American dessert classic and you deserve the fresh taste we add to this classic

Ingredients: Apples, Apple Cider, White Grape Juice, Citrus Pectin

Item #41125 No Sugar Added

Ingredients: Apples, Apple Cider, Sugar, Citrus Pectin

Item #41123 Low Sugar



(continued on page 44)



Pie Fillings for the Holidays

Wild Maine Blueberry Pie Filling



Good blueberry pie doesn't come in a box, and it isn't made with canned ingredients that have been sitting on the shelf for years and years! Great Blueberry Pie comes from using this pie filling which contains sweet, juicy, Wild Maine Blueberries.

Ingredients: Wild Maine Blueberries, Apple Cider, Sugar, and Citrus Pectin

Item #41123 Low Sugar

Ingredients: Wild Maine Blueberries, Apple Cider, White Grape Juice, and Citrus Pectin

Item #41126 No Sugar Added



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
FRUIT, DRIED & GLAZED - cont.						
10224	BULK	GINGER STANDARD DICE Australia	5#	5.85	29.25	
1344	BULK	GINGER STANDARD DICE Australia	25#	5.75	143.75	
1346	BULK	ORANGE PEEL strips s p	22#	4.55	100.10	
FRUIT & NUT MIXES						
1708	ABI	YOGURT TRAIL MIX	10#	2.98	29.80	
1764	BAZZINI	MIX ALL FRUIT (p)	5#	2.95	14.75	2.66 13.30
1763	BAZZINI	MIX ALOHA (p)	5#	2.73	13.65	
1767	BAZZINI	MIX AMBROSIA (p)	5#	2.88	14.40	
1762	BAZZINI	MIX ATHLETIC	5#	2.53	12.65	2.28 11.40
1778	BAZZINI	MIX HAWAIIAN FRUIT 'N NUT (p)	5#	3.74	18.70	3.37 16.85
1779	BAZZINI	MIX HEALTHY	5#	4.99	24.95	
1783	BAZZINI	MIX MUNCHEES	5#	3.32	16.60	2.99 14.95
1786	BAZZINI	MIX RAISIN NUT PARTY	5#	2.93	14.65	
1793	BAZZINI	MIX TROPICAL DELIGHT (p)	5#	3.85	19.25	3.47 17.35
1792	BAZZINI	TRAIL MIX	5#	4.15	20.75	3.74 18.70
1769	BAZZINI	TRAIL MIX CAROB	5#	2.47	12.35	2.22 11.10
1345	BAZZINI	TUTTI FRUTTI MIX s(p)	10#	3.55	35.50	
3262	NENB	MIX CAPE COD CRANBRY TRAIL	10#	4.89	48.90	
1705	NENB	MIX MAGICAL MYSTERY	10#	5.75	57.50	
1701	NENB	MIX ORG CHOCOLATE TRAIL	10#	4.99	49.90	
1698	NENB	MIX ORG HARVEST TRAIL	10#	6.19	61.90	
3388	NENB	MIX SAVE THE FOREST CHOCOLATES	10#	4.25	42.50	
5001	SUNRDG	TRAIL MIX HEAVENLY CRAN CRUNCH	20# *	4.50	90.00	
GRAINS & FLAKES						
3046	BULK	AMARANTH SEED ORG	25# **	1.99	49.75	1.67 41.75
3210	BULK	BARLEY FLAKES ORG	25# **	1.35	33.75	1.22 30.50
4700	BULK	BARLEY HULLESS ORG	25# **	1.09	27.25	
1028	BULK	BARLEY PEARLED ORG	25# **	.96	24.00	
10228	TIMELESS	BARLEY PURPLE ORG Montana	25# **	2.15	53.75	
2101	NWM	BARLEY UNHULLED ORG	25# **	.77	19.25	
4016	BULK	BUCKWHEAT HULLS pillow gr ORG	25#	1.49	37.25	
1062	BULK	BUCKWHEAT KASHA ORG	25# **	1.89	47.25	
10102	BULK	BUCKWHEAT KASHA ORG USA	25#	1.75	43.75	1.39 34.75
1032	BULK	BUCKWHEAT WHITE HULLED ORG	25# **	1.19	29.75	
2110	CVM	BULGUR red	10#	1.10	11.00	
2111	BULK	BULGUR red	50#	.95	47.50	
2997	CVM	BULGUR red	25#	1.02	25.50	
2998	BULK	BULGUR WHITE #1 FINE	50# **	1.20	60.00	1.08 54.00
2114	BULK	BULGUR WHITE ORG	25# **	1.20	30.00	
10282	BULK	CHIA SEEDS ORG	1#	8.50	8.50	
4737	BULK	CORN WHOLE YELLOW ORG	50# **	.50	25.00	
4918	BULK	COUSCOUS Italian	11#	2.01	22.11	
1035	BULK	COUSCOUS Italian	55#	1.85	101.75	
6050	BULK	COUSCOUS TSTD MIDEAST	25# **	2.29	50.38	2.06 45.32
3177	BULK	COUSCOUS WHL WHT ORG	25# **	2.49	62.25	2.24 56.00
1207	NWM	GRITS CORN YELLOW ORG	25# **	1.00	25.00	
2107	BULK	KAMUT ORG	25# **	1.41	35.25	
1117	BULK	MILLET HULLED ORG	50# **	.90	45.00	
4885	CVM	MIX SEVEN GRAIN & SEEDS ORG	50#	.99	49.50	
2171	BULK	OAT BRAN	50# **	.86	43.00	
2173	BULK	OAT BRAN ORG	50# **	1.55	77.50	
1036	BULK	OATS REGULAR ROLLED	50# **	.50	25.00	
2175	BULK	OATS ROLLED ORG	50# **	.89	44.50	
4785	BULK	OATS ROLLED ORG	25#	.99	24.75	
1038	GRANOATS	OATS ROLLED ORG Maine grown	40#**	1.29	51.60	1.16 46.40
2113	BULK	OATS ROLLED THICK	50# **	.60	30.00	
1037	BULK	OATS ROLLED THIN QUICK	50# **	.50	25.00	.45 22.50
1259	BULK	OATS ROLLED THIN QUICK ORG	25# **	.99	24.75	
1039	BULK	OATS STEEL CUT (groats)	50# **	.50	25.00	
1256	BULK	OATS STEEL CUT ORG	25# **	.99	24.75	
2115	BULK	OATS whole groats stblzd ORG	25# **	.99	24.75	
6010	WOODLND	POLENTA coarse ITALIAN STYLE	25# **	.95	23.75	
5891	WOODLND	POLENTA fine INSTANT YELLOW	10#	.94	9.40	
2779	BULK	QUINOA FLAKES ORG	25# **	3.99	99.75	
3350	BULK	QUINOA GRAIN ORG	25# **	3.03	75.75	
3215	ARROW	RYE FLAKES ORG	25# **	1.39	34.75	1.25 31.25
4880	BULK	RYE WHOLE ORG	50# **	.53	26.50	
2108	NWM	SOY GRITS ORG	25# **	1.69	42.25	
1150	BULK	SPELT FLAKES TSTD ORG	25# **	1.85	46.25	
1067	BULK	SPELT WHOLE ORG	25# **	1.79	44.75	
1060	BULK	TRITICALE FLAKES ORG	25# **	1.60	40.00	
1217	BULK	WHEAT BRAN dark red	25# **	.45	11.25	
2170	BULK	WHEAT BRAN ORG	25# **	.48	12.00	.43 10.75
1203	CVM	WHEAT BRAN white ORG	25# **	.46	11.50	
2117	BULK	WHEAT CRACKED ORG	50# **	.80	40.00	
3219	BULK	WHEAT FLAKES ORG	25# **	1.67	41.75	
1222	BULK	WHEAT GERM RAW	25# **	.78	19.50	.70 17.50
1225	NIBLACK	WHEAT GERM RAW	25#	1.21	24.20	
1226	NIBLACK	WHEAT GERM TOASTED	25# **	1.87	46.75	1.68 42.00

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
2240	BULK	WHEAT HARD RED SPRING ORG	50# **	.79	39.50		
2321	CVM	WHEAT HARD RED WINTER ORG	50# **	.79	39.50		
2242	CVM	WHEAT HARD WHITE SPRING ORG	50# **	.99	49.50		
1065	BULK	WHEAT SOFT WHITE WINTER ORG	50# **	.99	49.50		
2615	WEAVER	POPCORN	50# **	.66	33.00		
4818	BULK	POPCORN ORG	25# **	1.36	34.00	1.22	30.50
4444	PURDU	POPCORN WHITE	25# **	.75	18.75	.68	17.00
HERBS & SEASONINGS							
2333	BULK	ALLSPICE GROUND	1#	6.06	6.06	5.45	5.45
2330	BULK	ALLSPICE whole	1#	6.26	6.26		
2339	BULK	ANISE SEED ground	1#	8.90	8.90		
2336	BULK	ANISE SEED whole	1#	8.90	8.90		
2345	BULK	BASIL cut & sifted	1#	2.98	2.98	2.68	2.68
2351	BULK	BAY LEAVES laurel leaves	1#	4.29	4.29	3.86	3.86
2352	FRONTIER	BROTH PWDR BEEF VEGETARIAN	1#	10.05	10.05		
2371	FRONTIER	BROTH PWDR CHICKEN VEGETARIAN	1#	9.60	9.60	8.64	8.64
2354	BULK	CARAWAY SEED whole	1#	2.99	2.99		
2359	BULK	CARDAMON ground	1#	26.50	26.50		
2358	BULK	CARDAMON whole unblanched	1#	24.00	24.00		
2360	BULK	CATNIP	1#	10.05	10.05	8.95	8.95
2362	BULK	CAYENNE PEPPER jug	16 OZ	3.79	3.79	3.41	3.41
2369	BULK	CELERY SEED ground	1#	2.58	2.58	3.29	3.29
2365	BULK	CELERY SEED whole	1#	2.58	2.58	2.32	2.32
2372	BULK	CHAMOMILE FLOWERS	1#	9.25	9.25	7.99	7.99
9524	BULK	CHILES ANCHO med/low	1#	13.74	13.74		
9504	BULK	CHILES CHIPOTLE MORITA med/hot	1#	12.78	12.78		
5883	BULK	CHILES CHIPOTLE MORITA med/hot	5#	11.77	58.85		
9516	BULK	CHILES PASILLA NEGRO med	1#	11.62	11.62		
2375	BULK	CHILI PEPPERS crushed hot	15 OZ	4.10	4.10		
2378	BULK	CHILI powder	1#	3.99	3.99		
2373	BULK	CHIVES dried	1 OZ	3.64	3.64		
2380	BULK	CILANTRO	1#	17.17	17.17	15.45	15.45
2381	BULK	CINNAMON ground	1#	2.98	2.98	2.68	2.68
2384	BULK	CINNAMON STICKS 2.75 inch	1#	4.24	4.24		
2390	BULK	CLOVES ground	1#	8.69	8.69	7.82	7.82
2387	BULK	CLOVES whole	1#	8.38	8.38		
2396	BULK	CORIANDER ground	1#	2.75	2.75		
2393	BULK	CORIANDER whole	1#	2.49	2.49		
2399	BULK	CUMIN ground	1#	4.29	4.29	3.86	3.86
2402	BULK	CUMIN whole	1#	4.54	4.54	4.09	4.09
2405	BULK	CURRY POWDER	1#	3.13	3.13	2.82	2.82
2408	BULK	DILL SEED	1#	2.99	2.99		
2412	BULK	DILL WEED domestic see item #2411	1#	7.58	7.58	6.82	6.82
2411	BULK	DILL WEED imported	1#	6.01	6.01	5.41	5.41
2414	BULK	FENNEL SEED WHOLE	1#	3.10	3.10		
2445	BULK	FENUGREEK ground	1#	3.48	3.48		
2417	BULK	FENUGREEK whole	1#	3.48	3.48		
2426	BULK	GARLIC chopped	1#	3.79	3.79		
2420	BULK	GARLIC granulated	1#	3.79	3.79	3.41	3.41
2423	BULK	GARLIC powder	1#	3.59	3.59	3.23	3.23
15101	FRONTIER	GARLIC powder ORG	1#	10.99	10.99		
2432	BULK	GINGER ground	1#	3.94	3.94		
2430	BULK	ITALIAN SEASONING	1#	3.43	3.43	3.09	3.09
10203	BULK	JUNIPER BERRIES JUMBO	1#	9.04	9.04		
2439	BULK	MARJORAM cut & sifted	1#	4.59	4.59		
5887	D'ALLAS	MUSHROOM SHIITAKE	1#	17.68	17.68		
6009	D'ALLAS	MUSHROOM STIR FRY BLEND	1#	21.09	21.09		
5874	D'ALLAS	MUSHROOMS DRIED PORCINI A	1#	27.07	27.07		
2444	BULK	MUSHROOMS DRIED SHIITAKE med	1#	16.00	16.00	14.40	14.40
5888	D'ALLAS	MUSHROOMS DRIED WOODEAR	1#	12.22	12.22		
2454	BULK	MUSTARD FLOUR Chinese	1#	3.95	3.95		
2448	BULK	MUSTARD SEED whole brown/blk	1#	3.49	3.49		
2451	BULK	MUSTARD SEED whole yellow	1#	2.60	2.60		
2460	BULK	NUTMEG ground	1#	8.50	8.50		
2457	BULK	NUTMEG whole	1#	10.00	10.00		
2469	BULK	ONION chopped	1#	3.79	3.79	3.41	3.41
2463	BULK	ONION granulated	1#	3.89	3.89		
2466	BULK	ONION powder	1#	3.79	3.79		
10034	LARS	ONIONS CRISPY bulk	5#	3.50	17.50		
2505	FRONTIER	ORANGE PEEL granules	1#	9.08	9.08	8.17	8.17
2472	BULK	OREGANO LEAF cut & sifted	1#	5.24	5.24	4.72	4.72
2477	BULK	PAPRIKA hot Hungary	1#	7.99	7.99	7.19	7.19
2475	BULK	PAPRIKA Spain	1#	4.49	4.49		
2476	BULK	PAPRIKA sweet Hungary	1#	7.99	7.99		
2478	BULK	PARSLEY FLAKES	1#	9.50	9.50	8.55	8.55
2481	BULK	PEPPER ground black	1#	5.00	5.00	4.50	4.50
2487	BULK	PEPPER ground white	1#	6.75	6.75		
2483	BULK	PEPPERCORNS 5 PEPPER BLEND	15.5 OZ	14.50	14.50		
2490	BULK	PEPPERCORNS white	1#	5.99	5.99		
2484	BULK	PEPPERCORNS whole black	1#	5.39	5.39	4.85	4.85
2496	FRONTIER	PEPPERMINT LEAF cut/sifted	1#	6.49	6.49	5.84	5.84



Pie Fillings for the Holidays

Raspberry Pie Filling



What's better than fresh, warm, fragrant, intoxicatingly flavorful Raspberry pie, moments out of the oven? Some folks would wager that there's nothing on earth that compares to it — at least in the kitchen! And even better, pies made with our Raspberry filling have fewer calories by far than many other brands we're too polite to mention.

Ingredients: Raspberries, Apple Cider, Sugar, and Citrus Pectin.

Item #41297 Low Sugar

Ingredients: Raspberries, Apple Cider, White Grape Juice, and Citrus Pectin.

Item #41298 No Sugar Added

(continued on page 46)



Pie Fillings for the Holidays

Strawberry- Rhubarb Pie Filling



Do you know that some people have never tasted or even heard of Rhubarb? They don't know what they're missing! Bake a pie with our Strawberry Rhubarb filling and peak some interest with your family and friends.

Ingredients: Strawberries, Rhubarb, Apple Cider, Sugar, and Citrus Pectin.

Item #41129 Low Sugar



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
HERBS & SEASONINGS - cont.						
2503	BULK	PICKLING SPICE	1#	3.18	3.18	
2499	BULK	POPPY SEED	1#	6.05	6.05	
2501	BULK	POULTRY SEASONING	1#	3.99	3.99	3.59 3.59
2509	BULK	ROSEMARY ground	1#	4.10	4.10	
2512	BULK	ROSEMARY whole	1#	4.99	4.99	
2520	BULK	SAGE ground	1#	5.00	5.00	
2517	BULK	SAGE leaf	1#	6.01	6.01	
2139	BULK	SALT COARSE KOSHER additive	80# **	.34	27.20	.31 24.80
2183	BULK	SEA SALT	50# **	.44	22.00	
10271	VICTORIA	SEA SALT AUSTRALIAN FLAKE bulk	1#	22.92	22.92	16.95 16.95
10272	WOODLND	SEA SALT HAWAIIAN BLACK	1#	9.79	9.79	
10273	WOODLND	SEA SALT HAWAIIAN PINK	1#	9.59	9.59	
10274	WOODLND	SEA SALT HAWAIIAN RED COARSE	1#	9.79	9.79	8.81 8.81
10011	EDEN	SEA SALT PORTUGUESE FINE	55# **	.95	52.25	
10275	WOODLND	SEA SALT SMOKED COARSE Mexico	1#	9.59	9.59	7.99 7.99
10276	VICTORIA	SEA SALT TRAPANI bulk	1#	5.00	5.00	
11008	VICTORIA	SEA SALT TRAPANI bulk	10#	4.75	47.50	
2526	BULK	SPEARMINT crushed	1#	3.54	3.54	3.19 3.19
5972	BULK	SPINACH POWDER	1#	5.56	5.56	
2529	BULK	SUMMER SAVORY	1#	4.99	4.99	
2533	BULK	TACO SEASONING MIX	1#	8.50	8.50	7.65 7.65
2532	BULK	TARRAGON	1#	20.19	20.19	
2535	BULK	THYME cut & sifted	1#	4.49	4.49	
5970	BULK	TOMATO POWDER	1#	6.16	6.16	
2538	BULK	TURMERIC ground	1#	3.60	3.60	
2544	BULK	VANILLA BEANS 2 beans	VIAL	3.79	3.79	3.49 3.49
2542	BULK	VANILLA BEANS bulk	4 OZ	9.50	38.00	8.55 34.20
2614	BULK	VEGETABLE FLAKES	1#	6.35	6.35	5.72 5.72
3121	JANES	KRAZY MIXED UP SALT	1#	2.99	2.99	
NUTS & SEED BUTTERS						
7352	ONCEAG	ALMOND BUTTER CRUNCH n/s	9#	5.35	48.15	
2663	ONCEAG	ALMOND BUTTER SMTH N/S	9#	5.35	48.15	
3176	ONCEAG	CASHEW BUTTER	9#	5.29	47.61	4.23 38.07
7330	ONCEAG	PEANT BTTR AM CLASSIC SMTH ORG	9#	3.63	32.67	
7315	ONCEAG	PEANUT BUTTER CRNCH N/S	9#	2.69	24.21	2.15 19.35
7300	ONCEAG	PEANUT BUTTER CRNCH N/S	35#	2.47	86.45	1.98 69.30
7298	ONCEAG	PEANUT BUTTER CRNCH SALTED	35#	2.47	86.45	1.98 69.30
7316	ONCEAG	PEANUT BUTTER CRNCH SALTED	9#	2.69	24.21	2.15 19.35
1322	SUPERIOR	PEANUT BUTTER SMTH N/S	35#	2.00	70.00	
7301	ONCEAG	PEANUT BUTTER SMTH N/S	35#	2.47	86.45	1.98 69.30
7317	ONCEAG	PEANUT BUTTER SMTH N/S	9#	2.69	24.21	2.15 19.35
7318	ONCEAG	PEANUT BUTTER SMTH SALTED	9#	2.69	24.21	2.15 19.35
7302	ONCEAG	PEANUT BUTTER VAL OR CRNCH N/S	9#	3.63	32.67	
7309	ONCEAG	PEANUT BUTTER VAL ORG SMTH N/S	9#	3.63	32.67	
7345	ONCEAG	PEANUT BUTTER VAL ORG SMTH N/S	35#	3.48	121.80	
1169	JOYVA	SESAME TAHINI	40#	3.45	138.00	2.95 118.00
7312	ONCEAG	SESAME TAHINI ORG roasted	35#	5.25	183.75	
7311	ONCEAG	SESAME TAHINI ORG roasted	9#	5.29	47.61	
1021	ONCEAG	SESAME TAHINI roasted	9#	4.40	39.60	
NUTS & SEEDS, ROASTED						
10040	AURORA	ALMONDS MARCONA RSTD SALTD	5#	8.93	44.65	
1128	BULK	ALMONDS rstd no salt	25# *	5.91	147.75	
10301	BULK	ALMONDS SMOKED	5#	3.49	17.45	
2613	ONCEAG	ALMONDS TAMARI rstd	10# *	5.65	56.50	
1175	BULK	CASHEWS PIECES rstd no salt	15# *	4.35	65.25	
1148	BULK	CASHEWS PIECES rstd salted	15# *	4.35	65.25	
1131	BULK	CASHEWS WH rstd no salt 320cnt	15# *	5.10	76.50	
1147	BULK	CASHEWS WH rstd salted 320cn	15# *	5.10	76.50	
31793	AURORA	CORN NUTS ROASTED W/SALT	25# *	2.99	74.75	
12001	FASTACHI	MIX EXTRA NUTTY	10#	7.50	75.00	
1157	BULK	MIXED NUT W/PEANUT rstd salted	25# *	4.99	124.75	
2008	BULK	MIXED NUT W/PEANUTS rstd n/s	25# *	4.99	124.75	
2001	BULK	MIXED NUTS N/PNUT rstd no sal	15# *	6.96	104.40	
2002	BULK	MIXED NUTS N/PNUTS rstd salted	15# *	6.96	104.40	
1124	OLDETYME	PEANUT BUTTER COMBO	30# *	1.57	47.10	
2152	OLDETYME	PEANUT BUTTR COMBO ORG	30# *	2.65	79.50	
2154	BULK	PEANUT W/SHELL dry rstd salted	25# *	1.26	31.50	
2150	BULK	PEANUTS BLANCHED dry rstd n/s	30# *	2.40	72.00	
2148	BULK	PEANUTS BLANCHED rstd n/s	15# *	2.01	30.15	
2149	BULK	PEANUTS BLANCHED rstd salted	15# *	2.01	30.15	1.81 27.15
2147	BULK	PEANUTS REDSKINS rstd salted	15# *	1.97	29.55	
10319	HUBS	PEANUTS salted	5#	3.99	19.95	
3175	BULK	PEANUTS SPANISH rstd salted	25# *	2.21	55.25	1.99 49.75
10320	HUBS	PEANUTS unsalted	5#	3.99	19.95	
2609	ONCEAG	PEANUTS VALENCIA ORG rstd n/s	25# *	2.78	69.50	
2153	BULK	PEANUTS W/SHELL dry rstd n/s	25# *	1.26	31.50	
10122	BAZZINI	PISTACHIOS COLOSSAL bag	5#	8.80	44.00	7.80 39.00
3041	BULK	PISTACHIOS MEATS rstd n/s	5#	11.95	59.75	
2155	BULK	PISTACHIOS rstd salt 21/25cnt	25# *	7.25	181.25	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
1133	BULK	PUMPKIN SEED rstd salt shelled	15# *	3.99	59.85	
1760	BULK	SOY NUTS rstd no salt	35# *	1.69	59.15	
1159	BULK	SOY NUTS rstd salted	35# *	1.69	59.15	
4704	SIMPLSOY	SOYNUTS no salt	5#	1.50	7.50	
2005	BULK	SUNFLOWER SEEDS rstd n/s	25# *	2.15	53.75	
1160	BULK	SUNFLOWER SEEDS rstd salt	25# *	2.05	51.25	
NUTS & SEEDS, RAW						
2308	BULK	ALMOND MEAL natural	25# *	3.99	99.75	
3042	BULK	ALMONDS 25-27 whole raw	25# *	4.30	107.50	
1107	BULK	ALMONDS blanched slivered	25# *	4.79	119.75	
3334	BULK	ALMONDS blanched whole raw	25# *	4.95	123.75	
10162	MAISIEJ	ALMONDS nat sliced blanch ORG	5#	10.43	52.15	
1106	BULK	ALMONDS natural Sliced	25# *	4.80	120.00	
3714	BULK	ALMONDS ORG Calif	25# *	11.10	277.50	
1196	BULK	BRAZIL NUTS ORG	10# *	6.66	66.60	
1810	BULK	BRAZIL NUTS Rainforest	44# *	5.25	231.00	
1195	BULK	CASHEW ORG pieces	25# *	6.05	151.25	
1112	BULK	CASHEW pieces	25#	3.49	87.25	
1816	BULK	CASHEW pieces Brazil	50# *	4.29	214.50	
1111	BULK	CASHEW whole raw 320 ctn	25# *	5.25	131.25	
1292	BULK	CASHEWS ORG whl raw 280 ctn	25# *	7.75	193.75	
1114	BULK	CHESTNUTS whole dry shelled	5#	7.06	35.30	6.35 31.75
2144	BULK	FILBERTS blanched	25# *	9.34	233.50	
1115	BULK	FILBERTS hazelnuts Oregon	25# *	6.35	158.75	
82103	BULK	FLAX SEED brown	50# *	.99	49.50	
8420	BULK	FLAX SEED Brown ORG USA	25# **	1.60	40.00	
8418	BULK	FLAX SEED Golden ORG	25# **	1.50	37.50	
10041	AURORA	HAZELNUTS RAW ORG	25#*	6.40	160.00	
1116	BULK	MACADAMIA NUTS raw	2#	9.85	19.70	8.87 17.74
1119	BULK	PEANUTS raw blanched	15# *	1.97	29.55	
1120	BULK	PEANUTS raw redskins	25# *	2.12	53.00	
1135	BULK	PECAN MEAL	30# *	2.99	89.70	
3078	BULK	PECANS med pieces	30# *	6.75	202.50	
1134	BULK	PECANS select Jr. Mamth halves	30# *	7.75	232.50	
2596	BULK	PIGNOLIAS China pinenuts	55# *	25.00	1375.00	22.50 1237.50
1125	BULK	PUMPKIN SEEDS hulled ORG	25# *	4.90	122.50	
1137	BULK	PUMPKIN SEEDS raw China	27.5# *	4.15	116.20	3.74 104.72
1869	BULK	SESAME SEEDS black	1#	2.59	2.59	2.33 2.33
1138	BULK	SESAME SEEDS hulled	50# *	1.89	94.50	
1140	BULK	SESAME SEEDS hulled ORG mech	25# *	2.49	62.25	
1139	BULK	SESAME SEEDS unhulled natrl	50# *	1.59	79.50	
1146	BULK	SESAME SEEDS unhulled ORG	25# *	2.69	67.25	
1141	BULK	SUNFLOWER SEEDS hulled	50# *	1.85	92.50	1.65 82.50
2157	BULK	SUNFLOWER SEEDS hulled ORG	50# *	1.99	99.50	
1142	BULK	WALNUT halves & pieces Calif	25# *	4.99	124.75	
3702	BULK	WALNUT halves & pieces ORG	25# *	8.15	203.75	7.34 183.50
1143	BULK	WALNUT pieces Calif	30# *	4.99	149.70	
1145	BULK	WALNUT raw medium chopped	30# *	4.25	127.50	
8410	BULK	SEEDS ALFALFA ORG	1#	5.99	5.99	5.39 5.39
1030	BULK	SEEDS BUCKWHEAT ORG	5#	1.25	6.25	
8412	BULK	SEEDS DAIKON RADISH ORG	1#	4.99	4.99	
2158	BULK	SEEDS SUNFLWR whl/blk oil ORG	5#	2.31	11.55	1.99 9.95
OILS						
2647	BULK	CANOLA OIL	35#	55.00	55.00	44.00 44.00
2655	BULK	CANOLA OIL expeller pressed	35#	59.75	59.75	
2665	CATANIA	CANOLA OIL ORG	35#	98.50	98.50	78.80 78.80
2269	CATANIA	CANOLA OIL REFINED	GAL	7.25	7.25	5.80 5.80
2129	BULK	CANOLA/SOY/OLIVE OIL 10%	3 LTR	8.95	8.95	
4112	GEM	GRAPESEED OIL	1 GAL	17.95	17.95	
2127	BULK	PEANUT OIL refined	1 GAL	16.90	16.90	13.52 13.52
1086	BULK	SAFFLOWER UNRFND HIGH OLIEC	35#	75.66	75.66	
1083	SPECTRM	SAFFLR OIL UNRFN HI OLEIC	35#	105.00	105.00	
1176	KADOYA	SESAME OIL PURE	56 OZ	20.95	20.95	18.86 18.86
1080	BULK	SOY OIL	35#	34.99	34.99	27.99 27.99
1076	BULK	SOY OIL (Gourmet Salad)	3LTR	7.75	7.75	
1465	BULK	SOY OIL ORG	35#	91.00	91.00	72.80 72.80
1079	BULK	SUNFLOWER OIL RFND	35#	54.00	54.00	43.20 43.20
2643	GEM	OLIVE OIL EX VIRGIN	3 LTR	24.75	24.75	
1097	ATHENA	OLIVE OIL EX VIRGIN Greek	GAL	36.50	36.50	
15292	BIONAT	OLIVE OIL EX VIRGIN ORG	3 LTR	55.00	55.00	
3114	BULK	OLIVE OIL EX VIRGIN ORG	35#	156.57	156.57	125.26 125.26
4721	ROMULO	OLIVE OIL EX VIRGIN Spain	GAL	38.95	38.95	
41306	RACCONTO	OLIVE OIL EX VIRGIN tin Italy	3 LTR	26.50	26.50	
3115	BULK	OLIVE OIL EX VIRGIN UNRFD	35#	129.00	129.00	
30579	ARIA	OLIVE OIL EXTRA VIRGIN	3 LTR	32.31	32.31	
1398	ATLANTIC	OLIVE OIL ORG X-VIRGIN packets	105/5 OZ	.23	24.15	.18 18.90
3301	BULK	OLIVE OIL POMACE	GAL	22.22	22.22	17.78 17.78
2132	BULK	OLIVE OIL PURE Imported	GAL	32.00	32.00	25.60 25.60
1082	BULK	SPIGOTS-includes caps for 35#	EACH	7.58	7.58	



Pie Fillings for the Holidays

Farmer's Market Foods

Organic Sweet Potato Puree



High in beta carotene and vitamin C.

Ingredients: Organic sweet potato puree.

Item #3775

(continued on page 48)



Pie Fillings for the Holidays

Organic Pumpkin Pie Mix



Ingredients: Organic pumpkin puree, evaporated cane juice, Cinnamon, nutmeg, ginger, cloves, and allspice.

Item #3773



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
PASTA, ASIAN						
1832	EMPERKIT	SOBA BUCKWHEAT 100% ORG N/S	11#	14.20	156.20	
1829	SOBAYA	SOBA BUCKWHEAT 30% ORG	11#	3.49	38.39	2.99 32.89
1828	SOBAYA	SOBA BUCKWHEAT 40%	11#	2.99	32.89	
1836	SOBAYA	SOBA SPELT ORG	11#	4.39	48.29	3.89 42.79
1830	SOBAYA	UDON NAT WHEAT	11#	2.49	27.39	2.24 24.64
1833	SOBAYA	UDON SPELT ORG	11#	4.39	48.29	3.95 43.45
1835	SOBAYA	UDON WHEAT ORG	11#	3.39	37.29	3.05 33.55
PASTA						
2765	ANCIENT	QUINOA ELBOWS ORG GF/WF	10#	3.15	31.50	
2767	ANCIENT	QUINOA LINGUINE ORG WF/GF	10#	3.15	31.50	
2768	ANCIENT	QUINOA PAGODAS ORG WF/GF	10#	3.15	31.50	
2771	ANCIENT	QUINOA SPAGHETTI ORG WF/GF	10#	3.15	31.50	
2773	ANCIENT	QUINOA VEGGIE CURLS ORG WF/GF	10#	3.15	31.50	
15267	BIONAT	SEMOL FUSILLI ORG Italy	11#	2.35	25.85	2.10 23.10
15265	BIONAT	SEMOL PENNE RIGATE ORG Ital	11#	2.35	25.85	2.10 23.10
15263	BIONAT	SEMOL SPAGHETTI ORG Italy	11#	2.35	25.85	
15296	BIONAT	WHOLE WHT FUSILLI ORG	11#	2.35	25.85	
15295	BIONAT	WHOLE WHT PENNE RIGATE ORG	11#	2.35	25.85	
15291	BIONAT	WHOLE WHT SPAGHETTI ORG	11#	2.35	25.85	
10175	BULK	SEMO ANSELLINI RINGS FOR SOUP	10#	1.29	12.90	1.09 10.90
1452	BULK	SEMO ELBOWS ORG	10#	2.19	21.90	1.86 18.60
4602	BULK	SEMO LINGUINI ORG	10#	2.19	21.90	
34950	BULK	SEMO ORZO TOASTED Israeli	10#	1.58	15.80	
1479	BULK	SEMO TOMATO BASIL LINGUINI	10#	2.05	20.50	
2257	BULK	SEMO TOMATO LINGUINI	10#	2.05	20.50	1.85 18.50
1476	BULK	SEMO VEGETABLE ELBOWS	10#	1.95	19.50	
2671	BULK	SEMO VEGETABLE SHELLS MEDIUM	10#	2.15	21.50	
2222	BULK	SEMO VEGETABLE SPIRALS MINI	10#	2.05	20.50	
1547	BULK	SEMO VEGETABLE WAGON WHEELS	10#	2.05	20.50	
1469	BULK	SEMOLINA ARTICHOKE SPAGHETTI	10#	2.19	21.90	1.85 18.50
2540	BULK	SEMOLINA CAPELLINI (ANGELHAIR)	10#	1.85	18.50	1.65 16.50
1522	BULK	SEMOLINA ELBOWS	10#	1.55	15.50	
2253	BULK	SEMOLINA FARFALLE (BOWTIES)	10#	1.85	18.50	
2248	BULK	SEMOLINA FETTUCCINE	10#	1.85	18.50	
10285	BULK	SEMOLINA FETTUCINE NESTS	10#	2.42	24.20	2.18 21.80
8141	BULK	SEMOLINA LASAGNA	10#	1.75	17.50	
2245	BULK	SEMOLINA LINGUINI	10#	1.85	18.50	
10189	BULK	SEMOLINA MAFALDA narrow lasagn	10#	1.64	16.40	1.48 14.80
10187	BULK	SEMOLINA ORZO	10#	1.55	15.50	
4605	BULK	SEMOLINA ORZO ORG	10#	2.19	21.90	1.97 19.70
2246	BULK	SEMOLINA PENNE RIGATI	10#	1.85	18.50	
10178	BULK	SEMOLINA PENNINE ARRABBIATA	10#	2.00	20.00	
2635	BULK	SEMOLINA RADIATOIRES	10#	1.65	16.50	
3167	BULK	SEMOLINA SHELLS JUMBO	10#	1.95	19.50	
2262	BULK	SEMOLINA SHELLS MEDIUM	10#	1.55	15.50	
2670	BULK	SEMOLINA SHELLS SMALL	10#	1.65	16.50	
10176	BULK	SEMOLINA SOUP NOODLES	10#	1.55	15.50	1.40 14.00
2247	BULK	SEMOLINA SPAGHETTI	10#	1.85	18.50	1.65 16.50
1451	BULK	SEMOLINA SPAGHETTI ORG	10#	2.19	21.90	
1474	BULK	SEMOLINA SPINACH FLATS	10#	2.05	20.50	1.85 18.50
2254	BULK	SEMOLINA SPINACH LINGUINI	10#	2.05	20.50	
1477	BULK	SEMOLINA TRI-COLOR ROTINI	10#	2.19	21.90	1.97 19.70
10177	BULK	SEMOLINA TUBETTI	10#	1.55	15.50	1.25 12.50
10188	BULK	SEMOLINA VERMICELLI	10#	1.55	15.50	1.40 14.00
10174	BULK	SEMOLINA ZITI TAGLIATI	10#	1.55	15.50	1.35 13.50
10287	BULK	SEMOLINA ZOO ANIMALS	10#	1.55	15.50	1.35 13.50
2251	BULK	SOY ELBOW	10#	1.65	16.50	1.45 14.50
1468	BULK	SOY SPAGHETTI	10#	1.65	16.50	1.45 14.50
1491	BULK	SPELT ANGEL HAIR ORG Fidelini	10#	2.97	29.70	
1480	BULK	SPELT ELBOWS ORG	10#	2.97	29.70	2.67 26.70
1481	BULK	SPELT ROTINI ORG	10#	2.97	29.70	
1482	BULK	SPELT SPAGHETTI ORG	10#	2.97	29.70	
10284	BULK	SPINACH ELBOWS	10#	1.75	17.50	
10283	BULK	SPINACH FETTUCCINE	10#	1.75	17.50	1.55 15.50
1472	BULK	SPINACH SPAGHETTI	10#	1.75	17.50	
2223	BULK	VEG PASTA RADIATORE 4-COLOR	10#	2.59	25.90	2.33 23.30
10181	BULK	VEGETABLE BOWTIES	10#	1.85	18.50	
4595	BULK	VEGETABLE ORZO TRI-COLOR ORG	10#	2.59	25.90	
2261	BULK	VEGETABLE SHELLS MINI	10#	1.85	18.50	
10197	BULK	VEGETABLE SPAGHETTI	10#	1.85	18.50	
1455	BULK	WHL WHT ALPHABETS ORG	10#	2.05	20.50	1.85 18.50
1454	BULK	WHL WHT ELBOWS ORG	10#	2.05	20.50	
1457	BULK	WHL WHT FLATS ORG	10#	2.05	20.50	
1458	BULK	WHL WHT LASAGNA ORG	10#	2.35	23.50	
1304	BULK	WHL WHT LINGUINI ORG	10#	2.05	20.50	
1459	BULK	WHL WHT RIGATONI ORG	10#	2.05	20.50	
1546	BULK	WHL WHT ROTINI SPIRALS ORG	10#	2.05	20.50	
3165	BULK	WHL WHT SHELLS FOR STUFFNG ORG	10#	2.05	20.50	
2243	BULK	WHL WHT SHELLS small ORG	10#	2.05	20.50	
1453	BULK	WHL WHT SPAGHETTI ORG	10#	2.05	20.50	
1462	BULK	WHL WHT SPINACH FLATS ORG	10#	2.25	22.50	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
1463	BULK	WHL WHT SPINACH SPAGHETTI	10#	2.25	22.50		
1460	BULK	WHL WHT VEGETABLE ELBOW ORG	10#	2.25	22.50	1.95	19.50
2667	BULK	WHL WHT VEGETABLE ROTINI ORG	10#	2.25	22.50	1.95	19.50
1446	DEBOLE	ARTICHOKE LASAGNA ORG	10#	3.29	32.90	2.96	29.60
1434	DEBOLE	ARTICHOKE SHELLS ORG	10#	2.99	29.90		
3068	DEBOLE	ARTICHOKE SPAGHETTI	10#	3.69	36.90	3.29	32.90
3067	DEBOLE	SPINACH FETTUCINE ORG	10#	3.69	36.90	3.29	32.90
6417	EDEN	RIBBONS PARSLEY GARLIC ORG	10#	3.25	32.50		
1541	SAM MILLS	CORN PASTA FUSILLI 1/2 gf	5 LB	1.45	7.25		
1540	SAM MILLS	CORN PASTA PENNE RIGATE 1/2 gf	5 LB	1.45	7.25		
1539	SAM MILLS	CORN PASTA RIGATONI 1/2 gf	5 LB	1.45	7.25		
1565	TNK	BR RICE ELBOW w/RICE BRAN WF	10#	2.55	25.50		
1566	TNK	BR RICE FETTUCINI w/BRAN WF	10#	2.89	28.90		
1530	TNK	BR RICE LASAGNA w/RICE BRAN WF	10#	3.45	34.50		
1563	TNK	BR RICE PENNE w/RICE BRAN WF	10#	2.55	25.50		
1564	TNK	BR RICE SHELLS w/RICE BRAN WF	10#	2.55	25.50		
1561	TNK	BR RICE SPAGHET w/RICE BRAN WF	10#	2.55	25.50		
1562	TNK	BR RICE SPIRALS w/RICE BRAN WF	10#	2.55	25.50		

PREPARED FOODS

8205	FANTAST	FANTASTIC FALAFIL	10#	3.49	34.90		
8220	FANTAST	HUMMUS DIP MIX	10#	4.59	45.90		
8210	FANTAST	INSTANT BLACK BEANS	10#	4.59	45.90		
8215	FANTAST	INSTANT REFRIED BEANS	10#	4.59	45.90		
8225	FANTAST	NATURE'S BURGER	10#	3.99	39.90		
8230	FANTAST	TABOULI SALAD	10#	3.99	39.90	3.59	35.90

RICE

2221	BULK	ARBORIO RICE Italy	11#	1.85	20.35		
2219	BULK	ARBORIO RICE Italy	35 OZ	4.99	4.99		
2234	LUNDBERG	ARBORIO RICE WHITE Cali	25# **	2.15	53.75		
2215	TEXMATI	BASMATI RICE BROWN	25# **	1.51	37.75	1.36	34.00
2211	LUNDBERG	BASMATI RICE BROWN California	25# **	1.35	33.75		
2216	LONEPINE	BASMATI RICE BROWN ORG	50# **	1.39	69.50		
2212	TEXMATI	BASMATI RICE WHITE	25# **	1.51	37.75		
2218	LUNDBERG	BASMATI RICE WHITE Cali	25# **	1.59	39.75	1.39	34.75
4922	BULK	BASMATI RICE WHITE India	10#	1.89	18.90	1.70	17.00
2217	ARROW	BASMATI RICE WHITE ORG	25# **	2.00	50.00	1.79	44.75
2220	BULK	BASMATI RICE WHITE Pakistan	10#	1.69	16.90		
1144	BULK	BLACK RICE SWEET LONG GRAIN	5#	1.70	8.50	1.45	7.25
1050	LUNDBERG	BROWN RICE LONG California	25# **	1.13	28.25		
1049	LONEPINE	BROWN RICE LONG ORG	50# **	1.15	57.50		
1042	LUNDBERG	BROWN RICE LONG ORG California	25# **	1.59	39.75	1.27	31.75
1048	LONEPINE	BROWN RICE MED ORG	50# **	1.15	57.50		
1055	LUNDBERG	BROWN RICE MEDIUM ORG Cali	25# **	1.59	39.75		
3124	NISHIKI	BROWN RICE QUICK COOKING	5#	1.66	8.30	1.49	7.45
1044	LUNDBERG	BROWN RICE SHORT nutra farm Ca	25# **	1.13	28.25		
1047	LONEPINE	BROWN RICE SHORT ORG	50# **	1.30	65.00	1.15	57.50
1043	LUNDBERG	BROWN RICE SHORT ORG Cali	25# **	1.59	39.75		
1646	LUNDBERG	BROWN RICE SWEET ORG Cali	25# **	1.59	39.75		
1046	LUNDBERG	BROWN RICE SWEET SHORT Cali	25# **	1.13	28.25		
14409	BOTAN	CALROSE KRAFT RICE	20#	1.04	20.80		
3560	LUNDBERG	GOURMET RICE BLACK JAPONICA Ca	25# **	2.35	58.75		
3566	LUNDBERG	GOURMET RICE WILD BLEND Ca	25# **	2.85	71.25		
20551	DYNASTY	JASMINE RICE	6/5#	1.35	40.50		
29017	TWINELEP	JASMINE RICE	25#	.95	23.75	.85	21.25
29016	WANGDERM	JASMINE RICE	25#	.95	23.75	.85	21.25
3591	LUNDBERG	JASMINE RICE BROWN ORG Cali	25# **	1.99	49.75	1.79	44.75
20560	DYNASTY	JASMINE RICE EXTRA FANCY	25#	1.00	25.00		
2214	BULK	JASMINE RICE WHITE	25# **	.89	22.25	.80	20.00
3079	LUNDBERG	JASMINE RICE WHITE Calif	25# **	1.54	38.50	1.34	33.50
3581	LUNDBERG	JASMINE RICE WHITE ORG Cali	25# **	2.25	56.25	2.03	50.75
5505	LUNDBERG	OLD WORLD PILAF	25# **	2.35	58.75	2.10	52.50
1297	SWAD	RICE BASMATI BROWN India	4#	1.59	6.36		
10260	LOTUSFD	RICE BHUTANESE RED	22#	2.94	64.68		
3582	BULK	RICE BLACK China	25# **	1.99	49.75	1.79	44.75
10061	LOTUSFD	RICE CAMBODIAN MEKONG FLOWR FT	11#	2.24	24.64		
10265	LOTUSFD	RICE CARNAROLI	10#	2.80	28.00	2.35	23.50
10261	LOTUSFD	RICE FORBIDDEN BLACK	22#	2.75	60.50		
35018	BULK	RICE FORBIDDEN BLACK	5 #	2.75	13.75		
10262	LOTUSFD	RICE FORBIDDEN BLK ORGANIC	11#	2.71	29.81		
10060	LOTUSFD	RICE INDONESIA VOLCANO FT	11#	2.24	24.64		
10266	LOTUSFD	RICE JADE PEARL ORG	11#	2.71	29.81		
10268	LOTUSFD	RICE JASMINE BROWN ORG	25#	1.95	48.75	1.66	41.50
10267	LOTUSFD	RICE JASMINE WHITE ORG	25#	2.19	54.75		
35000	BULK	RICE KALIJIRA BROWN	2#	2.69	5.38	1.99	3.98
10294	LOTUSFD	RICE MADAGASCAR PINK ft gf	11#	2.27	24.97		
5870	BULK	RICE PURPLE STICKY Thailand	25#	1.79	44.75	1.43	35.75
5875	BULK	RICE RED HIMALAYAN	25# **	1.33	33.25	1.17	29.25
28586	NISHIKI	SUSHI PREMIUM RICE	10#	1.36	13.60		
3118	NISHIKI	SUSHI RICE WHITE	5#	1.37	6.85	1.23	6.15
3116	NISHIKI	SUSHI RICE WHITE	15#	1.25	18.75	1.13	16.95



Pie Fillings for the Holidays

Organic Pumpkin



High in fiber and beta carotene!
Great for all your holiday cooking needs.

Ingredients: Certified organic pumpkin

Item #3771





RECIPE

Gingersnap Pumpkin Pie

Yield: 10 servings (serving size:
1 wedge)

Ingredients

- 1 3/4 cups gingersnap
crumbs (43 cookies,
finely crushed)
- Item #31622
Aleias - Ginger
Snap Cookies gf
OR
- Item #33422
Ginger People -
Ginger Snap Cookies
OR
- Item #31401
Lars - Ginger Snaps
- 2 1/2 tablespoons buter,
melted
- 2 tablespoons granlated
sugar
- Cooking spray
- Item #2288
Spectrum - Super
Canola Spray
- 1 1/2 cups fresh or
canned pumpkin
puree
- Item #3773 Farmer's
Market Foods -
Organic Pumpkin
Pie Mix
- 3/4 cup packed brown
sugar
- Item #30188
Wholesome
Sweeteners - Dark
Brown Sugar ORG
- 1 tablespoon corn
starch
- Item #1268
Rumford -
Cornstarch non-GMO
OR
- Item #1276
Letsdo - Cornstarch
ORG
- 1 teaspoon ground
cinnamon
- Item #2381
Bulk - Cinnamon 1#

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
RICE - cont.						
3186	LUNDBERG	SUSHI RICE WHITE ORG Cali	25# **	1.99	49.75	1.79 44.75
1051	BULK	WHITE RICE LONG comm	22# **	.81	17.82	.73 16.06
20558	HIME	WHITE RICE SHORT GRAIN ORG	5#	2.45	12.25	2.19 10.95
15183	BULK	WHITE RICE SWEET LONG Thai	4.4#	1.45	5.80	
3073	BULK	WILD RICE BROKEN	25# **	4.35	108.75	
10029	RED LAKE	WILD RICE CULTIVATED Minnesota	5#	4.85	24.25	
4886	LUNDBERG	WILD RICE ORG	25# **	8.79	219.75	
SEAFOOD						
7102	NATSEA	CHUNK LIGHT TUNA N/S yellowfin	66 OZ	21.75	21.75	
SNACKS & SNACK BARS						
2627	BULK	CORN SNACKS W/FLAX SALTED	12#	2.11	25.32	1.90 22.80
2626	BULK	CORN STICKS HOT CAJUN	12#	2.06	24.72	
31672	BELLO	CROSTINI TRADITIONAL	10#	4.68	46.80	
10042	AURORA	EDAMAME RSTD	22#*	2.14	47.08	
15384	MECOAST	KELP CRUNCH BAR SESAME ORG blk	2#	17.00	34.00	
15389	MECOAST	KELP CRUNCH BAR SESM GINGR ORG	2#	17.00	34.00	
1707	NENB	MIX TEX MEX	5#	4.80	24.00	
2630	BULK	SESAME STICKS CAJUN	15#	2.11	31.65	
3091	BULK	SESAME STICKS CHEDDAR	15#	2.17	32.55	
2628	BULK	SESAME STICKS GARLIC	15#	2.11	31.65	
9651	GLDNFLVR	SESAME STICKS HONEY GLAZED	15#	2.63	39.45	
9653	GLDNFLVR	SESAME STICKS JALAPENO CHEDDAR	15#	2.63	39.45	
1251	BULK	SESAME STICKS N/SALT	12#	2.11	25.32	1.89 22.68
2624	BULK	SESAME STICKS POPPY & ONION	15#	2.11	31.65	1.89 28.35
1607	BULK	SESAME STICKS SALT	15#	2.11	31.65	
9652	GLDNFLVR	SESAME STICKS SOUR CREAM ONION	15#	2.50	37.50	
9655	GLDNFLVR	SESAME STICKS SPELT	15#	3.07	46.05	
2629	BULK	SESAME STICKS w/oat bran	15#	2.11	31.65	
9650	GLDNFLVR	SESAME STICKS WHOLE WHEAT	15#	2.56	38.40	
1790	BULK	WASABI GREEN PEAS natural s	22# *	3.02	66.44	
3671	BULK	WASABI PEANUTS natural s	22# *	3.47	76.34	
9654	GLDNFLVR	WILD RICE STICKS	15#	2.73	40.95	
SOY PRODUCTS						
10227	FRONTIER	BAC-UNS tvp bacon bits	1#	6.45	6.45	5.79 5.79
6874	SOYMANNA	TSP tex soy protein ORG	20# *	3.75	75.00	3.35 67.00
10207	BULK	TVP NON GMO granules	50# *	1.99	99.50	
SWEETENERS						
1575	MADHAVA	AGAVE NECTAR AMBER ORG	1 GAL	29.80	29.80	26.82 26.82
1373	MOORLND	HONEY CLOVER	5#	20.75	20.75	
1372	MOORLND	HONEY CLOVER Unfiltered	60#	2.65	159.00	
10249	CHAMP AP	HONEY CRYSTAL RAW plastic jar	5#	23.49	23.49	
11132	SWAN'S	HONEY MAINE RAW UNFILTERED	5#	22.75	22.75	20.48 20.48
30840	SWAN'S	HONEY MAINE WILDFLOWER	60#	2.99	179.40	2.69 161.40
3035	MOORLND	HONEY WILDFLOWER Unfiltered	60#	2.55	153.00	
1435	BULK	MALT BARLEY & CORN 75/25%	5 GAL	68.50	68.50	61.65 61.65
1437	BULK	MALT BARLEY 100% PURE	5 GAL	80.99	80.99	
1436	BULK	MALT POWDER BARLEY/CORN	50# **	1.82	91.00	
1418	COOMBS	MAPLE GRADE A MED ORG jug	GAL	97.00	97.00	
1413	BULK	MAPLE GRADE A MEDIUM	1/2 GAL	47.75	47.75	42.98 42.98
1425	BULK	MAPLE GRADE B COOKING	1/2 GAL	45.00	45.00	40.50 40.50
1423	BULK	MAPLE GRADE B COOKING ORG	5 GAL	345.00	345.00	
1424	COOMBS	MAPLE GRADE B COOKING ORG	GAL	93.00	93.00	
1432	PLANTAT	MOLASSES BARBADOS unsulf	GAL	15.25	15.25	13.73 13.73
2314	BULK	MOLASSES BARBADOS unsulf	5 GAL	55.00	55.00	49.50 49.50
9050	BULK	MOLASSES BLACKSTRAP ORG	5 GAL	71.00	71.00	
1428	BULK	MOLASSES BLACKSTRAP unsulf	5 GAL	42.50	42.50	
1431	GROEB	MOLASSES BLACKSTRAP unsulf	GAL	10.25	10.25	
1404	BULK	SUGAR CERULOSE corn	50# **	.69	34.50	.45 22.50
1405	BULK	SUGAR DARK BROWN	100# **	.85	85.00	
1402	BULK	SUGAR DATE	5#	4.64	23.20	
9031	BULK	SUGAR DEMERARA unrefined	50# **	1.16	58.00	.99 49.50
9044	BULK	SUGAR EVAPORATED CANE ORG	50# **	1.10	55.00	.99 49.50
9058	BULK	SUGAR FRUCTOSE CRYSTALLINE	50# **	.99	49.50	
1400	BULK	SUGAR GRANULATED WHITE	50# **	.93	46.50	.84 42.00
1401	BULK	SUGAR LIGHT BROWN	50# **	.95	47.50	.85 42.50
1407	BULK	SUGAR MAPLE pure	5#	10.65	53.25	9.59 47.95
9061	FLORIDA	SUGAR MILLED CANE	25# **	1.06	26.50	.95 23.75
9049	WHLME	SUGAR PKTS ORG Euro-style	1000 CT	44.50	44.50	
2190	BULK	SUGAR POWDERED CONFECTIONERS	50# **	.89	44.50	
1987	RAPUNZEL	SUGAR RAPADURA ORG FT	33# **	1.99	65.67	
9051	WHLME	SUGAR SUCANAT	50# **	1.40	70.00	
9030	BULK	SUGAR TURBINADO Nat.Cane	50# **	.76	38.00	
1826	BULK	SYRUP BROWN RICE pail	55#	109.00	109.00	
1831	LUNDBERG	SYRUP BROWN RICE pail ORG	55#	155.00	155.00	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
TEA							
8551	XANADU	CHAI s	16 OZ	1.10	17.60		
8560	BULK	GRNTEA PINHD GNPWD tmpl of hev	16 OZ	.71	11.36		
8548	XANADU	TEA CEYLON SUPREME	16 OZ	.66	10.56	.59	9.44
3687	XANADU	TEA DARJEELING	16 OZ	1.00	16.00		
8552	XANADU	TEA EARL GREY	16 OZ	.71	11.36		
8553	XANADU	TEA ENGLISH BREAKFAST	16 OZ	.76	12.16		
8554	XANADU	TEA IRISH BREAKFAST	16 OZ	.78	12.48		
8550	XANADU	TEA JASMINE	16 OZ	.61	9.76	.55	8.80
VEGETABLES							
4541	BULK	ARTICHOKE HEARTS 30/40cnt	5.8 LBS	15.10	15.10	13.59	13.59
4005	ROLAND	PEPPERS RED RST	5.8 # CAN	9.25	9.25	8.33	8.33
4255	MUIRGLEN	TOMATO SAUCE ORG	102 OZ	7.10	7.10	6.39	6.39
8292	MUIRGLEN	TOMATOES CRUSHED ORG	104 OZ	7.10	7.10		
8353	MUIRGLEN	TOMATOES DICED ORG	102 OZ	6.79	6.79		
8291	MUIRGLEN	TOMATOES WHOLE PEELED ORG	102 OZ	6.79	6.79		



RECIPE

Gingersnap Pumpkin Pie continued

1 teaspoon vanilla
extract
Item #41122
Simply Organic -
Vanilla Extract ORG

1/4 teaspoon salt

1/4 teaspoon ground
nutmeg
Item #2460
Bulk - Nutmeg 1#

2 large egg whites
1 large egg

1 (12-ounce) can
evaporated skim milk
Item #4523
Longevity -
Condensed Milk

Preparation

Preheat oven to 325°.

Combine first 3 ingredients in a bowl; toss with a fork until moist. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray.

Bake at 325° for 5 minutes; cool on a wire rack.

Combine pumpkin and remaining ingredients in a bowl. Pour into prepared crust. Bake at 325° for 1 hour or until a knife inserted in center comes out clean.

Cool on a wire rack.

From Cooking Light



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WHOLE WHEAT
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**HOT DOG
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FROZEN FOODS

ALEIA'S GLUTEN FREE FOODS

63321	ALEIAS	BREAD CINNAMON RAISIN gf	3/2#	6.08	18.24	
63350	ALEIAS	BREAD CINNAMON RAISIN gf	12/2#	5.67	68.04	
63320	ALEIAS	BREAD FARMHOUSE WHITE gf	3/2#	5.21	15.63	
63351	ALEIAS	BREAD FARMHOUSE WHITE gf	12/2#	4.86	58.32	

AMY'S KITCHEN

60090	AMYS	ASIAN NOODLE STIR-FRY GF DF	10 OZ	4.15	4.15	
62046	AMYS	BOWL BAKED ZITI RICE/SOY ORG	9.5 OZ	4.15	4.15	
60079	AMYS	BOWL BRN RICE & VEG	10 OZ	4.15	4.15	
60106	AMYS	BOWL BRN RICE/BLK EYES/VEG	9 OZ	4.15	4.15	
61204	AMYS	BOWL CHEESE RAVIOLI	9.5 OZ	4.15	4.15	
60093	AMYS	BOWL COUNTRY CHEDDAR	9.5 OZ	4.15	4.15	
61206	AMYS	BOWL LIGHT SALT BRN RICE/VEG	10 OZ	4.15	4.15	
60105	AMYS	BOWL MEXICAN CASSEROLE	9.5 OZ	4.15	4.15	
60094	AMYS	BOWL PESTO TORTELLINI	9.5 OZ	4.15	4.15	
60080	AMYS	BOWL SANTA FE ENCHILADA GF	10 OZ	4.15	4.15	
60081	AMYS	BOWL STUFFED SHELLS	10 OZ	4.15	4.15	
60082	AMYS	BOWL TERIYAKI	10 OZ	4.15	4.15	
63203	AMYS	BOWL TORT CASS BLK BN ORG w/gf	9.5 OZ	4.06	4.06	
60103	AMYS	BREAKFAST TOFU SCRAMBLE	9 OZ	4.15	4.15	
60044	AMYS	BURRITO BEAN & RICE DF	6 OZ	2.29	2.29	
60045	AMYS	BURRITO BEAN & RICE w/chd chs	6 OZ	2.29	2.29	
60047	AMYS	BURRITO BLACK BEAN DF	6 OZ	2.29	2.29	
60046	AMYS	BURRITO BREAKFAST DF	6 OZ	2.29	2.29	
60039	AMYS	BURRITO ESPECIAL	6 OZ	2.29	2.29	
61200	AMYS	BURRITO SOUTHWESTERN	5.5 OZ	2.29	2.29	
60074	AMYS	ENCHILADA BLK BEAN GF DF	9.5 OZ	3.65	3.65	
60049	AMYS	ENCHILADA CHEESE GF61090	9 OZ	3.65	3.65	
61209	AMYS	ENCHILADA LT SALT BLK BEAN GF	10 OZ	3.65	3.65	
60011	AMYS	INDIAN MEAL MATTAR PANEER GF	10 OZ	4.15	4.15	
60023	AMYS	INDIAN MEAL PALAK PANEER GF	10 OZ	4.15	4.15	
61201	AMYS	INDIAN MEAL VEG KORMA GF DF	9.5 OZ	4.15	4.15	
62045	AMYS	INDIAN PANEER TIKKA ORG	9.5 OZ	4.15	4.15	
62047	AMYS	INDIAN SPINACH TOFU WRAP ORG	5.5 OZ	2.43	2.43	
60063	AMYS	LASAGNA CHEESE ORG	10.25 OZ	4.20	4.20	
60037	AMYS	LASAGNA GARDEN VEG WF/GF	10.25 OZ	4.20	4.20	
63206	AMYS	LASAGNA RSTD VEG ORG	9.8 OZ	4.06	4.06	
60042	AMYS	LASAGNA VEGETABLE	9.5 OZ	4.20	4.20	
60035	AMYS	MACARONI & CHEESE	9 OZ	2.79	2.79	
60036	AMYS	MACARONI & SOY CHEESE	9 OZ	2.79	2.79	
60061	AMYS	MACARONI (rice) & CHEESE GF	9 OZ	3.15	3.15	
63205	AMYS	MEAL WHL TAMLE ORG vg wf gf df	10.3 OZ	4.40	4.40	
60029	AMYS	MEAL WHOLE CHILI & CORNBRD	10.5 OZ	4.15	4.15	3.09 3.09
60083	AMYS	MEAL WHOLE ENCHILADA Chs GF	10 OZ	4.15	4.15	
61207	AMYS	MEAL WHOLE LIGHT SALT VEG LOAF	10 OZ	4.15	4.15	
61202	AMYS	MEAL WHOLE MATTAR TOFU GF DF	9.5 OZ	4.15	4.15	
63204	AMYS	MEAL WHOLE SO CORN BREAD ORG	10 OZ	4.06	4.06	
60040	AMYS	MEAL WHOLE VEGGIE LOAF DF	10 OZ	4.15	4.15	
60032	AMYS	POT PIE BROCCOLI CHEESE	7.5 OZ	3.00	3.00	
60033	AMYS	POT PIE MEXICAN TMALE GF DF	8 OZ	3.00	3.00	
60034	AMYS	POT PIE SHEPARD GF DF	8 OZ	3.00	3.00	
60030	AMYS	POT PIE VEGETABLE	7.5 OZ	3.00	3.00	
60031	AMYS	POT PIE VEGGIE Vg	7.5 OZ	3.00	3.00	
60102	AMYS	PIZZA 3 CHEESE CORNMEAL CRUST	14.5 OZ	6.95	6.95	5.56 5.56
60075	AMYS	PIZZA CHEESE & TOMATO ORG	13 OZ	5.94	5.94	4.75 4.75
60091	AMYS	PIZZA CHEESE RICE CRUST w/gf	12 OZ	8.20	8.20	6.56 6.56
60054	AMYS	PIZZA MUSHROOM OLIVE	13.5 OZ	6.95	6.95	5.56 5.56
60101	AMYS	PIZZA PESTO CHEESE VWW CRUST	14 OZ	5.94	5.94	4.75 4.75
60028	AMYS	PIZZA PESTO w/TOM/ BROCC ORG	13.5 OZ	6.95	6.95	5.56 5.56
62049	AMYS	PIZZA RICE CRUST SPINACH ORG	14 OZ	8.20	8.20	6.56 6.56
60077	AMYS	PIZZA RST VEG no cheese DF	12 OZ	6.95	6.95	5.56 5.56
63048	AMYS	PIZZA SINGLE SERVE CHEESE	6.2 OZ	3.59	3.59	2.87 2.87
63052	AMYS	PIZZA SINGLE SERVE PESTO	7 OZ	4.30	4.30	3.44 3.44
60050	AMYS	PIZZA SOY CHEESE ORG	13 OZ	6.95	6.95	5.56 5.56
60076	AMYS	PIZZA SPINACH/TOM/FETA ORG	14 OZ	5.94	5.94	4.75 4.75
60070	AMYS	POCKET SANDWICH asst 1 each	5 ASST	2.35	11.75	2.09 10.45
60087	AMYS	POCKET SANDWICH broc/che	4.5 OZ	2.29	2.29	
60048	AMYS	POCKET SANDWICH che pizza	4.5 OZ	2.29	2.29	

FROZEN FOODS



SPELT RIGHT BAKING CO.

Spelt Right Baking Co., specializes in all natural baked goods made with the heirloom grain spelt, extra virgin olive oil, natural sea salt, and savory seeds and spices. They are made in the artisan tradition taking days to rest the dough before the final bake.

Spelt Right is introducing four new breads and one bagel variety. The breads are one pound sandwich loaves - artisan white, whole grain, rosemary, and rye. All have unique depth of flavor and great texture. One of the biggest benefits we discovered about spelt is its ease of digestibility.

Breads

The breads are one pound sandwich loaves - artisan white, whole grain, rosemary, and rye. All have unique depth of flavor, great texture, and are made in the artisan tradition taking days to rest the dough until the final bake. These breads are made with only the best ingredients.

Sliced Artisan Spelt Sandwich Bread



The reviews are all FIVE STARS for this hearty yet moist artisan spelt bread. Perfect for sandwiches or toast.

Ingredients: Organic spelt flours (sifted and whole), water, extra virgin olive oil, yeast, and natural sea salt

Item #63292

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
AMY'S KITCHEN - cont.						
61205	AMYS	POCKET SANDWICH spin pizza s	4.5 OZ	2.29	2.29	
60067	AMYS	POCKET SANDWICH Spinach/Feta	4.5 OZ	2.29	2.29	
60069	AMYS	POCKET SANDWICH Veg PotPie DF	5 OZ	2.29	2.29	
60052	AMYS	SNACKS CHEESE PIZZA	6 OZ	3.49	3.49	
60092	AMYS	SNACKS NACHO	6 OZ	3.49	3.49	
60085	AMYS	SNACKS SPINACH PIZZA s	6 OZ	3.49	3.49	
60095	AMYS	TOASTER POPS APPLE DF s	8.5 OZ	3.59	3.59	2.99
60097	AMYS	TOASTER POPS CHEESE PIZZA s	7.8 OZ	3.59	3.59	
60096	AMYS	TOASTER POPS STRAWBERRY DF s	8.5 OZ	3.59	3.59	
60058	AMYS	VEGGIE BURGER ALL AMERICA DF	10 OZ	4.84	4.84	
60060	AMYS	VEGGIE BURGER CALIF ORG DF	10 OZ	4.84	4.84	
63207	AMYS	CAKE CHOCOLATE ORG vg df	11 OZ	4.50	4.50	
63208	AMYS	CAKE ORANGE ORG vg df	11 OZ	4.50	4.50	4.05
APPLEGATE FARMS						
60997	APPLGT	POT PIE CHICKEN ORG	9 OZ	3.45	3.45	
61325	APPLGT	BACON PORK DRY CURED s	8 OZ	4.28	4.28	
61324	APPLGT	BACON PORK PEPPERED s	8 OZ	3.41	3.41	
60984	APPLGT	BACON PORK SUNDAY	8 OZ	3.60	3.60	
61333	APPLGT	BACON PORK SUNDAY ORG s	8 OZ	5.07	5.07	
60983	APPLGT	BACON TURKEY	8 OZ	3.60	3.60	
61322	APPLGT	BURGERS BEEF 85% LEAN ORG	16 OZ	6.98	6.98	5.49
62135	APPLGT	BURGERS TURKEY ORG 4/4oz	16 OZ	7.10	7.10	
62052	APPLGT	CANADIAN BACON uncured	6 OZ	4.35	4.35	
60996	APPLGT	CHICKEN NUGGETS	8 OZ	5.10	5.10	
61323	APPLGT	CHICKEN STRIPS ORG	8 OZ	6.10	6.10	
61328	APPLGT	COCKTAIL FRANK PORK ORG s	12 OZ	5.99	5.99	
60980	APPLGT	HOT DOGS BEEF	12 OZ	4.50	4.50	
61332	APPLGT	HOT DOGS BEEF STADIUM OG uncrd	16 OZ	5.34	5.34	
61335	APPLGT	HOT DOGS BEEF uncured ORG	12 OZ	5.16	5.16	
62054	APPLGT	HOT DOGS BEEF uncured ORG	16 OZ	5.42	5.42	
61326	APPLGT	HOT DOGS BF/PK NY STYL uncrd s	12 OZ	5.32	5.32	4.19
60981	APPLGT	HOT DOGS CHICKEN	12 OZ	3.77	3.77	
61336	APPLGT	HOT DOGS CHICKEN uncured ORG	12 OZ	5.16	5.16	
60982	APPLGT	HOT DOGS TURKEY	12 OZ	3.77	3.77	
61334	APPLGT	HOT DOGS TURKEY uncured ORG	12 OZ	5.16	5.16	
60998	APPLGT	SAUSAGE CHIC APPLE BRKFST s	8 OZ	5.05	5.05	
61320	APPLGT	SAUSAGE CHIC MAPLE BRKFST s	8 OZ	4.69	4.69	
61321	APPLGT	SAUSAGE CHIC SAGE BRKFST s	8 OZ	4.69	4.69	
61329	APPLGT	SAUSAGE CHIK/TRK SPN FTA ORG s	12 OZ	6.29	6.29	
60994	APPLGT	SLICED AUTHENTIC PROSCIUTTO	4 OZ	4.29	4.29	
60988	APPLGT	SLICED GENOA SALAMI Natural	3 OZ	3.24	3.24	
60993	APPLGT	SLICED PEPPERONI Natural	7 OZ	3.50	3.50	
61337	APPLGT	SLICED ROAST BEEF	7 OZ	3.86	3.86	
60991	APPLGT	SLICED TURKEY BOLOGNA	7 OZ	2.75	2.75	
60985	APPLGT	SLICED TURKEY BRST Herb Rsted	9 OZ	4.10	4.10	
60987	APPLGT	SLICED TURKEY BRST Roasted	9 OZ	4.10	4.10	
60986	APPLGT	SLICED TURKEY BRST smkd	9 OZ	4.10	4.10	
61339	APPLGT	SLICED TURKEY HNY MAPLE	7 OZ	3.90	3.90	
ASIAGO FOODS						
62206	ASIAGO	BUFFALO GROUND S. Dakota wild	1#	6.07	6.07	
62195	ASIAGO	RED CURRANTS	2.2 LB	8.38	8.38	
62201	ASIAGO	WILD BLACKBERRIES	2.2 LB	8.92	8.92	
62199	ASIAGO	WILD BLUEBERRIES DARK	2.2 LB	13.80	13.80	
62205	ASIAGO	WILD BLUEBERRIES DARK tub	10.5 OZ	5.36	5.36	
62202	ASIAGO	WILD MIXED BERRIES	2.2 LB	6.12	6.12	
62200	ASIAGO	WILD RASPBERRIES	2.2 LB	8.58	8.58	7.68
62193	ASIAGO	ARTICHOKE BOTTOMS blanched	2.2 LB	6.23	6.23	
62192	ASIAGO	ARTICHOKE HEARTS sliced blanch	2.2 LB	6.23	6.23	
62187	ASIAGO	ARTICHOKE HEARTS whole blanchd	2.2 LB	9.54	9.54	
62189	ASIAGO	ARTICHOKEs precooked sliced	12 OZ	5.29	5.29	
62190	ASIAGO	EGGPLANT GRILLED	2.2 LB	8.68	8.68	
62186	ASIAGO	MUSHROOM MIXED WILD W/ PORCINI	10.5 OZ	2.87	2.87	2.58
ASIAN SPECIALTIES						
60202	ASIANFD	BANANA LEAVES lg frozen	16 OZ	1.65	1.65	
60201	ASIANFD	LEMONGRASS Chopped fresh frzn	3 OZ	1.69	1.69	
60850	ASIANFD	SOYBEANS boiled pods/Edamame	16 OZ	2.62	2.62	
AUNT TRUDY'S						
61118	AUNTTRDY	FILLO PKT 3 BEAN VEG CHILI ORG	5 OZ	2.11	2.11	
61106	AUNTTRDY	FILLO PKT ASIAN VEG ORG Vg	5 OZ	2.11	2.11	
61107	AUNTTRDY	FILLO PKT BROCCOLI CHEDDAR s	5 OZ	2.11	2.11	
61112	AUNTTRDY	FILLO PKT EGGPLNT PEPP ORG Vg	5 OZ	2.11	2.11	
61113	AUNTTRDY	FILLO PKT MEXICALI ORG Vg	5 OZ	2.11	2.11	
61114	AUNTTRDY	FILLO PKT MUSHRM LEEK ORG Vg	5 OZ	2.11	2.11	
61116	AUNTTRDY	FILLO PKT RST VEG ORG Vg	5 OZ	2.11	2.11	
61117	AUNTTRDY	FILLO PKT SAMOSA ORG Vg	5 OZ	2.11	2.11	
61110	AUNTTRDY	FILLO PKT SPINACH & FETA ORG	5 OZ	2.11	2.11	
61111	AUNTTRDY	FILLO PKT SPINACH POTATO Vg	5 OZ	2.11	2.11	
61115	AUNTTRDY	FILLO PKT SWEET POTATO ORG Vg	5 OZ	2.11	2.11	
61104	AUNTTRDY	BAKLAVA MAPLE WALNUT ORG Vg s	5.5 OZ	2.99	2.99	

BAHAMA RICE BURGER

63242	BAHAMA	BURGER RICE JERK SPICY 4PK gf	10 OZ	4.95	4.95	
63243	BAHAMA	BURGER RICE MEDITRRNEAN 4PK gf	10 OZ	4.95	4.95	
63240	BAHAMA	BURGER RICE ORIGINAL 4PK gf	10 OZ	4.95	4.95	

BEANCAKE COMPANY

62227	BEANCAKE	AFRICAN BEANCAKES CORN 4pk	9.2 OZ	4.54	4.54	
62226	BEANCAKE	AFRICAN BEANCAKES GRN PEA 4pk	9.2 OZ	4.54	4.54	
62228	BEANCAKE	AFRICAN BEANCAKES ONION 4pk	9.2 OZ	4.54	4.54	
62231	BEANCAKE	AFRICAN BEANCAKES ONION bulk	36 CT	1.05	37.80	

BEAR POND FARM

63023	BEARPOND	PESTO FRESH LEMON	6.3 OZ	4.39	4.39	
63269	BEARPOND	PESTO JALAPENO ARTICHOKE	6.3 OZ	4.29	4.29	
63020	BEARPOND	PESTO PREMIUM BASIL	6.3 OZ	4.29	4.29	
63022	BEARPOND	PESTO RICH CILANTRO	6.3 OZ	4.29	4.29	
63270	BEARPOND	PESTO SPICY THAI vg	6.3 OZ	4.29	4.29	
63025	BEARPOND	PESTO TOMATO-GARLIC	6.3 OZ	4.29	4.29	

BERKSHIRE MOUNTAIN

41332	BERKSHIR	COOKIE SPRTD SPELT CHOC CAFE s	12/2.8 OZ	1.40	16.80	
41333	BERKSHIR	COOKIE SPRTD SPELT GINGR MOL s	12/2.8 OZ	1.40	16.80	
41331	BERKSHIR	COOKIE SPRTD SPELT SWT SEED s	12/2.8 OZ	1.40	16.80	
41330	BERKSHIR	COOKIE SPRTD SPELT WHT CHOC s	12/2.8 OZ	1.40	16.80	

BILINSKI'S

61272	BILINSKI	CHICKEN LITTLES BUFFALO WING	11 OZ	4.44	4.44	
61273	BILINSKI	CHICKEN LITTLES JALAPENO CHEDR	11 OZ	4.44	4.44	
61274	BILINSKI	CHICKEN LITTLES TERIYAKI	11 OZ	4.44	4.44	4.00 4.00
61168	BILINSKI	CHICKEN SAUSAGE APPL CHARDNAY	12 OZ	4.44	4.44	
61266	BILINSKI	CHICKEN SAUSAGE APRICOT ROSMRY	12 OZ	4.44	4.44	
61263	BILINSKI	CHICKEN SAUSAGE BUFFALO STYLE	12 OZ	4.44	4.44	4.00 4.00
61169	BILINSKI	CHICKEN SAUSAGE CAJUN	12 OZ	4.44	4.44	
61167	BILINSKI	CHICKEN SAUSAGE ITALIAN	12 OZ	4.44	4.44	4.00 4.00
61264	BILINSKI	CHICKEN SAUSAGE JALAPENO CHEDR	12 OZ	4.44	4.44	
61170	BILINSKI	CHICKEN SAUSAGE PESTO	12 OZ	4.44	4.44	
61165	BILINSKI	CHICKEN SAUSAGE SPINACH GARLIC	12 OZ	4.44	4.44	
61262	BILINSKI	CHICKEN SAUSAGE SUN DRIED TOM	12 OZ	4.44	4.44	4.00 4.00
61265	BILINSKI	CHICKEN SAUSAGE TERIYAKI	12 OZ	4.44	4.44	
61288	BILINSKI	HOT DOGS BEEF NATURAL UNCURED	12 OZ	4.36	4.36	
61175	BILINSKI	ORG CHICK SAUSAGE PORCINI	12 OZ	6.05	6.05	
61176	BILINSKI	ORG CHICK SAUSAGE SPINACH FETA	12 OZ	6.05	6.05	
61267	BILINSKI	ORG CHICK SAUSAGE SWT APPLE	12 OZ	5.70	5.70	
61177	BILINSKI	ORG CHICK SAUSAGE SWT ITALIAN	12 OZ	6.05	6.05	
61269	BILINSKI	ORG CHICK SAUSAGE TANDOORI	12 OZ	5.70	5.70	4.99 4.99
61268	BILINSKI	ORG CHICK SAUSAGE TIKKA MASALA	12 OZ	5.70	5.70	5.13 5.13
61271	BILINSKI	PORK KIELBASA NATURAL SMOKED	12 OZ	4.44	4.44	

BLAKE'S

61260	BLAKES	CHICKEN PIE no vegetable	8 OZ	2.85	2.85	
62136	BLAKES	CHICKEN POT PIE case pick only	12/8 OZ	2.67	32.04	
61258	BLAKES	CHICKEN POT PIE sngle serve	8 OZ	2.85	2.85	
61259	BLAKES	FAM SIZE CHICKEN POT PIE	26 OZ	5.67	5.67	
61366	BLAKES	MAC & CHEESE BOWTIE W/ VEG s	8 OZ	4.14	4.14	3.73 3.73
61367	BLAKES	MAC & CHEESE W/ CHICK BROC s	8 OZ	4.14	4.14	3.73 3.73
61365	BLAKES	MACARONI & CHEESE s	8 OZ	2.28	2.28	2.05 2.05
61254	BLAKES	ORG CHICKEN PIE no vegetables	8 OZ	4.88	4.88	3.66 3.66
61252	BLAKES	ORG CHICKEN POT PIE sngle serv	8 OZ	4.09	4.09	3.07 3.07
61256	BLAKES	ORG MAC & BEEF	8 OZ	4.09	4.09	3.07 3.07
61257	BLAKES	ORG SHEPARDS PIE	8 OZ	4.09	4.09	3.07 3.07

BLACKWING

65109	BLKWNG	BUFFALO FILET	6 OZ	7.25	7.25	6.53 6.53
65111	BLKWNG	BUFFALO GROUND	8 OZ	5.50	5.50	4.95 4.95
65113	BLKWNG	BUFFALO GROUND bulk	1#	9.70	9.70	8.73 8.73
65110	BLKWNG	BUFFALO GROUND PATTIES	8 OZ	5.50	5.50	4.95 4.95
65124	BLKWNG	BUFFALO HOT DOGS	12 OZ	8.15	8.15	
62088	BLKWNG	CHICKEN BREAST ORG	16 OZ	11.45	11.45	10.31 10.31
62087	BLKWNG	CHICKEN PATTIES ORG 4/4oz	16 OZ	7.69	7.69	
65126	BLKWNG	ELK GROUND BULK	16 OZ	7.86	7.86	6.99 6.99
65127	BLKWNG	ELK STEAK	8 OZ	9.89	9.89	
65100	BLKWNG	OSTRICH FILET	6 OZ	9.25	9.25	
65112	BLKWNG	OSTRICH GROUND	8 OZ	6.10	6.10	
65108	BLKWNG	OSTRICH GROUND BULK	1#	10.49	10.49	
65105	BLKWNG	OSTRICH GROUND PATTIES	8 OZ	6.10	6.10	
65106	BLKWNG	OSTRICH STEAK STRIPS	6 OZ	7.39	7.39	
61210	BLKWNG	PIEDMONT BEEF GROUND ORG	1#	7.95	7.95	
61213	BLKWNG	PIEDMONT BEEF NY STRIP ORG	8 OZ	11.00	11.00	
61211	BLKWNG	PIEDMONT BEEF PATTIES ORG 4pk	1#	7.95	7.95	
61214	BLKWNG	PIEDMONT BEEF SIRLOIN STEAK OG	8 OZ	9.85	9.85	
61216	BLKWNG	PIEDMONT BEEF STEAK STRIPS ORG	8 OZ	8.40	8.40	
61215	BLKWNG	PIEDMONT BEEF STEW MEAT ORG	8 OZ	8.40	8.40	
65128	BLKWNG	VENISON GROUND	16 OZ	7.75	7.75	
65129	BLKWNG	VENISON PATTIES 4 pk	16 OZ	7.75	7.75	
65130	BLKWNG	VENISON STEAK	8 OZ	8.50	8.50	



Sliced Rosemary Spelt Bread



The demand was so high for our savory focaccia that we designed it in bread loaf form to fit on store shelves! Delicious! Great for sandwiches, dipping in olive oil or just as is. Perfect to jazz up a sandwich or to toast and dip in olive oil.

Ingredients: Organic spelt flours (sifted and whole), water, extra virgin olive oil, rosemary, yeast, and natural sea salt

Item #63294

Whole Grain Spelt Bread



This bread is made with only the best ingredients: the organic 100% whole grain spelt is an heirloom grain known for its "nutty" taste, impressive nutritional profile and ease of digestibility. Simple and pure. Surprisingly light and tasty.

Ingredients: Organic 100% whole grain spelt, extra virgin olive oil, natural sea salt, a touch of organic brown rice syrup, and yeast

Item #63291

(continued on page 56)



Rye Spelt Bread

NO IMAGE AVAILABLE

Ingredients: Organic spelt flour (sifted and whole), water, rye flour, extra virgin olive oil, caraway seeds, yeast, natural sea salt.

Item #63293

Spelt Right Cinnamon Raisin Royale Bagels



Cinnamon Raisin Royale Bagels, named after the Royal River which powers our bakery, are a subtly sweet addition to the savory line-up of Spelt Right Bagels. The taste and texture are simply delightful. Best toasted! One bite and you will be convinced.

Ingredients: Organic spelt flours (sifted and whole), water, extra virgin olive oil, organic evaporated cane sugar, organic cinnamon, raisins, natural sea salt, and yeast

Item #63290

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
BLUE MANGO BEGGIE BURGERS						
63129	BLUMANGO	VEG BURG BLK BEAN & SPNCH 4pk	18 OZ	5.19	5.19	
63130	BLUMANGO	VEG BURG BLK BEAN & SPNCH bulk	36 CT	1.37	49.32	
BOVE'S						
62119	BOVES	MEATBALLS All Natural Beef	1 #	5.75	5.75	5.15 5.15
BUENATURALS						
62221	BUENATRL	TORTILLAS BLUE CORN 6 in	6/12 CT	1.95	11.70	
60100	BUENATRL	TORTILLAS CORN ORG 6 inch	6/12 CT	1.45	8.70	
61092	BUENATRL	TORTILLAS WHITE ORG 8in	6/6 CT	2.75	16.50	
61093	BUENATRL	TORTILLAS WHL WHT ORG 8in	6/6 CT	2.80	16.80	
61090	BUENATRL	TAMALES GRN CHILE ZUCCHINI 6pk	18 OZ	6.75	6.75	
61091	BUENATRL	TAMALES RED CHILE VEG 6pk	18 OZ	6.75	6.75	
BUENO FOODS						
62065	BUENO	RED CHILE CHIMAYO PUREE	14 OZ	2.79	2.79	
CAPE COD CHOWDER CO.						
60297	CAPECOD	BISQUE LOBSTER s	12 OZ	3.99	3.99	
60295	CAPECOD	CHOWDER CLAM s	12 OZ	3.89	3.89	3.50 3.50
60296	CAPECOD	CHOWDER LOBSTER s	12 OZ	5.45	5.45	
65142	CAPECOD	SAUCE PASTA WHITE CLAM s	16 OZ	4.35	4.35	
CASCADIAN FARMS						
60384	CASCAD	FRT BLUEBERRIES ORG	8 OZ	3.83	3.83	
60335	CASCAD	FRT CHERRIES DK SWT PITTED ORG	10 OZ	3.83	3.83	
60373	CASCAD	FRT HARVEST BERRIES ORG	10 OZ	3.83	3.83	
60379	CASCAD	FRT PEACHES SLICED ORG	10 OZ	3.83	3.83	3.43 3.43
60372	CASCAD	FRT RASPBERRIES ORG	10 OZ	3.83	3.83	
60371	CASCAD	FRT STRAWBERRIES ORG	10 OZ	3.83	3.83	
60380	CASCAD	JUICE APPLE CONC ORG	12 OZ	3.49	3.49	
60348	CASCAD	JUICE CRANBERRY CKTAIL ORG s	12 OZ	3.49	3.49	
60381	CASCAD	JUICE GRAPE CONC ORG	12 OZ	3.49	3.49	2.99 2.99
60386	CASCAD	JUICE LEMONADE CONC ORG	12 OZ	3.49	3.49	
60382	CASCAD	JUICE ORANGE CONC ORG	12 OZ	3.49	3.49	2.99 2.99
60394	CASCAD	"JUICE SAMPLER (A,G,O,C,R)"	1EA/12 OZ	3.49	17.45	
60364	CASCAD	BOX ASPARAGUS CUTS ORG	9 OZ	3.65	3.65	
60417	CASCAD	BOX CHOPPED SPINACH ORG	10 OZ	3.35	3.35	
60412	CASCAD	BOX FR GR BEAN/ALMD ORG	7.4 OZ	3.05	3.05	
60347	CASCAD	BOX PETITE WHL GREEN BEANS ORG	8 OZ	2.78	2.78	
60414	CASCAD	BOX WINT SQUASH PUREE ORG	10 OZ	3.05	3.05	
60404	CASCAD	GARDEN PEAS ORG	5#	11.60	11.60	
60402	CASCAD	GREEN BEANS ORG	5#	10.35	10.35	
60357	CASCAD	POTATO FRENCH FRIES CRINK ORG	16 OZ	3.19	3.19	
60345	CASCAD	POTATO FRIES SHOESTRING ORG	16 OZ	2.78	2.78	
60365	CASCAD	POTATO FRIES STRAIGHT CUT ORG	16 OZ	2.78	2.78	2.48 2.48
60363	CASCAD	POTATO SPUD PUPPIES ORG	16 OZ	2.78	2.78	2.50 2.50
60346	CASCAD	POTATO WEDGES ORG	16 OZ	2.78	2.78	2.48 2.48
60403	CASCAD	SWEET CORN ORG	5#	10.15	10.15	
60356	CASCAD	VEG BLEND CALIFORNIA ORG	10 OZ	2.26	2.26	
60361	CASCAD	VEG BLEND CHIN STRFRY ORG	10 OZ	2.39	2.39	
60354	CASCAD	VEG BLEND GARDENER'S ORG	10 OZ	2.50	2.50	
60377	CASCAD	VEG BROCCOLI CUTS ORG	16 OZ	2.78	2.78	
60376	CASCAD	VEG GARDEN PEAS ORG	16 OZ	3.35	3.35	
60378	CASCAD	VEG GREEN BEANS ORG	16 OZ	3.35	3.35	
60374	CASCAD	VEG MIXED VEGGIES ORG	16 OZ	2.78	2.78	
60355	CASCAD	VEG PEAS & CARROTS ORG	10 OZ	2.26	2.26	
60375	CASCAD	VEG SWEET CORN ORG	16 OZ	3.35	3.35	
CAVIAR OF MAINE						
60490	CAVIARME	BLUEBERRIES MAINE WILD IQF ORG	1#	4.07	4.07	
CHEBE						
61031	CHEBE	BREAD STICKS w/cheese WF/GF	12 OZ	4.59	4.59	
61035	CHEBE	DOUGH FOR ROLLS WF/GF	12 OZ	4.59	4.59	
61033	CHEBE	PIZZA CRUSTS ONTHEGO WF/GF	10 OZ	4.59	4.59	
61034	CHEBE	SANDWICH BUNS WF/GF 4pk	12 OZ	4.59	4.59	
CIBO						
60331	CIBO	PESTO ARTICHOKE/LEMON	6 OZ	4.19	4.19	
60332	CIBO	PESTO CLASSIC BASIL	6 OZ	4.19	4.19	
60333	CIBO	PESTO OLIVE & GARLIC	4.8 OZ	4.19	4.19	
60330	CIBO	PESTO RSTD RED PEPPER	6 OZ	4.19	4.19	3.77 3.77
60329	CIBO	PESTO SUNDRIED TOMATO	6 OZ	4.19	4.19	
CONTE'S PASTA						
65166	CONTES	GNOCCHI GF	12 OZ	4.49	4.49	
65167	CONTES	PIEROGIES POTAT UNION CHSE GF	12 OZ	6.80	6.80	
65168	CONTES	PIEROGIES POTATO UNION GF	12 OZ	6.06	6.06	
65163	CONTES	RAVIOLI CHEESE GF	12 OZ	6.00	6.00	5.40 5.40
65164	CONTES	RAVIOLI SPINACH & CHEESE GF	12 OZ	6.80	6.80	
65165	CONTES	STUFFED SHELLS CHEESE GF	12 OZ	6.05	6.05	
65169	CONTES	PIZZA MARGHERITA GF	16 OZ	5.25	5.25	4.73 4.73
65171	CONTES	PIZZA MUSHROOM FLORENTINE GF	16 OZ	6.11	6.11	
65170	CONTES	PIZZA SHELL GF	7 OZ	3.04	3.04	2.74 2.74

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
COOKIEHEAD							
31878	COOKIEHD	BROWNIE DK CHOCOLATE s	6/3.5 OZ	1.33	7.98	1.20	7.20
31877	COOKIEHD	BROWNIE DK CHOCOLATE s singles	22/3.5OZ	1.22	26.84	1.10	24.20
31879	COOKIEHD	BROWNIE MINI SPRTD CHOC CHIP s	18/9 OZ	3.36	60.48	3.02	54.36
31870	COOKIEHD	COOKIE CINN HNY FLAX SNAX s	8/8 OZ	3.05	24.40	2.75	22.00
31872	COOKIEHD	COOKIE W/G DK CHOC CHUNK s	30/1.75OZ	.96	28.80	.86	25.80
31863	COOKIEHD	COOKIE W/G COFFEE CHOC ALMND s	12/6.4 OZ	2.86	34.32	2.57	30.84
31868	COOKIEHD	COOKIE W/G COFFEE CHOC ALMND s	7/1.75OZ	1.06	7.42	.95	6.65
31875	COOKIEHD	COOKIE W/G COFFEE CHOC ALMND s	30/1.75OZ	.96	28.80	.86	25.80
31861	COOKIEHD	COOKIE W/G CRANBRY ORNG WLNT s	12/6.4 OZ	2.86	34.32	2.57	30.84
31873	COOKIEHD	COOKIE W/G CRANBRY ORNG WLNT s	30/1.75OZ	.96	28.80	.86	25.80
31866	COOKIEHD	COOKIE W/G CRANBRY ORNG WLNT s	7/1.75OZ	1.06	7.42	.95	6.65
31865	COOKIEHD	COOKIE W/G DK CHOC CHUNK s	7/1.75OZ	1.06	7.42	.95	6.65
31860	COOKIEHD	COOKIE W/G DK CHOC CHUNK s	12/6.4 OZ	2.86	34.32	2.57	30.84
31874	COOKIEHD	COOKIE W/G HONY MPL WLNT FLX s	30/1.75OZ	.96	28.80	.86	25.80
31867	COOKIEHD	COOKIE W/G HONY MPL WLNT FLX s	7/1.75OZ	1.06	7.42	.95	6.65
31862	COOKIEHD	COOKIE W/G HONY MPL WLNT FLX s	12/6.4 OZ	2.86	34.32	2.57	30.84
31864	COOKIEHD	COOKIE W/G PEANUT BUTTR CHOC s	12/6.4 OZ	2.86	34.32	2.57	30.84
31876	COOKIEHD	COOKIE W/G PEANUT BUTTR CHOC s	30/1.75OZ	.96	28.80	.86	25.80
31869	COOKIEHD	COOKIE W/G PEANUT BUTTR CHOC s	7/1.75OZ	1.06	7.42	.95	6.65
CRESCENT DUCK FARM							
63135	CRESCENT	DUCKLING FAT RAW BULK	2# R/W	4.50	9.00	3.79	7.58
63080	CRESCENT	DUCKLINGS LONG ISLAND sm	4# R/W	3.10	12.40		
63082	CRESCENT	temp n/a DUCK BREAST BONELESS	2# R/W	10.50	21.00		
63134	CRESCENT	temp n/a DUCKLING WHOLE LEGS	1# R/W	5.30	5.30		
DANCING DEER BAKERY							
63058	DANCING	BROWNIE BLONDIE BAR 4pk s	10 OZ	3.10	3.10		
61197	DANCING	BROWNIE CARAMEL PECAN 4pk s	10 OZ	3.10	3.10		
61198	DANCING	BROWNIE CHOC CHUNK 4pk s	10 OZ	3.10	3.10		
63057	DANCING	BROWNIE PEANUT BUTTER s 4pk	10 OZ	3.10	3.10		
63040	DANCING	CAKE CHOC ESPRESSO s	16 OZ	5.43	5.43	4.89	4.89
63041	DANCING	CAKE DARK GINGERBREAD	16 OZ	5.43	5.43		
61190	DANCING	COOKIES CHERRY ALMD GING s 9pk	10.5 OZ	3.10	3.10		
61185	DANCING	COOKIES CHOC CHIP s 9pk	10.5 OZ	3.10	3.10		
61187	DANCING	COOKIES CHOC TANGERINE s 9pk	10.5 OZ	3.10	3.10		
61189	DANCING	COOKIES MAPLE OATMEAL s 9pk	10.5 OZ	3.10	3.10		
61186	DANCING	COOKIES MOLASSES CLOVE s 9pk	10.5 OZ	3.10	3.10		
61192	DANCING	COOKIES MOUNTAIN s 7pk	8.7 OZ	3.10	3.10		
61188	DANCING	COOKIES SUGAR CANE LIME s 9pk	10.5 OZ	3.10	3.10		
61199	DANCING	COOKIES TRIPLE CHOC s 9pk	10.5 OZ	3.10	3.10		
61372	DANCING	SINGLE BROWNIE CARAMEL PECAN s	12/2 OZ	.73	8.76		
61373	DANCING	SINGLE BROWNIE CHOC CHUNK s	12/2 OZ	.73	8.76		
61371	DANCING	SINGLE COOKIE CHOCOLATE CHIP s	12/2 OZ	.73	8.76		
DIVINA							
60905	DIVINA	TOMATOES RSTD W/HERBS frozen	64 OZ	23.50	23.50		
DOMINEX							
63053	DOMINX	EGGPLANT BURGER 4ct vg	11 OZ	3.89	3.89		
63054	DOMINX	EGGPLANT CUTLETS vg	16 OZ	3.89	3.89		
DUCKTRAP RIVER FISH FARM							
62128	DUCKTRAP	HERRING CENTER CUT CREAM STYLE	8 OZ	3.47	3.47		
62127	DUCKTRAP	HERRING CENTER CUT IN WINE	8 OZ	3.47	3.47		
60281	DUCKTRAP	PATE SMKD ATLANTIC SALMON	6 OZ	4.94	4.94		
60282	DUCKTRAP	PATE SMKD TROUT low-fat	6 OZ	4.65	4.65		
62240	DUCKTRAP	SMOKED MACKEREL FILLET	7 OZ	5.49	5.49		
62242	DUCKTRAP	SMOKED MACKEREL HERB FILLET	7 OZ	5.49	5.49	4.94	4.94
62241	DUCKTRAP	SMOKED MACKEREL PEPPERED FILET	7 OZ	5.49	5.49		
62016	DUCKTRAP	SMOKED MUSSELS	6 OZ	4.89	4.89		
60293	DUCKTRAP	SMOKED SALMON ATLANTIC trim	16 OZ	6.52	6.52		
60284	DUCKTRAP	SMOKED SALMON SLCD ATL vac	4 OZ	6.50	6.50	5.85	5.85
62018	DUCKTRAP	SMOKED SCALLOPS	6 OZ	5.85	5.85		
62017	DUCKTRAP	SMOKED SHRIMP	6 OZ	6.15	6.15		
60283	DUCKTRAP	SMOKED TROUT FILLET 2pc	1# R/W	14.25	14.25		
DUFOUR PASTRY							
62214	DUFOUR	APPETIZER CHEESECAKE ARTICOKE	7 OZ	9.87	9.87	7.99	7.99
60744	DUFOUR	APPETIZER STILTON W/CRANBERRY	5.4 OZ	9.35	9.35		
60742	DUFOUR	APPETIZER 4 CHEESE & RST GAR	5.6 OZ	8.89	8.89		
60740	DUFOUR	PUFF PASTRY all butter UNBL	14 OZ	8.25	8.25		
60626	DUFOUR	PUFF PASTRY CHOCOLATE s	14 OZ	8.35	8.35	7.52	7.52
62215	DUFOUR	TART SHELLS 1 1/2 inch 12ct	2.5 OZ	6.60	6.60	5.94	5.94
ECOFISH							
60589	ECOFISH	SALMON ALASKA FILLET 4oz KETA	2# R/W	8.60	17.20		
EVER BETTER EATING							
60912	EVERBTR	PIZZA DOUGH 12in BAVARIAN 6 gr	16 OZ	1.14	1.14		
60913	EVERBTR	PIZZA DOUGH 12in SOURDOUGH	16 OZ	1.14	1.14		
EVERGREEN WHEATGRASS							
60132	EVERGR	WHEATGRASS JUICE ORG	20/6 OZ	.69	13.80		



Izzy's Cheesecake History

A fan of his mother's cheesecake, David Izenstatt (Izzy) started crafting cheesecake during his first years as a chef in the late seventies. He continued baking it as a hobby during his years at the CIA in Hyde Park, New York. After cooking in Phoenix, Santa Fe and Nantucket he returned to Maine to settle in Portland in 1984. It was here in a Nye St. apartment that Izzy's cheesecake was born.

Issy's Cheesecake went full time in 1989 and since then has built a reputation as a high quality hand crafted product. Izzy's Triple Chocolate cheesecake has been a perennial award winner at Portland's Chocolate Lover's Fling.

Izzy's has had much history with natural and organic ingredients at MOFGA's Common Ground Fair since 1996, winning two awards there in 2007. Last year Izzy's introduced a line of natural cheesecakes without artificial ingredients or hydrogenated oils and the great taste, texture, and richness lives on!

Welcome to Izzy's Cheesecake

At **Izzy's Cheesecake** they're committed to producing the finest cheesecake in the world. Each and every one of their gourmet cheesecakes is made entirely from scratch, by hand, and from the very freshest, all-natural, premium ingredients. The result is their signature rich, creamy, flavorful cheesecake that you will choose every time.

Quality, Flavor, Selection!

At **Izzy's Cheesecake** they are dedicated to bringing this to you time after time. Indulge yourself today!

(continued on page 59)

NEW ITEMS!



WILD MAINE BLUEBERRY

Turnovers

Savor a timeless recipe with a 100% butter crust wrapped around a tangy medley of wild blueberries, lemon and a touch of sugar

Item # 62430

Case (12/12 oz Units)

*Breakfast
with the family!*



BROWN SUGAR PECAN

STICKY BUNS

Our famous cream cheese dough, swirled with cinnamon and topped with a crunchy brown sugar pecan glaze

Item # 62336

Case (12/13 oz units)

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
FIELD ROAST FOOD SERVICE						
63223	FIELDRSB	CUTLET COCONUT vg	48/3.8 OZ	1.30	62.40	
63218	FIELDRSB	CUTLET HAZELNUT HERB vg	48/3.8 OZ	1.30	62.40	1.17 56.16
RETAIL						
63221	FIELDRSB	HAZELNUT CRAN ROAST ENCROUT vg	2#	6.55	13.10	
63220	FIELDRSB	LOAF SMOKED TOMATO vg	2#	4.72	9.44	4.25 8.50
63219	FIELDRSB	LOAF WILD MUSHROOM vg	2#	4.72	9.44	
63216	FIELDRST	CELEBRATION ROAST vg	1 #	5.86	5.86	
63222	FIELDRST	CLASSIC MEATLOAF vg	1#	4.94	4.94	
63213	FIELDRST	SAUSAGE ITALIAN vg	12.95 OZ	4.59	4.59	
63214	FIELDRST	SAUSAGE MEXICAN CHIPOTLE vg	12.95 OZ	4.59	4.59	4.09 4.09
63215	FIELDRST	SAUSAGE SMOKED APPLE SAGE vg	12.95 OZ	4.59	4.59	
FILO FACTORY						
60164	FILLOFACT	FILLO DOUGH ORG (13x18)	16 OZ	3.10	3.10	
60156	FILLOFACT	FILLO DOUGH SPELT ORG	16 OZ	4.25	4.25	
60157	FILLOFACT	FILLO DOUGH WW ORG	16 OZ	3.30	3.30	
60167	FILLOFACT	PASTRY SHELL/LG 3in ORG	6 PCS	3.30	3.30	
60166	FILLOFACT	PASTRY SHELL/MIN 1.5in ORG	15 PCS	2.45	2.45	
60159	FILLOFACT	APPETIZER ASSTD VEGAN ORG	10 OZ	4.39	4.39	
60158	FILLOFACT	APPETIZER ASSTD VEGE ORG	10 OZ	4.39	4.39	
65154	FILLOFACT	APPETIZER BRIE&RSP FILO ROLL s	8.75 OZ	4.47	4.47	
60162	FILLOFACT	APPETIZER MINI ASST 4 flavors	40 PCS	12.45	12.45	
60163	FILLOFACT	APPETIZER SPINACH/CHEESE	12 OZ	4.29	4.29	
60169	FILLOFACT	PIE BROCCOLI & CHEDDAR	24 OZ	5.19	5.19	
65157	FILLOFACT	PIE EGGPLANT & RED PEPPER vg	24 OZ	5.19	5.19	
60168	FILLOFACT	PIE SPINACH & CHEESE	24 OZ	5.19	5.19	
65156	FILLOFACT	PIE SPINACH & FETA ORG	10 OZ	3.75	3.75	
60155	FILLOFACT	TURNOVER APPLE ORG Vg/YstFree	12 OZ	4.39	4.39	
FOOD FOR LIFE						
61080	FOODLIFE	BREAD 7GRAIN SPRTD WHT ORG	24 OZ	4.29	4.29	
61010	FOODLIFE	BREAD BROWN RICE WF/GF	24 OZ	4.85	4.85	
61011	FOODLIFE	BREAD CINN RSN 7 GRAIN ORG	24 OZ	4.90	4.90	
61075	FOODLIFE	BREAD EZEKIEL 4:9 SPRTD ORG	24 OZ	4.29	4.29	
61012	FOODLIFE	BREAD EZEKIEL SESAME ORG	24 OZ	4.29	4.29	3.43 3.43
62272	FOODLIFE	BREAD MILLET gf/wf	24 OZ	4.59	4.59	
62271	FOODLIFE	BREAD RICE ALMOND gf/wf	24 OZ	5.25	5.25	
61078	FOODLIFE	BREAD RICE/PECAN WF/GF	24 OZ	4.85	4.85	
62270	FOODLIFE	BREAD WHITE RYE wf	16 OZ	3.69	3.69	
61076	FOODLIFE	BURGER BUNS SPRTD WHT ORG	6 BUNS	3.52	3.52	
61081	FOODLIFE	ENGLISH MUFFINS ORG 7 grain	16 OZ	3.79	3.79	
62120	FOODLIFE	ENGLISH MUFFINS ORG EZEKIAL	16 OZ	3.79	3.79	
62122	FOODLIFE	ENGLISH MUFFINS ORG GENESIS	16 OZ	4.25	4.25	
62121	FOODLIFE	ENGLISH MUFFINS ORG RAISIN EZK	16 OZ	4.25	4.25	
61077	FOODLIFE	HOTDOG ROLLS SPRTD WHT ORG	6 BUNS	3.52	3.52	
61082	FOODLIFE	POCKET BREAD EZEKIEL 4:9	12/10 OZ	2.35	28.20	
62274	FOODLIFE	TORTILLA BROWN RICE GRN wf/gf	12/12 OZ	2.79	33.48	
62273	FOODLIFE	TORTILLA EZEKIEL WHL GRN TACO	12/12 OZ	2.59	31.08	
61085	FOODLIFE	TORTILLAS EZEKIEL YF ORG	12/12 OZ	2.80	33.60	
62123	FOODLIFE	TORTILLAS SPROUTED CORN ORG	12/10 OZ	2.80	33.60	
60751	FOODLIFE	CHICKEN NUGGETS STYLE veg	10 OZ	3.67	3.67	
60750	FOODLIFE	CHICKEN PATTIES STYLE veg	10 OZ	3.99	3.99	
FOUR TINES						
60860	FOURTINE	BRAZILIAN STUFFED PEPPER gf vg	12/7.5 OZ	3.93	47.16	3.54 42.48
60867	FOURTINE	CAULIFLOWER TIMBALES gf vg	12/8 OZ	3.80	45.60	3.42 41.04
60864	FOURTINE	EGGPLANT PESTO ROLLS gf vg	12/6 OZ	3.93	47.16	3.54 42.48
60861	FOURTINE	EGGPLANT SARDA gf vg	12/8 OZ	3.93	47.16	3.54 42.48
60866	FOURTINE	LEEK TIMBALES gf vg	12/8 OZ	3.80	45.60	3.42 41.04
60865	FOURTINE	SPANAKOPITA TIMBALES gf vg	12/7 OZ	3.80	45.60	3.42 41.04
60863	FOURTINE	VEGETABLE TAGINE gf v	12/8 OZ	3.67	44.04	3.30 39.60
60862	FOURTINE	ZUCCHINI TOM & FENL TIAN gf vg	12/8 OZ	3.93	47.16	3.54 42.48
FRENCH MEADOW BAKERY						
60661	FRNCHMD	BAGEL SPELT WF ORG Vg	17 OZ	5.99	5.99	
60664	FRNCHMD	BAGEL SPRTD EZEKIEL ORG Vg	17 OZ	5.19	5.19	
60655	FRNCHMD	BREAD EUROPEAN WF RYE ORG Vg	16 OZ	3.79	3.79	
60650	FRNCHMD	BREAD SPELT WF ORG Vg	24 OZ	5.45	5.45	
GAGNE'S ROBINHOOD FREE MEETINGHOUSE						
60209	GAGNE'S	BISCUITS 5 HERB PARM s 6pk	16 OZ	3.64	3.64	2.91 2.91
60208	GAGNE'S	BISCUITS 72-LYER CRM CHS s 6pk	16 OZ	3.64	3.64	2.91 2.91
63144	GAGNE'S	BISCUITS CRM CHS Food Service	96 CT	.53	50.88	.42 40.32
62137	GAGNE'S	CINNAMON ROLLS CRM CHS s 6pk	16 OZ	3.64	3.64	2.91 2.91
63146	GAGNE'S	CINNAMON ROLLS Food Service	48 CT	.84	40.32	.67 32.16
63226	GAGNE'S	PECAN STICKY BUNS 4CT s	13 OZ	3.64	3.64	2.91 2.91
62430	GAGNE'S	TURNOVERS WILD ME BLUEBERRY s	12 OZ	3.62	3.62	
GARDENBURGER						
60681	GARBRG	BURGER BLACKBEAN vg	10 OZ	3.42	3.42	
60680	GARBRG	BURGER ORIGINAL	10 OZ	3.42	3.42	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
60686	GARBRG	BURGER SAVORY MUSHROOM	10 OZ	3.42	3.42	3.08	3.08
60684	GARBRG	BURGER SUNDRD TOMATO BASIL	10 OZ	3.42	3.42		
60683	GARBRG	BURGER VEGAN Fat/Free	10 OZ	3.42	3.42		
60682	GARBRG	BURGER VEGGIE MEDLEY vg	10 OZ	3.42	3.42		
GILBERT'S GOODIES							
63196	GILBERTS	COOKIE CHOC CHIP gf/df/pf s	8 OZ	3.70	3.70		
63193	GILBERTS	COOKIE CHOC CHIP gf/df/pf s	12/ 2.5 OZ	1.40	16.80		
63194	GILBERTS	COOKIE SNICKRDLE gf/df/pf s	12/ 2.5 OZ	1.40	16.80		
63197	GILBERTS	COOKIE SNKRDLE gf/df/pf s	6.5 OZ	3.70	3.70		
63195	GILBERTS	COOKIE SUGAR gf/df/pf s	12/ 2.5 OZ	1.40	16.80		
63198	GILBERTS	COOKIE SUGAR gf/df/pf s	6.5 OZ	3.70	3.70		
63199	GILBERTS	DOUGH COOKE CHC CHP gf/df/pf s	16 OZ	4.70	4.70		
63200	GILBERTS	DOUGH COOKE SUGAR gf/df/pf s	16 OZ	4.30	4.30		
GILLIAN'S							
60450	GILLIAN	BREAD GARLIC gf df v	6 OZ	2.97	2.97	3.42	3.42
60328	GILLIAN	ENGLISH MUFFINS gf df	7 OZ	2.44	2.44		
60326	GILLIAN	LOAF SANDWICH gf df v s	18 OZ	4.27	4.27		
60327	GILLIAN	PIZZA CRUST 7in gf df s	2/4.5 OZ	2.85	2.85		
60324	GILLIAN	PIE CRUST wf/gf 9 in s	6/2 PK	3.55	21.30	3.03	3.03
60323	GILLIAN	PIZZA DOUGH wf/gf s	16 OZ	3.79	3.79		
60322	GILLIAN	ROLLS CINN/RAISIN wf/gf s	6ROLLS	4.75	4.75		
60320	GILLIAN	ROLLS FRENCH wf/gf s	6ROLLS	4.35	4.35		
60321	GILLIAN	ROLLS ONION wf/gf s	6ROLLS	4.35	4.35		
60451	GILLIAN	COOKIE DOUGH CHOC CHIP gf vg s	12 OZ	3.80	3.80		
60452	GILLIAN	COOKIE DOUGH SUGAR gf vg s	12 OZ	3.57	3.57		
GLUTEN FREEDA							
60510	GLUTENFR	BURRITO BREAKFAST BEEF gf	4 OZ	2.77	2.77		
60511	GLUTENFR	BURRITO CHICKEN CHEESE gf	4 OZ	2.77	2.77		
60512	GLUTENFR	BURRITO VEG BEAN CHEESE gf	4 OZ	2.77	2.77		
60513	GLUTENFR	BURRITO VEG gf df	4.5 OZ	2.77	2.77		
GOOD TASTES							
61351	GOODTAST	MAC & CHEESE BRIE & FIG	24 OZ	6.75	6.75		
61353	GOODTAST	MAC & CHEESE FOUR CHEESE	24 OZ	6.75	6.75		
61350	GOODTAST	MAC & CHEESE MEDITERRANEAN	24 OZ	6.75	6.75		
61352	GOODTAST	MAC & CHEESE WILD MUSHROOM	24 OZ	6.75	6.75		
GOOD WIVES							
65014	GOODWIVE	MINI FLATBREAD SPIN/GOAT CHS	8.8 OZ	6.92	6.92		
65001	GOODWIVE	MINI PUFF PASTRY BRIE EN CROUT	9.1 OZ	8.43	8.43		
65004	GOODWIVE	MINI PUFF PASTRY CRAB	6 OZ	7.67	7.67		
65002	GOODWIVE	MINI PUFF PASTRY SPIN PESTO	7.2 OZ	7.12	7.12		
65000	GOODWIVE	MINI QUICHE ASPARAGUS	10 OZ	7.32	7.32	6.59	6.59
63083	GOODWIVE	MINI QUICHE MUSHROOM 12ct	8.8 OZ	7.77	7.77		
65009	GOODWIVE	PROFITEROLES MUSHROOM	5.6 OZ	7.46	7.46		
62077	GOODWIVE	STILTON & CRAN RELISH en CROUT	8.3 OZ	8.58	8.58		
62076	GOODWIVE	TARTLET CHS SPINACH & GARLIC	9.3 OZ	7.22	7.22		
65026	GOODWIVE	TARTLET SHIITAKE SPINACH	10 OZ	9.99	9.99		
65028	GOODWIVE	TORTILLA TRMPT CHILE CON QUESO	9.1 OZ	7.46	7.46		
63189	GOODWIVE	PUFF PASTRY	16 OZ	4.48	4.48		
GRAINAISSANCE							
60170	GRAINAI	MOCHI PLAIN wf/gf/df	12.5 OZ	3.29	3.29		
60171	GRAINAI	MOCHI RAISIN CINNAMON wf/gf/df	12.5 OZ	3.29	3.29		
8788	GRAINAI	AMAZAKE ALMOND SHAKE gf	16 OZ	2.95	2.95		
61087	GRAINAI	AMAZAKE GIMME GREEN gf	16 OZ	2.95	2.95		
8791	GRAINAI	AMAZAKE HAZELNUT gf	16 OZ	3.09	3.09		
HEAVENLY SOUFFLE							
61121	HEAVENLY	SOUFFLE CHOC MINT 2PK k s	12/5.2 OZ	4.65	55.80	4.19	50.28
61120	HEAVENLY	SOUFFLE CHOCOLATE 2PK k s	12/5.2 OZ	4.65	55.80	4.19	50.28
61123	HEAVENLY	SOUFFLE CREME BRULEE 2PK k s	12/5.2 OZ	4.65	55.80	4.19	50.28
61122	HEAVENLY	SOUFFLE PUMPKIN 2PK k s	12/5.2 OZ	4.65	55.80	4.19	50.28
HENRY & LISA'S							
60671	HENRY&LISA	BAY SCALLOPS W/JAPANESE GLAZES	9 OZ	7.20	7.20		
60667	HENRY&LISA	SALMON WILD W/ASIAN MARINADE	9 OZ	7.19	7.19		
63085	HENRY&LISA	SHRIMP UNCOOKED WHITE	8 OZ	7.25	7.25		
63084	HENRY&LISA	WILD ALASKAN FISH NUGGETS	12 OZ	5.20	5.20		
63202	HENRY&LISA	WILD ALASKAN FISH NUGGETS GF	12 OZ	6.18	6.18		
61130	HENRY&LISA	WILD ALASKAN SALMON 20/4oz	5#	14.00	70.00		
60625	HENRY&LISA	WILD ALASKAN SALMON BURGERS	12.8 OZ	5.75	5.75		
HOT MAMA'S							
60220	HOTMAMA	HUMMUS GARLIC ORG	16 OZ	3.38	3.38	3.04	3.04
60213	HOTMAMA	HUMMUS GARLIC ORG	8 OZ	2.02	2.02	1.82	1.82
60217	HOTMAMA	HUMMUS LEMON PEPPERCORN ORG	8 OZ	2.02	2.02	1.82	1.82
60212	HOTMAMA	HUMMUS ORIGINAL ORG	8 OZ	2.02	2.02	1.82	1.82
60219	HOTMAMA	HUMMUS ORIGINAL ORG	16 OZ	3.38	3.38	3.04	3.04
60218	HOTMAMA	HUMMUS ROASTED GARLIC ORG	16 OZ	3.38	3.38	3.04	3.04
IAN'S ALL NATURAL							
60735	IAN'S	KIDS MEAL CHICKEN NUGGETs	7 OZ	3.50	3.50		
60700	IAN'S	CHICKEN NUGGETS ORG	8 OZ	4.67	4.67		



About Izzy's Granola Crust

Izzy's roasts their own organic oats after tossing them with maple syrup and canola oil. This goes into their granola crust for their **Natural Plain**, **Natural Maine Blueberry Swirl**, **Natural Raspberry Swirl**, **Natural Pumpkin** and **Natural Apple Cheesecakes**.



Natural Plain Cheesecake



Izzy's classic **Plain Cheesecake** is dense but creamy – not “NY style” but “Maine” or “Izzy Style” with granola crust.

Ingredients: Cream Cheese (pasteurized cultured milk and cream, whey, salt and locust bean gum), sugar, fresh whole eggs, sour cream (cultured milk, cream, modified cornstarch, guar gum, sodium citrate, locust bean gum), granola crust (organic rolled oats, canola oil, maple syrup, honey, butter and sugar).

Item #61420

(continued on page 60)



Natural Maine Blueberry Swirl Cheesecake



Have your blueberry topping inside the cake! Our classic plain cheesecake swirled with our handmade Maine blueberry topping with granola crust.

Ingredients: Cream Cheese (pasteurized cultured milk and cream, whey, salt and locust bean gum), sugar, fresh whole eggs, sour cream (cultured milk, cream, modified cornstarch, guar gum, sodium citrate, locust bean gum) Maine Blueberries, cornstarch, granola crust (organic rolled oats, canola oil, maple syrup, honey, butter and sugar).

Item #61421

Natural Red Raspberry Swirl Cheesecake



Only the best red raspberries get swirled into this cheesecake with granola crust!

Ingredients: Cream Cheese (pasteurized cultured milk and cream, whey, salt and locust bean gum), sugar, fresh whole eggs, sour cream (cultured milk, cream, modified cornstarch, guar gum, sodium citrate, locust bean gum) red raspberries, cornstarch, granola crust (organic rolled oats, canola oil, maple syrup, honey, butter and sugar).

Item #61422

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
IAN'S ALL NATURAL - cont.						
60739	IAN'S	CHICKEN NUGGETS w/f/gf	8 OZ	4.67	4.67	
60702	IAN'S	CHICKEN PATTIES	7 OZ	4.67	4.67	
60703	IAN'S	FISH STICKS CRUNCHY	8 OZ	4.28	4.28	
60741	IAN'S	FISH STICKS w/f/gf	8 OZ	4.67	4.67	
60713	IAN'S	ALPHA TOTS	12 OZ	2.71	2.71	
60709	IAN'S	ONION RINGS	12 OZ	3.13	3.13	
60705	IAN'S	SWEET POTATO FRIES	16 OZ	3.13	3.13	
INDIANLIFE						
62163	INDIANLF	CHAPATI 5pk 11in	17.6 OZ	4.40	4.40	
62157	INDIANLF	NAAN GARLIC 6pk	17.64 OZ	4.55	4.55	
62158	INDIANLF	NAAN PLAIN 6pk	17.64 OZ	4.55	4.55	
62160	INDIANLF	NAAN TANDOORI 6pk	17.64 OZ	4.55	4.55	
62161	INDIANLF	ROTI 6pk	8.8 OZ	4.54	4.54	
62151	INDIANLF	PAKORAS MIXED VEGETABLE	14.1 OZ	5.85	5.85	
62150	INDIANLF	SAMOSAS MIXED VEGETABLE	14.1 OZ	5.85	5.85	
62154	INDIANLF	WRAP NAAN KIDNEY BN BRN RICE	9.7 OZ	3.85	3.85	
IZZY'S CHEESECAKE						
61421	IZZYS	CHEESECAKE MAINE BLUEBERRY s	16 OZ	6.90	6.90	6.20 6.20
61420	IZZYS	CHEESECAKE PLAIN s	16 OZ	6.90	6.90	6.20 6.20
61424	IZZYS	CHEESECAKE PUMPKIN s	16 OZ	6.90	6.90	6.20 6.20
61422	IZZYS	CHEESECAKE RASPBERRY SWIRL s	16 OZ	6.90	6.90	6.20 6.20
61423	IZZYS	CHEESECAKE TRIPLE CHOCOLATE s	16 OZ	6.90	6.90	6.20 6.20
61425	IZZYS	EGGLESS COMBO CAKE CHSE CHOC s	9 OZ	4.66	4.66	4.19 4.19
JYANG-LEE						
65134	JYANG LEE	CRAB RANGOON	15 CT	6.89	6.89	
65136	JYANG LEE	DUMPLINGS TURKEY	12 CT	6.89	6.89	
65131	JYANG LEE	DUMPLINGS VERY VEGGIE	12 CT	6.89	6.89	
65133	JYANG LEE	EGG ROLLS MAINLY TURKEY	6 CT	6.89	6.89	
65135	JYANG LEE	WONTONS TURKEY STUFFED	16 CT	6.89	6.89	
KETTLE CUISINE						
61302	KETTLE C	CHILI ANGUS BEEFSTK gf	10 OZ	2.69	2.69	
61300	KETTLE C	CHOWDER NE CLAM gf	10 OZ	2.69	2.69	
61303	KETTLE C	SOUP CARROT&CORIANDER ORG gf	10 OZ	2.69	2.69	
61301	KETTLE C	SOUP CHICKEN W/RICE NOODLES gf	10 OZ	2.69	2.69	
61304	KETTLE C	SOUP MSHRM&POTATO W/CRM ORG gf	10 OZ	2.69	2.69	
61305	KETTLE C	SOUP ROASTED VEGETABLE gf vg	10 OZ	2.69	2.69	2.09 2.09
61306	KETTLE C	SOUP TOMATO W/GRDN VEG gf vg	10 OZ	2.69	2.69	
KNOX MOUNTAIN FOODS						
60760	KNOXMTN	HEALTHYBURGER PATTIES vg	50/3.2 OZ	1.43	71.50	.94 47.00
60762	KNOXMTN	HEALTHYGROUND BUCKET vg	8#	4.40	35.20	
60763	KNOXMTN	HEALTHYGROUND BUCKET vg	3/1#	5.00	15.00	3.89 11.67
60761	KNOXMTN	HEALTHYGROUND BUCKET vg	4#	4.50	18.00	2.96 11.84
LAGNIAPPE						
63281	LAGNIAPP	BURGER SALMON	2/4 OZ	4.11	4.11	
63280	LAGNIAPP	BURGER TUNA	2/4 OZ	4.19	4.19	3.77 3.77
63278	LAGNIAPP	CAKE COD W/ SALTED COD4pk	12 OZ	6.56	6.56	5.89 5.89
63282	LAGNIAPP	CAKE SALMON W/ CREOLE MUST4pk	12 OZ	8.56	8.56	7.28 7.28
63277	LAGNIAPP	CAKE SCAL&SHRMP GING LIME 4pk	12 OZ	11.44	11.44	9.69 9.69
63275	LAGNIAPP	SAUSAGE SEAFOOD ITALIAN	12 OZ	6.27	6.27	
63276	LAGNIAPP	SAUSAGE SEAFOOD TUSCAN	12 OZ	6.27	6.27	
LAZY CHEF						
60206	LAZYCHEF	PESTO GARLIC + TST PECAN	6.25 OZ	3.48	3.48	
61220	LAZYCHEF	PESTO SUNDRIED TOM MOZZARELLA	6.5 OZ	3.48	3.48	
60205	LAZYCHEF	PESTO TRADITIONAL	6.5 OZ	3.48	3.48	
LIGHTLIFE						
5435	LIGHTLIF	FAKIN' BACON bulk	4 X 1.5#	16.25	65.00	
5455	LIGHTLIF	LEAN LINKS BREAKFAST frozen	6 OZ	2.55	2.55	
60136	LIGHTLIF	SMART GROUND MEATLESS	12 OZ	3.10	3.10	2.48 2.48
60134	LIGHTLIF	SMART MENU CHICKEN STRIPS	6 OZ	3.29	3.29	
90185	LIGHTLIF	SMART SAUSAGE CHORIZO	12 OZ	3.97	3.97	
90186	LIGHTLIF	SMART SAUSAGE ITALIAN s	12 OZ	3.97	3.97	
5470	LIGHTLIF	SMART SLICES BOLOGNA s	6 OZ	2.44	2.44	
5472	LIGHTLIF	SMART SLICES COUNTRY HAM s	6 OZ	2.44	2.44	
5474	LIGHTLIF	SMART SLICES RST TURKEY s	6 OZ	2.44	2.44	
90251	LIGHTLIF	SMART WINGS BUFFALO	6 OZ	3.77	3.77	
90250	LIGHTLIF	SMART WINGS HONEY BBQ s	6 OZ	3.77	3.77	3.02 3.02
5438	LIGHTLIF	SOY RICE TEMPEH ORG	5X2#	8.50	42.50	
LING LING						
60676	LINGLING	POTSTICKER CHICKEN	15 OZ	4.29	4.29	3.86 3.86
60677	LINGLING	POTSTICKER VEGETABLE Vg	13 OZ	4.29	4.29	3.86 3.86
60674	LINGLING	SPRING ROLL MINI CHICKEN	11 OZ	4.29	4.29	3.86 3.86
60675	LINGLING	SPRING ROLL MINI VEGETBLE Vg	11 OZ	4.29	4.29	3.86 3.86
LIZ LOVE						
62023	LIZ LOVE	COOKIES GINGER SNAPDRAGON Vg s	12/2 PK	3.17	38.04	
MANNA ORGANICS - FORMERLY LISTED UNDER NATURE'S PATH						
60580	MANNAORG	MANNA BREAD CARROT/RSN ORG	14 OZ	3.53	3.53	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
60585	MANNAORG	MANNA BREAD CINN DATE ORG	14 OZ	3.53	3.53	
60581	MANNAORG	MANNA BREAD FRUIT & NUT ORG	14 OZ	3.53	3.53	
60584	MANNAORG	MANNA BREAD MILLET RICE ORG	14 OZ	3.53	3.53	
60583	MANNAORG	MANNA BREAD MULTIGRAIN ORG	14 OZ	3.53	3.53	
60587	MANNAORG	MANNA BREAD WHL RYE ORG	14 OZ	3.53	3.53	
60586	MANNAORG	MANNA BREADSUNSEED ORG	14 OZ	3.53	3.53	
60602	MANNAORG	temp n/a TSTR WAFFLES BUCKWHT	7.5 OZ	3.02	3.02	
60600	MANNAORG	TSTR WAFFLES FLAX PLU	11 OZ	3.02	3.02	

MARIA & RICARDO'S

60190	MARIA&RI	GORDITA 6in WHITE k	10/14.7 OZ	1.81	18.10	1.36	13.60
60566	MARIA&RI	ORG TORTILLAS 10in WHITE	10/12CT	4.10	41.00		
60563	MARIA&RI	ORG TORTILLAS 12in WHITE	10/12 CT	4.99	49.90		
60564	MARIA&RI	ORG TORTILLAS 12in WHL WHT	10/12 CT	5.49	54.90		
60576	MARIA&RI	TORT ASST WHT/GAR/TOM/SP/WHFLR	5/12 CT	3.96	19.80		
60575	MARIA&RI	TORTILLA 6in CORN Retail pk	12/12 CT	1.49	17.88	1.12	13.44
60192	MARIA&RI	TORTILLA 6in WW LOW CARB 1/1	16/7.9 OZ	1.81	28.96	1.36	21.76
60191	MARIA&RI	TORTILLA 8in WHITE gf s k v	16/9.1 OZ	2.60	41.60	1.95	31.20
60570	MARIA&RI	TORTILLA 8in WHITE Retail pk	12/8CT	2.25	27.00	1.69	20.28
60571	MARIA&RI	TORTILLA 8in WH-WHT Retail pk	12/8 CT	2.35	28.20	1.76	21.12
60574	MARIA&RI	TORTILLAS 10in GARLIC & HERB	10/12 CT	3.91	39.10		
60561	MARIA&RI	TORTILLAS 10in SPINACH	10/12 CT	3.91	39.10		
60562	MARIA&RI	TORTILLAS 10in TOMATO	10/12 CT	3.91	39.10		
60568	MARIA&RI	TORTILLAS 10in WHITE FLR	10/12 CT	3.85	38.50		
60569	MARIA&RI	TORTILLAS 10in WHL WHT	10/12 CT	3.55	35.50		
60193	MARIA&RI	WRAP 10in WHITE FLOUR 12/6	12/15.7 OZ	1.81	21.72	1.36	16.32

MERRILL WILD BLUEBERRIES

60500	MERRILL	BLUEBERRIES WILD MAINE IQF ORG	5#	2.50	12.50		
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MIMI'S GOURMET

62068	MIMI	CHILI 3 BEAN & RICE ORG	11.5OZ	3.39	3.39		
62066	MIMI	CHILI BLACK BEAN & CORN ORG	10.5OZ	3.39	3.39		
62067	MIMI	CHILI WHITE BEAN & JALAPNO ORG	10.5OZ	3.39	3.39		

MOON HILL FARM

60508	MOONHILL	BLUEBERRIES MAINE WILD ORG	16 OZ	5.25	5.25		
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MT. OLIVE

62002	MTOLIVE	FALAFEL PATTIES	16 OZ	5.75	5.75		
62003	MTOLIVE	FALAFEL STICKS PREFRIED	7 OZ	3.85	3.85		

MULTIWISE

60240	MULTIWIS	CHICKEN TENDERS MULTIGRAIN df	8 OZ	5.55	5.55		
60241	MULTIWIS	CHICKEN TENDERS MULTIGRAIN df	19 OZ	9.65	9.65	7.69	7.69
60243	MULTIWIS	CHICKEN BURGERS MULTIGRAIN df	7 OZ	4.70	4.70		
60242	MULTIWIS	CHICKEN NUGGETS MULTIGRAIN df	8 OZ	4.70	4.70		
60244	MULTIWIS	SAMOSA TRADITIONAL vg	13 OZ	5.59	5.59		

MURRAY'S

61028	MURRAY	BULK CHICKEN BREAST BNLS/SKNLS	10# RW	5.40	54.00		
61027	MURRAY	CHICKEN BACON (48 DAYS THAWED)	8 OZ	3.00	3.00		
61021	MURRAY	CHICKEN BREAST BNLS/SKINLESS	1# R/W	5.84	5.84		
61022	MURRAY	CHICKEN BREAST SPLIT	1-2# R/W	3.85	7.70		
61015	MURRAY	CHICKEN GROUND	1# R/W	4.76	4.76		
61024	MURRAY	CHICKEN LEGS	1# R/W	2.43	2.43		
61018	MURRAY	CHICKEN LIVERS	1# R/W	2.29	2.29		
61239	MURRAY	CHICKEN SAUSAGE CAJUN	1#	5.69	5.69	4.99	4.99
61238	MURRAY	CHICKEN SAUSAGE HOT ITALIAN	1#	5.69	5.69		
61237	MURRAY	CHICKEN SAUSAGE SD TOMATO	1#	5.69	5.69		
61240	MURRAY	CHICKEN SAUSAGE SPIN GARLIC	1#	5.69	5.69	4.99	4.99
61236	MURRAY	CHICKEN SAUSAGE SWT ITALIAN	1#	5.69	5.69		
61026	MURRAY	CHICKEN THIGHS	1# R/W	2.43	2.43	2.19	2.19
61020	MURRAY	CHICKEN WHOLE	4-7# R/W	2.60	10.40	2.34	9.36
61025	MURRAY	CHICKEN WHOLE FRYER	3-5# RW	2.60	10.40	2.34	9.36
61023	MURRAY	CHICKEN WINGS	1.5# R/W	2.82	5.64	2.54	5.08
61360	MURRAY	SLIDERS CHICKEN MINI GF	1# R/W	5.75	5.75	4.75	4.75
61361	MURRAY	SLIDERS TURKEY MINI GF	1# R/W	5.75	5.75	4.75	4.75
61017	MURRAY	TURKEY BURGERS 4pk	4/4OZ	5.75	5.75		
61016	MURRAY	TURKEY GROUND	1# R/W	5.25	5.25		

NAKED NUGGETS

62330	NAKEDNUG	CHICKEN NUGGETS GRILLED gf	12 OZ	5.86	5.86		
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NATE'S MEATLESS

65020	NATES	MEATBALLS MEATLESS CLASSIC	12 OZ	4.21	4.21		
65022	NATES	MEATBALLS MEATLESS ITALIAN	12 OZ	4.21	4.21		
65021	NATES	MEATBALLS MEATLESS MUSHROOM	12 OZ	4.21	4.21		

NATURAL SEA

60185	NATSEA	FISH STICKS WW	8 OZ	5.85	5.85	5.27	5.27
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NEW HARVEST NATURALS

60481	NEWHARV	CHICKEN MEATBALLS ITALIAN gf	12 OZ	3.95	3.95		
60480	NEWHARV	CHICKEN MEATBALLS TRAD gf	12 OZ	3.95	3.95		



Natural Pumpkin Cheesecake



Izzy's adds a cartload of pumpkin, organic cinnamon and spices to make a dessert like pumpkin pie – but richer and creamier with granola crust!

Ingredients: Cream Cheese (pasteurized cultured milk and cream, whey, salt and locust bean gum), pumpkin, sugar, fresh whole eggs, sour cream (cultured milk, cream, modified cornstarch, guar gum, sodium citrate, locust bean gum), cornstarch, organic cinnamon, spices, granola crust (organic rolled oats, canola oil, maple syrup, honey, butter and sugar).

Item #61424

Natural Triple Chocolate Cheesecake



A chocolate lover's dream! Chocolate cheesecake sits on a chocolate cookie crust and then topped with our own chocolate ganache. Award winning! The crust is made from cookies that are made from scratch then mixed with butter to create a depth of chocolate flavor like no other.

(continued on page 63)



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STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
NEW SALEM TEA BREAD COMPANY						
63089	NEWSALEM	TEA BREAD ALMOND ORANGE s	16 OZ	3.29	3.29	
63095	NEWSALEM	TEA BREAD APPLE CINNAMON s	16 OZ	3.29	3.29	2.79 2.79
63091	NEWSALEM	TEA BREAD BANANA s	16 OZ	3.29	3.29	2.96 2.96
63092	NEWSALEM	TEA BREAD BLUEBRY VANILLA s	16 OZ	3.29	3.29	2.96 2.96
63096	NEWSALEM	TEA BREAD CARROT RAISIN s	16 OZ	3.29	3.29	
63093	NEWSALEM	TEA BREAD LEM POPPY LF s	16 OZ	3.29	3.29	
63088	NEWSALEM	TEA BREAD LEMON s	16 OZ	3.29	3.29	
63090	NEWSALEM	TEA BREAD ORANGE CRANBERRY s	16 OZ	3.29	3.29	2.96 2.96
63094	NEWSALEM	TEA BREAD PUMPKIN s	16 OZ	3.29	3.29	
NEZINSCOT FARM						
91003	NEZINSCT	CHEESE COTTAGE dry curd	16 OZ	7.21	7.21	
60314	NEZINSCT	BEEF CHUCK ROAST All Natural	3# RW	7.14	21.42	
60315	NEZINSCT	BEEF GROUND All Natural	1#R/W	5.51	5.51	
60325	NEZINSCT	BEEF PATTIES All Natural 4/pkg	1#	5.77	5.77	
60317	NEZINSCT	BEEF STEAK BOX 1ea 5 types	4-5# R/W	11.87	59.35	
60313	NEZINSCT	BEEF STEAK FLANK All Natural	1# RW	9.29	9.29	
60316	NEZINSCT	BEEF STEW MEAT All Natural	1#R/W	5.04	5.04	
62125	NEZINSCT	PORK SAUSAGE GROUND All Nat	1# R/W	7.94	7.94	
NORTH COUNTRY SMOKEHOUSE						
60920	NORTHCOU	BACON FRUITWOOD SMOKED	16 OZ	7.99	7.99	
60922	NORTHCOU	TURKEY BREAST BONELESS SMKD	4# R/W	7.25	29.00	
OCEAN APPROVED						
62320	OCEANAP	KELP NOODLES	4 OZ	2.86	2.86	2.56 2.56
62322	OCEANAP	KELP NOODLES foodservice	16 OZ	9.59	9.59	
62324	OCEANAP	KELP NOODLES SALAD CUT	4 OZ	2.86	2.86	
62321	OCEANAP	KELP SLAW	4 OZ	2.86	2.86	2.56 2.56
62323	OCEANAP	KELP SLAW foodservice	16 OZ	9.59	9.59	
ORCA BAY						
63104	ORCA BAY	COD FILLETS ALASKAN	10 OZ	6.99	6.99	
63253	ORCA BAY	FLOUNDER FILLETS	10 OZ	4.79	4.79	3.59 3.59
63105	ORCA BAY	MAHI MAHI FILLETS skinless	12 OZ	6.99	6.99	
63101	ORCA BAY	PERCH PACIFIC OCEAN	10 OZ	4.79	4.79	
63099	ORCA BAY	SALMON FILLET KETA USA	10 OZ	4.95	4.95	
63252	ORCA BAY	SALMON FILLET SOCKEYE	10 OZ	8.25	8.25	
63250	ORCA BAY	SHRIMP EX LG SHLL ON IQF 13/20	1#	11.60	11.60	
63251	ORCA BAY	SHRIMP LG SHELL ON IQF 21/30	1#	8.25	8.25	
63098	ORCA BAY	SWORDFISH STEAKS	10 OZ	6.99	6.99	
63106	ORCA BAY	TILAPIA FILLETS	10 OZ	4.79	4.79	
63097	ORCA BAY	TUNA STEAKS AHI YELLOWFIN	12 OZ	5.05	5.05	
63120	ORCA BAY	TUNA YELLOWFIN STEAKS 6oz	3# R/W	7.99	23.97	
ORGANIC PRAIRIE						
60288	ORG PRAI	BACON HRDWOOD SMKD ORG	8 OZ	6.19	6.19	4.95 4.95
60237	ORG PRAI	BEEF GRND 80% LEAN CHUB ORG	12 OZ	5.74	5.74	
60230	ORG PRAI	BEEF GRND GRASS FED 85% LN ORG	16 OZ	6.54	6.54	
60289	ORG PRAI	BEEF GRND PATTIES ORG 2/5.3oz	10.6 OZ	6.35	6.35	
60235	ORG PRAI	CHICKEN BREAST BNLS/SKNLS ORG	2# R/W	10.09	20.18	
60233	ORG PRAI	CHICKEN GRND CHUB ORG	12 OZ	5.43	5.43	
60236	ORG PRAI	CHICKEN WHOLE YOUNG ORG	3.5# R/W	3.81	15.24	
60231	ORG PRAI	GROUND PORK ORG	16 OZ	5.43	5.43	
60290	ORG PRAI	PORK SAUSAGE BRKFST LINK ORG c	8 OZ	5.95	5.95	4.76 4.76
60292	ORG PRAI	PORK SAUSAGE ITALIAN MLD ORG	12 OZ	6.59	6.59	
60234	ORG PRAI	TURKEY GRND CHUB ORG	12 OZ	5.50	5.50	
60666	ORG PRAI	TURKEY ORG	12# R/W	3.99	47.88	2.99 35.88
OZERY BAKERY						
90235	OZERY	BREAKFAST PITA APPL CINN k s	12.7 OZ	2.67	2.67	
90234	OZERY	BREAKFAST PITA CRAN ORANGE k s	12.7 OZ	2.67	2.67	
90233	OZERY	BREAKFAST PITA MUESLI k s	12.7 OZ	2.67	2.67	
90230	OZERY	ONE BUN MULTI GRAIN WHOLE GRN	21.1 OZ	2.67	13.35	
90236	OZERY	ONE BUN SPELT ORG k s	12.7 OZ	2.67	2.67	
90238	OZERY	ONE BUN WHEAT ORG k s	12.7 OZ	2.67	2.67	
90232	OZERY	ONE BUN WHOLE GRAIN HOT DOG	14 OZ	2.67	2.67	
90237	OZERY	ONE BUN WL GRAIN KAMUT ORG k s	12.7 OZ	2.67	2.67	
90231	OZERY	ONE BUN WW WHOLE GRAIN 100 CAL	6/11.25OZ	2.00	12.00	
PANE BELLE						
62262	PANEHELL	DOUGH PIZZA & BREAD MULTI GRN	20 OZ	3.37	3.37	2.99 2.99
62261	PANEHELL	DOUGH PIZZA & BREAD WHEAT	20 OZ	3.37	3.37	
62260	PANEHELL	DOUGH PIZZA & BREAD WHITE	20 OZ	3.37	3.37	2.69 2.69
PAPOU'S KITCHEN						
60690	PAPOUS	FALAFEL PATTIES 12pk v k	18 OZ	4.39	4.39	3.95 3.95
60691	PAPOUS	FALAFEL TOASTIES 4PK v k	16 OZ	4.39	4.39	3.95 3.95
PASSPORT SEAFOOD						
63103	PASSPORT	FLOUNDER FILLETS 5-8oz	3# R/W	5.91	17.73	
PERFECT ADDITION						
60621	PERFECT	STOCK BEEF CONCENTRATE	16 OZ	3.83	3.83	
60622	PERFECT	STOCK CHICKEN CONCENTRATE	16 OZ	3.54	3.54	
60623	PERFECT	STOCK FISH CONCENTRATE	16 OZ	3.54	3.54	
60620	PERFECT	STOCK VEGETABLE CONCENTRATE	16 OZ	3.54	3.54	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
PINELAND FARMS (FORMERLY WOLFE'S NECK)							
63301	PINELAND	BEEF GROUND 85/15 FINE GRND	16 OZ	5.13	5.13	4.62	4.62
63304	PINELAND	BEEF STEAK SHAVED NATURAL	12 OZ	6.28	6.28	5.65	5.65
63302	PINELAND	CHPD BEEF STEAK PATTIES 4PK	21.2 OZ	6.28	6.28	5.65	5.65
PUTNEY PASTA							
60475	PUTNEY	CHICKEN ALFREDO SKILLET	18 OZ	7.09	7.09		
60476	PUTNEY	CHICKEN PICCATA SKILLET	18 OZ	7.09	7.09		
60022	PUTNEY	RAVIOLI BUTTRNUT SQUASH/MAPLE	8 OZ	3.25	3.25	2.93	2.93
60474	PUTNEY	RAVIOLI MINI CHEESY PIZZA	16 OZ	4.55	4.55		
60472	PUTNEY	RAVIOLI PORT MUSH GRILL ONION	16 OZ	4.55	4.55		
60005	PUTNEY	RAVIOLI SPINACH & FETA	8 OZ	3.25	3.25	2.93	2.93
60471	PUTNEY	RAVIOLI THREE CHEESE	16 OZ	4.55	4.55		
60473	PUTNEY	RAVIOLI WW SPINACH & CHEESE	16 OZ	4.55	4.55	4.10	4.10
60001	PUTNEY	TORTELLINI SPNCH/MOZZ/WALNUT	8 OZ	3.25	3.25	2.93	2.93
60470	PUTNEY	TORTELLINI THREE CHEESE	16 OZ	4.55	4.55		
60000	PUTNEY	TORTELLINI TRI-COLOR	8 OZ	3.25	3.25	2.93	2.93
QUORN							
60553	QUORN	BEEF STYLE GROUND	12 OZ	4.59	4.59		
61136	QUORN	CHICK'N WING SOUTHWESTERN	7.8 OZ	4.57	4.57		
61141	QUORN	CUTLET STYLE CHICKEN NAKED	9.7 OZ	4.59	4.59	3.89	3.89
61138	QUORN	CUTLET STYLE CHICK'N CRAN GOAT	8.5 OZ	5.06	5.06		
61137	QUORN	CUTLET STYLE CHICK'N GRUYERE	7.76 OZ	5.04	5.04		
60551	QUORN	CUTLETS STYLE CHICKEN HERB/GAR	7 OZ	4.59	4.59	3.89	3.89
61135	QUORN	MEATBALLS BEEF STYLE	10.6 OZ	4.59	4.59		
60559	QUORN	NUGGET STYLE CHICKEN	10.6 OZ	4.59	4.59	3.89	3.89
60556	QUORN	PATTIE STYLE CHICKEN 4pk	10.6 OZ	4.59	4.59		
60558	QUORN	TENDER STYLE CHICKEN	12 OZ	4.59	4.59		
61134	QUORN	TURK'Y BURGER 4pk	9 OZ	4.59	4.59		
61139	QUORN	TURK'Y ROAST	16 OZ	7.04	7.04		
RHAPSODY							
62033	RHAPSDY	TEMPEH BBQ s gf	8 OZ	3.41	3.41		
62035	RHAPSDY	TEMPEH PLAIN ORG bulk pack gf	2 LB	7.26	7.26		
62034	RHAPSDY	TEMPEH PLAIN ORG gf	8 OZ	2.29	2.29		
62032	RHAPSDY	TEMPEH TERIYAKI	8 OZ	3.41	3.41		
RUDI'S ORGANIC BAKERY							
61341	RUDIS	BUNS HAMBURGER WHEAT ORG	18.4 OZ	3.95	3.95		
61342	RUDIS	BUNS HAMBURGER WHITE ORG	18.4 OZ	3.95	3.95		
61343	RUDIS	BUNS HOT DOG WHEAT ORG	12 OZ	3.14	3.14		
61344	RUDIS	BUNS HOT DOG WHITE ORG	12 OZ	3.14	3.14		
RUSTIC CRUST							
61223	RUSTIC	FLATBREAD 12in CHEESE & HERB	12 IN	7.00	7.00		
61224	RUSTIC	FLATBREAD 12in CHEESE & TOMATO	12 IN	7.00	7.00		
61222	RUSTIC	FLATBREAD 12in PESTO & RST PEP	12 IN	7.00	7.00		
SEAPOINT FARM							
61150	SEAPOINT	EDAMAME ORG SOYBEANS IN PODS	14 OZ	2.95	2.95		
61151	SEAPOINT	EDAMAME ORG SOYBEANS SHELLED	14 OZ	2.95	2.95		
SHABTAI							
61410	SHABTAI	APRICOT ROLL gf v k s	6/12 OZ	5.36	32.16	4.82	28.92
61415	SHABTAI	BON BONS gf v k s	6/9 OZ	5.85	35.10	5.27	31.62
61407	SHABTAI	BROWNIE FUDGE gf v k s	6/16 OZ	6.51	78.12	5.86	70.32
61412	SHABTAI	CAKE 7 LAYER WHITE gf v k s	6/16 OZ	6.34	38.04	5.71	34.26
61414	SHABTAI	CAKE 7IN WHITE w/CHOC gf v k	6/28 OZ	14.48	86.88	12.56	75.36
61416	SHABTAI	CAKE HONEY LOAF gf v k s	6/11 OZ	5.85	35.10	5.27	31.62
61409	SHABTAI	CAKE MARBLE LOAF gf v k s	6/11 OZ	4.99	29.94	4.49	26.94
61403	SHABTAI	CAKE SEVEN LAYR DEVIL FD gf k	6/16 OZ	6.52	39.12	5.87	35.22
61411	SHABTAI	CAKE SPONGE LOAF gf v k s	6/11 OZ	4.99	29.94	4.49	26.94
61404	SHABTAI	CUPCAKE BROWNIE BITES gf v k s	6/12 OZ	5.59	33.54	5.03	30.18
61406	SHABTAI	RASPBERRY ROLL gf v k s	6/12 OZ	5.36	32.16	4.82	28.92
61402	SHABTAI	RING TINGS gf v k s	6/11 OZ	6.54	39.24	5.89	35.34
61405	SHABTAI	SWISS CHOCOLATE ROLL gf v k s	6/12 OZ	5.36	32.16	4.82	28.92
SHEFFIELD SEITAN							
3377	SHEFLD	SEITAN BURGERS bags	3/18 OZ	5.35	16.05	4.82	14.46
3379	SHEFLD	SEITAN BURGERS tubs	6/6 OZ	2.16	12.96		
3375	SHEFLD	SEITAN BURGERS tubs	3/12 OZ	3.83	11.49	3.45	10.35
3376	SHEFLD	SEITAN PIECES tubs	3/16 OZ	4.98	14.94	4.48	13.44
3378	SHEFLD	SEITAN PIECES tubs	6/8 OZ	2.72	16.32	2.45	14.70
3374	SHEFLD	SEITAN POUNDER bags	3/16 OZ	4.74	14.22		
SONOMA							
65018	SONOMA	TORTILLAS TEFF & MILLET GF 6CT	10/6 CT	3.99	39.90	3.59	35.90
SPELT RIGHT							
63261	SPELTR B	BAGELS bulk SPELT EVTHNG vg df	12/3 OZ	1.00	12.00		
63262	SPELTR B	BAGELS bulk SPELT WHL GRN vg d	12/3 OZ	1.00	12.00		
63290	SPELTR B	BAGELS SPELT CINN RASN 5pk vg	15 OZ	5.09	5.09	4.58	4.58
63257	SPELTR B	BAGELS SPELT EVTHNG 5pk vg df	15 OZ	5.09	5.09		
63255	SPELTR B	BAGELS SPELT PLAIN 5 pk vg df	15 OZ	5.09	5.09		
63256	SPELTR B	BAGELS SPELT SESME 5pk vg df k	15 OZ	5.09	5.09		
63258	SPELTR B	BAGELS SPELT WHL GRN 5pk vg df	15 OZ	5.09	5.09		
63292	SPELTR B	BREAD SPELT ARTISAN vg df k	16 OZ	5.20	5.20	4.68	4.68



Natural Triple Chocolate Cheesecake

continued

Ingredients: Cream cheese (pasteurized cultured milk and cream, whey, salt and locust bean gum), sugar, chocolate liquor, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, butter fat, milk, soy lecithin, vanilla), whole eggs, sour cream (cultured milk, cream, modified cornstarch, guar gum, sodium citrate, locust bean gum), heavy cream, chocolate crust (sugar, palm oil shortening, unbleached 100% organic white wheat flour, cocoa, whole eggs, baking soda, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, butter fat, milk, soy lecithin, vanilla))
Chocolate cookie crust: Organic white unbleached flour, palm oil shortening, cocoa and butter

Item #61423

Eggless Combo Marble Cake



Ingredients: Cream Cheese (pasteurized cultured milk and cream, whey, salt and locust bean gum), sugar, unbleached 100% organic white wheat flour, sour cream (cultured milk, cream, modified cornstarch, guar gum, sodium citrate, locust bean gum), heavy cream, chocolate liquor, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, butter fat, milk, soy lecithin, vanilla), water, canola oil, cocoa, cider vinegar, cornstarch, egg replacer (potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, citric acid), sodium carboxymethylcellulose, methylcellulose), pure vanilla extract, baking soda and salt.

Item # 61425



About Sunshine International Foods, Inc.

Sunshine International Foods, Inc., the manufacturer of Sesame King Tahini Paste, is located in New England.

Their manufacturing process meets and exceeds all FDA standards. Currently they are the only Tahini manufacturer to pasteurize their product to ensure a clean and great tasting Tahini paste!

(coming soon!) Sesame King Tahini Paste

Sesame King Tahini Paste is made from 100% pure ground sesame seeds. The seeds are cleaned, roasted and ground to perfection on their premises in Methuen, Massachusetts, according to the FDA standards and regulations.

Their final product is then homogenized and pasteurized to ensure a great tasting Tahini paste.

Their packaging material are FDA approved.

All of their Tahini products are Kosher.

Facts about Tahini

Tahini contains a living treasure of amino acids, vitamin and essential acids.

Tahini is RICHER in protein than milk, yogurt, almonds, cashews, hazel nuts, walnuts, soya, sunflower, wheat germ, legumes and pecan nuts.

Tahini is one of the richest sources of Methionine (an essential amino acid).

Tahini also contains natural lecithin, which reduces blood fat levels and provides protection from environment.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
SPELT RIGHT - cont.						
63294	SPELTR B	BREAD SPELT ROSEMARY vg df k	16 OZ	5.20	5.20	4.68 4.68
63293	SPELTR B	BREAD SPELT RYE vg df k	16 OZ	5.20	5.20	4.68 4.68
63291	SPELTR B	BREAD SPELT WHL GRAIN vg df k	16 OZ	5.20	5.20	4.68 4.68
63268	SPELTR B	SPELT FOCCACIA SHEET vg df k	3.5 #	13.33	13.33	
63267	SPELTR B	SPELT PIZZA DOUGH vg df k	16 OZ	3.67	3.67	
STAHLBUSH ISLAND FARM						
63284	STAHLBUS	BLACK RASPBERRIES	8 OZ	3.48	3.48	2.44 2.44
63074	STAHLBUS	BLUEBERRIES WHOLE USA	10 OZ	3.48	3.48	
63283	STAHLBUS	BOYSENBERRIES	8 OZ	3.48	3.48	
63075	STAHLBUS	CRANBERRIES WHOLE USA	10 OZ	3.48	3.48	
63079	STAHLBUS	MARION BLACKBERRIES USA	10 OZ	3.48	3.48	
63076	STAHLBUS	RASPBERRIES RED USA	10 OZ	3.48	3.48	
63078	STAHLBUS	RHUBARB CUT USA	10 OZ	2.04	2.04	
63073	STAHLBUS	STRAWBERRIES WHOLE USA	10 OZ	3.48	3.48	
63066	STAHLBUS	BROCCOLI FLORETS USA	10 OZ	2.04	2.04	
63067	STAHLBUS	BUTTERNUT SQUASH diced USA	10 OZ	2.04	2.04	
63072	STAHLBUS	CAULIFLOWER USA	10 OZ	2.04	2.04	
63068	STAHLBUS	CORN SUPER SWEET USA	10 OZ	2.04	2.04	
63069	STAHLBUS	MIXED VEGETABLES CLASSIC USA	10 OZ	2.04	2.04	
63070	STAHLBUS	PEAS GREEN USA	10 OZ	2.04	2.04	
63077	STAHLBUS	SPINACH CUT USA	10 OZ	2.04	2.04	
63071	STAHLBUS	SWEET POTATOES DICED USA	10 OZ	2.04	2.04	
STONEWOOD FARM						
61059	STONEWD	TURKEY BREAST BONELESS	4-5# R/W	5.90	23.60	
61062	STONEWD	TURKEY BREAST BONELESS	2-4# R/W	5.90	17.70	
61067	STONEWD	TURKEY GRD DARK MEAT	1#	4.65	4.65	
61061	STONEWD	TURKEY GROUND	1#	4.50	4.50	
61069	STONEWD	TURKEY GROUND	5#	4.40	22.00	3.96 19.80
61063	STONEWD	TURKEY SAUSAGE CAJUN	1#	4.65	4.65	4.19 4.19
61066	STONEWD	TURKEY SAUSAGE HOT ITALIAN	1#	4.65	4.65	
61060	STONEWD	TURKEY SAUSAGE MILD	1#	4.65	4.65	4.19 4.19
61065	STONEWD	TURKEY SAUSAGE SWEET ITALIAN	1#	4.65	4.65	
TANDOOR CHEF						
62420	TANDOOR	NAAN TANDOORI v	9 OZ	2.84	2.84	
62410	TANDOOR	CHANNA MASALA gf vg	10 OZ	3.16	3.16	
62417	TANDOOR	CHICKEN BIRYANI gf	10 OZ	3.91	3.91	3.13 3.13
62415	TANDOOR	CHICKEN CURRY gf	10 OZ	3.91	3.91	3.13 3.13
62418	TANDOOR	CHICKEN SAMOSA	8OZ	3.91	3.91	3.13 3.13
62413	TANDOOR	CHICKEN TIKKA MASALA gf	10 OZ	3.91	3.91	3.13 3.13
62414	TANDOOR	DAL RAJASTANI gf v	10 OZ	3.16	3.16	
62412	TANDOOR	KOFTA CURRY vg	10 OZ	3.16	3.16	
62419	TANDOOR	NAAN GARLIC v	9 OZ	2.84	2.84	
62411	TANDOOR	PALAK PANEER gf v	10 OZ	3.16	3.16	
62416	TANDOOR	PANEER TIKKA MASALA gf v	10 OZ	3.16	3.16	
62405	TANDOOR	PAKORA WITH CHUTNEY vg	10 OZ	2.84	2.84	
62401	TANDOOR	PIZZA NAAN CILANTRO PESTO v	7.8 OZ	2.45	2.45	1.96 1.96
62403	TANDOOR	PIZZA NAAN MARGHERITA v	8.8 OZ	2.45	2.45	1.96 1.96
62400	TANDOOR	PIZZA NAAN ROASTED EGGPLANT v	8.4 OZ	2.45	2.45	1.96 1.96
62402	TANDOOR	PIZZA NAAN SPINACH PANEER v	8.6 OZ	2.45	2.45	1.96 1.96
62404	TANDOOR	SAMOSA WITH CHUTNEY v	11 OZ	2.85	2.85	
62409	TANDOOR	CHUTNEY COCONUT vg	10 OZ	2.14	2.14	1.59 1.59
62407	TANDOOR	CHUTNEY MADRAS TOMATO vg	10 OZ	2.14	2.14	1.59 1.59
62406	TANDOOR	CHUTNEY MINT v	10 OZ	2.14	2.14	1.59 1.59
62408	TANDOOR	CHUTNEY TAMARIND v	10 OZ	2.14	2.14	1.59 1.59
TASATE IT!						
60310	TASTEIT	TIRAMISU 4 servings	12 OZ	7.83	7.83	
TRU WHIP						
63212	TRUWHIP	DESSERT TOPPING WHIPPED 70%ORG s	10 OZ	3.09	3.09	
VAN'S WAFFLES						
60961	VANS	WAFFLE BELGIAN 7-GRAIN	7.5 OZ	2.84	2.84	
60972	VANS	WAFFLE BUCKWHT BLBRY/RASP GF s	9.5 OZ	2.84	2.84	
60977	VANS	WAFFLE MINI HOMESTYLE	7.5 OZ	2.84	2.84	
60974	VANS	WAFFLE MULTI-GRAIN	8 OZ	2.84	2.84	2.56 2.56
60976	VANS	WAFFLE ORIGINAL WF/GF	9 OZ	2.84	2.84	
VIOVI						
60390	VIOVI	JUICE BLOOD ORANGE ORG	25.3 OZ	4.31	4.31	
VERMONT MYSTIC PIE CO.						
62059	VT PIE	PIE SHELLS 9 inch 2 shells	6/2 PK	6.76	40.56	
VERMONT PRETZEL						
60120	VT PRET	PRETZEL APPLE STUFFED s	4.6 OZ	2.10	2.10	
60117	VT PRET	PRETZEL HERB CHS STUFFED	5.5 OZ	2.10	2.10	1.89 1.89
60115	VT PRET	PRETZEL PESTO STUFFED	5.5 OZ	2.10	2.10	1.89 1.89
60116	VT PRET	PRETZEL PIZZA STUFFED	5.5 OZ	2.10	2.10	1.89 1.89
VERMONT COOKIE LOVE						
62250	VTCOOKIE	COOKIE DOUGH CHOC CHIP s	16 OZ	5.45	5.45	
62253	VTCOOKIE	COOKIE DOUGH MOCHA CHOC CHIP s	16 OZ	5.45	5.45	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
62251	VTCOOKIE	COOKIE DOUGH OATMEAL CRAN s	16 OZ	5.45	5.45	
62252	VTCOOKIE	COOKIE DOUGH P BTR CHOC CHIP s	16 OZ	5.45	5.45	
62254	VTCOOKIE	COOKIE DOUGH PUMPKN CHOC CHP s	16 OZ	5.45	5.45	
62255	VTCOOKIE	COOKIE DOUGH SUGAR s	16 OZ	5.45	5.45	
62256	VTCOOKIE	COOKIE DOUGH TRIPLE CHOC CHP s	16 OZ	5.45	5.45	
62257	VTCOOKIE	COOKIE DOUGH WHT CHOC BERRY s	16 OZ	5.45	5.45	
VERMONT SMOKE CURE						
63122	VTSMOKE	BACON UNCURED COB SMKD MPL BRND	10 OZ	5.10	5.10	
63201	VTSMOKE	HAM UNCURED MPL BRINE SMKD WHL	2# RW	6.60	13.20	
65158	VTSMOKE	PORK SAUSAGE BEER BRAT	1# R/W	6.15	6.15	
63123	VTSMOKE	PORK SAUSAGE BREAKFAST links	12 OZ RW	6.70	6.70	
65159	VTSMOKE	PORK SAUSAGE CHEDDR APPLE BRAT	1# R/W	6.15	6.15	
63126	VTSMOKE	PORK SAUSAGE HOT ITALIAN	1# R/W	6.70	6.70	
63125	VTSMOKE	PORK SAUSAGE SWEET ITALIAN	1# R/W	6.70	6.70	
65161	VTSMOKE	TURK SAUSAGE BEER BRAT	8 OZ R/W	7.55	7.55	5.79 5.79
63127	VTSMOKE	TURKEY BNLS BRST COB SMKD MAPL	4-5# RW	9.99	49.95	
WANGDERM						
29020	WANGDERM	COCONUT GLACE DESSERT frozen	7.75 OZ	2.17	2.17	
WHEN PIGS FLY						
60636	WHENPIGS	BREAD SLICED 6-GRAIN/PUMP SD	3/1.25#	3.75	11.25	3.38 10.14
60638	WHENPIGS	BREAD SLICED CINN RAISIN	3/1.25#	3.75	11.25	3.38 10.14
60635	WHENPIGS	BREAD SLICED OAT/ HONEY	3/1.25#	3.75	11.25	3.38 10.14
60637	WHENPIGS	BREAD SLICED SOURDOUGH	3/1.25#	3.75	11.25	3.38 10.14
60639	WHENPIGS	BREAD SLICED TUSCAN WHEAT	3/1.25#	3.75	11.25	3.38 10.14
60641	WHENPIGS	BREAD SLICED WW LOW CARB	3/1.25#	3.75	11.25	3.38 10.14
60630	WHENPIGS	BREAD-TO-BAKE 6-GRAIN PMKSEED	3/1#	2.41	7.23	
60634	WHENPIGS	BREAD-TO-BAKE CINNAMON/RAISIN	3/1#	2.41	7.23	
60631	WHENPIGS	BREAD-TO-BAKE N.Y. RYE	3/1#	2.39	7.17	
60632	WHENPIGS	BREAD-TO-BAKE SOURDOUGH	3/1#	2.39	7.17	
60633	WHENPIGS	BREAD-TO-BAKE TUSCAN WHEAT	3/1#	2.39	7.17	
WHITE TOQUE						
63170	WHITETOQ	CREPES FRENCH s	12 OZ	6.08	6.08	
63167	WHITETOQ	CROISSANTS BUTTER s 6ct	11.6 OZ	5.35	5.35	4.82 4.82
63168	WHITETOQ	CROISSANTS CHOCOLATE s 5ct	13 OZ	5.59	5.59	
63169	WHITETOQ	GALETTES BUTTER s 8ct	7 OZ	4.39	4.39	3.69 3.69
63153	WHITETOQ	FILLO ROLL GOAT CHS & FIG 12ct	8 OZ	6.90	6.90	6.21 6.21
63151	WHITETOQ	HORS D'OEUVRES FILLO ASST 12ct	10 OZ	5.94	5.94	
63172	WHITETOQ	BASIL	1.75 OZ	1.79	1.79	1.49 1.49
WHOLLY WHOLE SOME						
65153	WHOLLY	PIE SHELL SPELT ORG 2pk vg s k	14 OZ	3.75	3.75	
65151	WHOLLY	PIE SHELL TRDTNL ORG 2pk vg s	14 OZ	3.75	3.75	
65152	WHOLLY	PIE SHELL WHL WHT ORG 2pk vg s	14 OZ	3.75	3.75	
65144	WHOLLY	PIE UNBKD APPLE 8in vg k s	26 OZ	6.47	6.47	
65145	WHOLLY	PIE UNBKD BLUEBERRY 8in vg k s	26 OZ	7.99	7.99	
65146	WHOLLY	PIE UNBKD CHERRY 8in vg k s	26 OZ	7.43	7.43	
65148	WHOLLY	PIE UNBKD PUMPKIN 8in df vg s	25.5 OZ	7.43	7.43	
65147	WHOLLY	PIE UNBKD PUMPKIN 8in v k s	25.5 OZ	6.47	6.47	
WOLFE'S NECK FARM (SEE PINELAND FARMS)						
63306	WOLFNECK	HOT DOGS BEEF NAT CASING s	12 OZ	5.15	5.15	4.64 4.64
63305	WOLFNECK	HOT DOGS PORK&BEEF NAT CASING	12 OZ	4.98	4.98	4.48 4.48
63303	WOLFNECK	MEATBALLS ITALIAN IQF s	14 OZ	4.58	4.58	4.12 4.12
60547	WOLFNECK	PORK BRATWURST 4/pkg	1# R/W	6.35	6.35	5.72 5.72
60539	WOLFNECK	PORK BREAKFAST LINK	1# R/W	6.85	6.85	
60537	WOLFNECK	PORK CHOPS CENTER CUT 2/pkg	1# R/W	8.50	8.50	7.65 7.65
60536	WOLFNECK	PORK GROUND	1# R/W	4.85	4.85	4.35 4.35
60540	WOLFNECK	SAUSAGE ITALIAN GARLIC 4/pk	1# R/W	6.29	6.29	5.66 5.66
60548	WOLFNECK	SAUSAGE ITALIAN HOT 4/pk	1# R/W	6.29	6.29	
60549	WOLFNECK	SAUSAGE ITALIAN SWEET 4/pk	1# R/W	6.29	6.29	
YANKEE FARMER'S MARKET						
61226	YANKEE	BUFFALO GROUND	1#	9.40	9.40	
61227	YANKEE	BUFFALO PATTIES 4oz	1#	9.85	9.85	
61234	YANKEE	BUFFALO RIBS BACK 8-10 pc	3# R/W	5.80	17.40	
61233	YANKEE	BUFFALO RIBS SHORT 6-8pc	2# R/W	9.10	18.20	
61228	YANKEE	BUFFALO SAUSAGE 4 pieces	1#	10.70	10.70	
61235	YANKEE	BUFFALO STEW MEAT	1#	12.45	12.45	
YUCATAN						
65119	YUCATAN	AVOCADO HALVES IQF	3 #	10.61	10.61	
65114	YUCATAN	AVOCADO PULP CHUNKY pouch	32 OZ	9.99	9.99	8.99 8.99
65117	YUCATAN	GUACAMOLE CHUNKY ORG tub	16 OZ	4.43	4.43	3.99 3.99
65115	YUCATAN	GUACAMOLE MILD ORIGINAL tub	16 OZ	4.39	4.39	
65123	YUCATAN	GUACAMOLE ZESTY	16 OZ	4.39	4.39	
ZUZZY'S						
62216	ZUZZYS	COOKIE DOUGH CHOC CHIP	1 PT	4.59	4.59	4.13 4.13
62218	ZUZZYS	COOKIE DOUGH DOUBLE CHO CHIP	1 PT	4.59	4.59	



Facts about Tahini continued

Tahini supplies excellent amounts of vitamin E which slows aging of body cells and helps retain proper focusing of the eyes.

Tahini is one if the best sources of vitamin T (very few foods are). It improves memory and concentration abilities.

(coming soon!) Sesame King Light Roasted Tahini Paste



Ingredients: Pure Ground Sesame Seeds

Item #33700 - 16 OZ
Item #33702 - 32 OZ

(coming soon!) Sesame King Dark Roasted Tahini Paste



Ingredients: Pure Ground Sesame Seeds

Item #33701

Introducing

NEW

Smart Wings™

Veggie
Appetizers



The Smart Way to Snack!

Great for game time, late night, or after school, in two crowd-pleasing varieties:

- Buffalo
- Honey BBQ

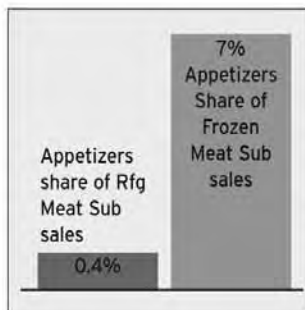
Authentic wing taste now made with veggie goodness.

- Low Fat
- Good source of Fiber
- 13 grams of Protein in each serving
- Naturally Cholesterol Free

Grow Your Sales with Lightlife Smart Wings

Don't miss this opportunity—Appetizers are underrepresented in refrigerated meat subs.

IRI data latest 52 weeks ending May 24, 2009



Veggie goodness for you
and the planet.



The Natural Taste of Quality

Available in Retail & Food Service

Assoc #	Food Service/Product Description	Case / Pack
60561	10" SPINACH	10 / 12's
60562	10" TOMATO	10 / 12's
60568	10" WHITE FLOUR	10 / 12's
60569	10" WHOLE WHEAT	10 / 12's
60577	10" LOW CARB WHOLE WHEAT	10 / 12's
60563	12" CERT ORGANIC WHITE FLOUR	10 / 12's
60654	12" CERT ORGANIC WHOLE WHEAT	10 / 12's

SAVE 25% ON RETAIL ORDERS!

Assoc #		Retail/Product Description	Pack / Case
60570		8" WHITE FLOUR, MADE WITH ORGANIC FLOUR	12 / 8's
60571		8" WHOLE WHEAT, MADE WITH ORGANIC FLOUR	12 / 8's
60575		6" CORN	12 / 12's
60190	New	6" WHITE FLOUR GORDITA	10 / 8's
60191	New	6" LOW CARB WHOLE WHEAT	16 / 8's
60192	New	8" GLUTEN FREE WHEAT FREE	16 / 6's
60193	New	10" WHITE FLOUR WRAPS	12 / 6's

NATURAL INGREDIENTS • MADE WITH SUNFLOWER OIL • NO ARTIFICIAL PRESERVATIVES

NO CHOLESTEROL • NO HYDROGENATED OILS • TRANS FAT FREE • GMO FREE
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BAKING NATURAL TORTILLAS FOR OVER 20 YEARS

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
GROCERY - ETHNIC FOODS						
ASIAN FOODS						
BULK						
4414	BULK	BAMBOO SHOOTS SLICED	104 OZ	9.10	9.10	
1279	BULK	BREAD CRUMBS JAPANESE unblchd	25#	2.37	59.25	2.13 53.25
1280	BULK	BREAD CRUMBS JAPANESE unblchd	1#	2.68	2.68	2.38 2.38
20109	LEEKUMKE	CHILI SAUCE SWEET Thai plst tu	4LB 14OZ	11.82	11.82	
2612	NATIVE	COCONUT MILK ORG	96 OZ	12.29	12.29	
1485	WEICHUAN	HOISIN SAUCE s	60 OZ	7.39	7.39	
20108	LEEKUMKE	OYSTER FLAVORED SAUCE choy sun	5 LB TIN	10.09	10.09	8.07 8.07
15000	KOKUHO	ROSE RICE	10#	1.46	14.60	
15003	KOKUHO	ROSE RICE	5#	1.46	7.30	
15506	KOKUHO	ROSE RICE KRAFT	20# **	1.23	24.60	
8017	SAN-J	SHOYU ORG	5GAL	86.00	86.00	
1084	NEWYORK	SOY SAUCE no pres	5 GAL	42.82	42.82	
1419	PEARLRIV	SOY SAUCE SUPERIOR jug	60.86 OZ	4.95	4.95	4.46 4.46
8018	SAN-J	TAMARI ORG W/F	5GAL	125.00	125.00	112.50 112.50
10033	WANJASN	TAMARI WF ORGANIC	1 GAL	16.92	16.92	15.23 15.23
4011	MYRONS	TERIYAKI SAUCE PREMIUM	4/GAL	24.00	96.00	
3239	MARUKAN	VINEGAR RICE	GAL	9.89	9.89	8.90 8.90
5850	MARUKAN	VINEGAR SEASONED RICE s	GAL	12.72	12.72	11.45 11.45
6383	EDEN	VINEGAR UME PLUM	GAL	26.50	26.50	
RETAIL						
BEANS						
20270	JFC	BEANS AZUKI RED	10 OZ	1.81	1.81	
20271	JFC	BEANS DAIZU SOY	12 OZ	2.89	2.89	
29039	LION	BEANS MUNG	14 OZ	1.29	1.29	
BEVERAGES						
29046	FOCO	DRINK MANGO s	24/11.8 OZ	.78	18.72	
20285	ASSI	GRAPE DRINK	12/8.39 OZ	.83	9.96	
41229	FOCO	JUICE CANE SUGAR s	24/11.8 OZ	.78	18.72	
41230	FOCO	JUICE TAMARIND s	24/11.8 OZ	.81	19.44	
20284	ASSI	RICE PUNCH	12/8.04 OZ	.83	9.96	
BREAD CRUMBS, PANKO						
30831	KIKKOMAN	PANKO BREAD CRUMBS s	2.5#	6.25	6.25	
30830	KIKKOMAN	PANKO BREAD CRUMBS s	1#	3.19	3.19	
41221	ROLAND	PANKO BREAD CRUMBS unblch	7 OZ	1.85	1.85	
30514	KIKKOMAN	PANKO BREAD CRUMBS unbleached	8 OZ	1.62	1.62	
COOKING SAUCES, TOPPINGS & INGREDIENTS						
20265	JES	BBQ SAUCE KOREAN high frcts cs	15.2 OZ	2.82	2.82	
20669	LEEKUMKE	BBQ SAUCE KOREAN s	13 OZ	2.45	2.45	
1510	LEEKUMKE	BLACK BEAN GARLIC SAUCE s	8 OZ	2.35	2.35	
3852	KIKKOMAN	BLACK BEAN SAUCE w/ garlic	8.7 OZ	2.53	2.53	
1892	YANGJIANG	BLACK BEANS (ferm) w/ginger	17 OZ	1.99	1.99	
22056	LEEKUMKE	CHILI GARLIC SAUCE	8 OZ	2.35	2.35	
31270	ROLAND	CHILI MANGO SAUCE s	6.7 OZ	1.96	1.96	
1189	UNION	CHILI SAUCE sambal style Viet	8 OZ	1.80	1.80	
29025	MAE PLOY	CHILI SAUCE SWEET	12 OZ	1.29	1.29	
29026	MAE PLOY	CHILI SAUCE SWEET	32 OZ	2.49	2.49	
15178	MAESRI	CHILI SAUCE sweet s	10.2 OZ	1.90	1.90	
2690	MAESRI	CHILI SAUCE sweet s	24 OZ	3.65	3.65	
3856	KIKKOMAN	CHILI SAUCE sweet thai s	9 OZ	2.53	2.53	
15170	LEEKUMKE	CHILI SCE SRIRACHA thai/thick	18 OZ	2.90	2.90	
20670	LEEKUMKE	CURRY SAUCE coconut flavored	8.3 OZ	3.20	3.20	
1508	WANJASN	DUMPLING SAUCE	10 OZ	2.65	2.65	
1488	WEICHUAN	DUMPLING SAUCE Hot s	6.5 OZ	2.15	2.15	
1487	WEICHUAN	DUMPLING SAUCE s	6.5 OZ	2.15	2.15	
29024	GOLDENBY	FISH SAUCE plastic bottle	23 OZ	1.47	1.47	1.32 1.32
1523	TIPAROS	FISH SAUCE plastic btl s	23 OZ	2.09	2.09	
1505	GOLDENBY	FISH SAUCE s	24 OZ	1.85	1.85	1.67 1.67
1484	WEICHUAN	HOISIN SAUCE s	8 OZ	2.05	2.05	1.85 1.85
4298	ROLAND	HOISIN SAUCE s	12.7 OZ	2.31	2.31	
3854	KIKKOMAN	HOISIN SAUCE s	9.3 OZ	2.53	2.53	
22055	LEEKUMKE	HOISIN SAUCE SELECT	8.5 OZ	1.69	1.69	
3832	LEEKUMKE	HONEY GARLIC SAUCE	8 OZ	2.35	2.35	
1191	KOONCHN	LEMON SAUCE s	15 OZ	4.69	4.69	
32047	DYNASTY	MAYONNAISE Thai hot chili n/v	12 OZ	3.45	3.45	3.11 3.11
6253	KAME	MUSTARD CHINESE HOT jar	7.25 OZ	2.09	2.09	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
21223	MAESRI	NOODLE SAUCE sweet Thai s	4 OZ	1.17	1.17	
3834	LEEKUMKE	ORANGE SAUCE & GLAZE s	8.3 OZ	2.90	2.90	
1506	LKK PANDA	OYSTER FLAVORED SAUCE s	18 OZ	3.25	3.25	
15164	MAESRI	PAD-THAI SAUCE pste s	9 OZ	2.05	2.05	1.85 1.85
22057	LEEKUMKE	PLUM SAUCE	9.2 OZ	2.35	2.35	
1190	KOONCHN	PLUM SAUCE s	15 OZ	3.05	3.05	
3853	KIKKOMAN	PLUM SAUCE s	9.2 OZ	2.53	2.53	
9123	MARUKAN	PONZU CITRUS DRESSING n/v	12 OZ	3.50	3.50	
9126	MARUKAN	PONZU CITRUS MARINADE	12 OZ	3.50	3.50	2.59 2.59
4001	MYRONS	PONZU SAUCE FOR VEGETABLES	10 OZ	3.57	3.57	2.68 2.68
20280	ASIAN BEST	QUAIL EGGS IN WATER	15 OZ	2.15	2.15	
15165	KIMLAN	SATAY PASTE (chin/shrmp) s n/v	4.5 OZ	1.89	1.89	1.70 1.70
21224	MAESRI	SATAY SAUCE s	4 OZ	1.17	1.17	
3833	LEEKUMKE	SATAY SAUCE s n/v	7.8 OZ	3.73	3.73	
21218	UNCLEFANS	SAUCE DIM SUM DIPPING	6 OZ	3.88	3.88	
21217	UNCLEFANS	SAUCE DUCK	6 OZ	3.88	3.88	
21216	UNCLEFANS	SAUCE GARLIC LOVERS ONLY	6 OZ	3.88	3.88	
20151	ASSI	SAUCE HOT PEPPER KECAP Korean	10.58 OZ	2.89	2.89	
21214	UNCLEFANS	SAUCE MURDER BY MUSTARD	6 OZ	3.88	3.88	
21220	UNCLEFANS	SAUCE ORANGE GINGER	6 OZ	3.88	3.88	
30835	KIKKOMAN	SAUCE OYSTER s	9.5 OZ	2.59	2.59	2.07 2.07
21215	UNCLEFANS	SAUCE SPICY THAI PEANUT	6 OZ	3.88	3.88	
30832	KIKKOMAN	SAUCE STIR-FRY s	12 OZ	2.40	2.40	
30833	KIKKOMAN	SAUCE SWEET & SOUR s	12 OZ	1.85	1.85	
21219	UNCLEFANS	SAUCE SZECHUAN SUICIDE	6 OZ	3.88	3.88	
30834	KIKKOMAN	SAUCE TERIYAKI HNEY&PINAPLE s	12 OZ	2.40	2.40	
1192	MAESRI	SPRING ROLL SAUCE thai s	10.20Z	1.90	1.90	1.71 1.71
8021	SAN-J	SWEET & SOUR (TANGY) SAUCE	10 OZ	3.15	3.15	2.52 2.52
8022	SAN-J	SZECHUAN SAUCE	10 OZ	3.15	3.15	2.52 2.52
4004	MYRONS	SZECHUAN SAUCE s	10 OZ	3.57	3.57	2.68 2.68
4371	TAMICON	TAMARIND CONCENTRATE	8 OZ	1.87	1.87	1.68 1.68
15175	CTF	TAMARIND CONCENTRATE	14 OZ	2.39	2.39	
4372	TAMICON	TAMARIND CONCENTRATE	16 OZ	3.29	3.29	
29034	WANGDERM	TAMARIND PULP CONCENTRATE	16 OZ	1.60	1.60	
20417	SOMBOON	TAMARIND SEEDLESS pulp	14 OZ	4.40	4.40	
4403	LAN CHI	BLACK BEAN SAUCE W/chili	8 OZ	2.89	2.89	
8024	SAN-J	TERIYAKI SAUCE	10 OZ	3.15	3.15	2.52 2.52
4002	MYRONS	TERIYAKI SAUCE ALL PURPOSE	10 OZ	3.57	3.57	2.68 2.68
20167	WANJASN	TERIYAKI SAUCE ORG	10 OZ	2.35	2.35	
3839	LEEKUMKE	TERIYAKI SAUCE s n/v	8.8 OZ	2.35	2.35	
8020	SAN-J	THAI PEANUT SAUCE	10 OZ	3.15	3.15	2.52 2.52
4003	MYRONS	TSUKEYAKI SAUCE FOR SEAFOOD	10 OZ	3.57	3.57	2.68 2.68
1507	LEEKUMKE	VEGGIE STIR-FRY SAUCE s	18 OZ	3.50	3.50	
4000	MYRONS	YAKITORI SAUCE FOR POULTRY	10 OZ	3.57	3.57	2.68 2.68
32057	YAKAMI	JUICE KABOSU CITRUS	375 ML	9.64	9.64	
32056	YAKAMI	JUICE SUDACHI CITRUS	375 ML	9.17	9.17	
32055	YAKAMI	JUICE YUZU CITRUS	375 ML	9.17	9.17	
22084	WANJASN	PONZU ORGANIC	10 OZ	2.21	2.21	
32054	YAKAMI	PONZU W/ YUZU JUICE unflit n/v	375 ML	9.29	9.29	
COOKING PASTES						
5769	UNION	BEAN PASTE red	8 OZ	1.80	1.80	
15189	MAESRI	CHILI PASTE W/BASIL	7 OZ	2.15	2.15	
4404	LAN CHI	CHILI PASTE W/GARLIC	8 OZ	2.89	2.89	
12039	HSINTUNG	CHILI W/GARLIC	8 OZ	2.09	2.09	
20282	MAESRI	CURRY PASTE GREEN	14 OZ	2.99	2.99	
29031	MAE PLOY	CURRY PASTE GREEN	14 OZ	1.86	1.86	1.67 1.67
4102	MAESRI	CURRY PASTE GREEN Thai n/v	4 OZ	1.35	1.35	
20283	MAESRI	CURRY PASTE MASAMAN	14 OZ	2.99	2.99	
29032	MAE PLOY	CURRY PASTE MASAMAN	14 OZ	1.86	1.86	1.67 1.67
29033	MAE PLOY	CURRY PASTE PANANG	14 OZ	1.86	1.86	
20281	MAESRI	CURRY PASTE RED	14 OZ	2.99	2.99	
29030	MAE PLOY	CURRY PASTE RED n/v	14 OZ	1.86	1.86	
4104	MAESRI	CURRY PASTE RED Thailand	4 OZ	1.35	1.35	
4106	MAESRI	CURRY PASTE YELLOW karee	4 OZ	1.35	1.35	
4099	MAESRI	CURRY PST CHU CHEE med	4 OZ	1.35	1.35	1.22 1.22
4103	MAESRI	CURRY PST MASAMAN mld/swt s	4 OZ	1.35	1.35	
29040	WANGDERM	SHRIMP PASTE	8 OZ	1.40	1.40	
31020	LEEKUMKE	SHRIMP PASTE jar	8 OZ	3.15	3.15	
COCONUT MILK & POWDER						
5759	CHAOTHA	COCONUT CREAM POWDER	13 OZ	4.55	4.55	
5765	CHAOTHA	COCONUT CREAM POWDER	5.6 OZ	2.19	2.19	1.97 1.97
5763	CHAOTHA	COCONUT CREAM POWDER	2 OZ	.95	.95	
9011	BLUMTN	COCONUT MILK	13.5 OZ	1.28	1.28	
50233	NATVALUE	COCONUT MILK LITE ORG	14 OZ	1.62	1.62	1.38 1.38
2523	NATIVE	COCONUT MILK LITE ORG	13.5 OZ	2.22	2.22	
50232	NATVALUE	COCONUT MILK ORG	14 OZ	1.81	1.81	1.54 1.54
2521	NATIVE	COCONUT MILK ORG	13.5 OZ	2.22	2.22	
1549	NATVALUE	n/a COCONUT MILK LITE no ETA	14 OZ	1.31	1.31	
HERBS & SEASONINGS						
5588	ASIANBOY	ANATTO POWDER - jar	3.5 OZ	2.15	2.15	1.94 1.94
20266	JFC	BONITO FLAKES FOR SOUP 5pk	.88 OZ	2.89	2.89	



Japan Gold USA

Quick & Easy Meal Kits

Japan Gold Sushi Kits:

Sushi Roll Kit Sushi Party Kit

When Americans think of Japanese food and seaweed, they usually think "sushi." Now it's easy to make your own at home with the Japan Gold Sushi Party Kit or Sushi Roll Kit – complete with pre-cooked 'sticky' rice, nori seaweed, seasonings and easy-to-follow illustrated instructions.

Sushi Roll Kit



Have fun making personalized sushi rolls with friends, family or anytime! In addition to the sushi roll fixings (add your own vegetables/protean), each kit has a 'sushi-mat' that can be used over and over again.

Ingredients:
Sushi Rice: water, Japonica rice, citric acid for freshness.
Sushi Vinegar: rice vinegar [water, rice], unrefined unbleached cane juice powder, salt.
Shoyu Soy Sauce: water, soybeans, wheat, salt.
Wasabi Powder: horseradish, mustard, mustard extract, spirulina.
Sushi Nori 3 sheets: nori (porphyra yezoensis) seaweed.
Bamboo Sushi Mat

Item #20025

(continued on page 70)



Sushi Party Kit



Enjoy making sushi from home. Each kit comes complete with all the makings – simply add your choice of fresh vegetables or protean. Included is a 'sushi mold' and nori seaweed for making the popular hand rolls.

Ingredients:

Sushi Rice: water, Japonica rice, citric acid for freshness.
Sushi Vinegar: rice vinegar [water, rice], unrefined unbleached cane juice powder, salt.
Shoyu Soy Sauce: water, soybeans, wheat, salt.
Wasabi Powder: horseradish, mustard, mustard extract, spirulina.
Sushi Nori 3 sheets: nori (porphyra yezoensis) seaweed.
Sushi Mold Cup

Item #20026

Japan Gold Noodle Kits:

Soba Buckwheat Noodle Kit
 Udon Noodle Kit
 Yakisoba Noodle Kit

As with many International cultures, a large part of Japanese cuisine always includes noodles. Japan Gold branded Noodle Kits offer consumers Traditional, 'Japanese Style' noodles that are healthy, delicious, quick & easy to prepare.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
HERBS & SEASONINGS - cont.						
2379	DYNASTY	CHINESE 5 SPICE	2 OZ	1.85	1.85	1.67 1.67
20272	S&B	CURRY POWDER can	3 OZ	3.48	3.48	
35357	EDEN	EDEN SHAKE FURIKAKE	2.1 OZ	5.53	5.53	4.42 4.42
20626	JFC	FURIKAKE KATSUO FUMI n/v	1.5 OZ	2.31	2.31	
20627	JFC	FURIKAKE NORI FUMI	1.5 OZ	2.59	2.59	
6015	JFC	FURIKAKE WASABI FUMI s n/v	1.7 OZ	2.69	2.69	
6036	JFC	FURIKAKE YASAI FUMI s	1.7 OZ	2.69	2.69	
5589	ASIANBOY	GALANGA POWDER - jar	3.5 OZ	2.15	2.15	1.94 1.94
3138	EMPERKIT	GOMASHIO ORG	3.5 OZ	5.20	5.20	
35359	EDEN	GOMASIO BLACK & TAN ORG	3.5 OZ	2.36	2.36	
35358	EDEN	GOMASIO BLACK ORG	3.5 OZ	2.36	2.36	
6397	EDEN	GOMASIO GARLIC ORG	3.5 OZ	2.59	2.59	
6396	EDEN	GOMASIO ORG	3.5 OZ	2.60	2.60	
6398	EDEN	GOMASIO SEAWEEED ORG	3.5 OZ	2.65	2.65	
4283	ROLAND	LEMON GRASS SLICED jar	7 OZ	2.30	2.30	
20267	S&B	MUSTARD POWDER can	3 OZ	3.25	3.25	
21228	NOBU	SEASONING MISO DRY RED	3.53 OZ	5.00	5.00	
21227	NOBU	SEASONING MISO DRY WHITE	3.53 OZ	5.00	5.00	
21320	ROLAND	SESAME SEEDS BLACK	4.16 OZ	3.33	3.33	
20614	JFC	SESAME SEEDS RSTD SHIROGOMA	8 OZ	4.35	4.35	
4307	ROLAND	WASABI PASTE IN TUBE sorbitol	1.52 OZ	2.10	2.10	
3163	SUSHISON	WASABI POWDER	2.5 OZ	5.65	5.65	
3168	SUSHISON	WASABI POWDER 100% GENUINE	1.5 OZ	5.60	5.60	
2537	HIME	WASABI POWDER natural	.88 OZ	1.84	1.84	
FLOUR & BATTER MIX						
29036	ERAWAN	FLOUR SWEET RICE	16 OZ	.86	.86	
29035	ERAWAN	FLOUR WHITE RICE	16 OZ	.86	.86	.77 .77
20269	WELPAC	POTATO STARCH KATAKURIKO	12 OZ	2.35	2.35	
15362	HIME	TEMPURA BATTER MIX	10 OZ	2.37	2.37	2.13 2.13
41220	ROLAND	TEMPURA BATTER MIX	17.6 OZ	2.65	2.65	
41317	SHEFLD	WHEAT PUFF TEMPURA BATTER ORIG	10 OZ	3.21	3.21	
NOODLES & RICE STICKS						
25130	GLDNHRSE	BROWN RICE VERMICELLI	300 GR	1.50	1.50	
7221	ORGPLAN	LOMEIN NOODLES ORG	8 OZ	2.25	2.25	
20023	HAPPYPHO	NOODLE BRN RCE W/GRN TEA gf vg	8.6 OZ	4.39	4.39	
15568	HOFAN	NOODLES ASIAN FLAT 1/4 med	12 OZ	1.29	1.29	
15570	HANG	NOODLES ASIAN FLAT 1/8 Narrow	13 OZ	1.79	1.79	
15572	TAI SAN	NOODLES ASIAN FLAT 5/16 Wide	12OZ	1.49	1.49	
15566	AMOY	NOODLES BEAN STRIP 1/8 (nest)	8.8 OZ	1.32	1.32	
4354	ROLAND	NOODLES BEAN THREAD	8/2 OZ	.50	4.00	.45 3.60
3223	GOLDEARTH	NOODLES BEAN THREAD VERMIC	17.6 OZ	2.35	2.35	
15199	KAME	NOODLES EGG wheat (4 nests)	8 OZ	1.94	1.94	
4562	ROLAND	NOODLES ORG LO MEIN	12.8 OZ	1.69	1.69	
4571	ROLAND	NOODLES ORG SOBA	12.8 OZ	1.69	1.69	
4563	ROLAND	NOODLES ORG UDON	12.8 OZ	1.69	1.69	
15470	MAMA	NOODLES RICE INSTANT gf v	7.94 OZ	1.45	1.45	1.31 1.31
15471	MAMA	NOODLES RICE VERMICELLI gf v	7.94 OZ	1.45	1.45	1.31 1.31
15472	MAMA	NOODLES W/G RICE VERMICIL gf v	7.94 OZ	1.45	1.45	1.31 1.31
20189	HAVISTA	RICE NOODLES BLACK	13.4 OZ	2.19	2.19	
9087	ANNIECH	RICE NOODLES PAD THAI	8 OZ	2.65	2.65	
29029	ERAWAN	RICE STICK EXTRA LARGE	16 OZ	1.45	1.45	1.31 1.31
29028	ERAWAN	RICE STICK SMALL	16 OZ	1.79	1.79	1.61 1.61
20512	DYNASTY	RICE STICKS MAIFUN	6.75 OZ	1.40	1.40	
4502	ERAWAN	RICE STICKS vermicelli	16 OZ	1.99	1.99	
4525	ERAWAN	RICE STICKS white LARGE 1/4	16 OZ	1.79	1.79	
6450	ERAWAN	RICE STICKS white MEDIUM 3/16	16 OZ	1.79	1.79	1.59 1.59
25131	GLDNHRSE	RICE VERMICELLI	300 GR	1.50	1.50	
15233	ELEPHANT	RICE VERMICELLI MED	14 OZ	.99	.99	
20544	DYNASTY	SAIFUN BEAN THREAD NOODLES	5.29 OZ	1.29	1.29	
6360	EDEN	SOBA 100% BUCKWHEAT Japan	8 OZ	6.03	6.03	
6359	EDEN	SOBA 30% BUCKWHEAT ORG	8 OZ	2.55	2.55	
6325	EDEN	SOBA 40% BUCKWHEAT	8.8 OZ	3.21	3.21	
1867	SOBAYA	SOBA 40% BUCKWHEAT	16 OZ	3.29	3.29	
20520	HAKUBAKU	SOBA NOODLES ORG	9.5 OZ	2.59	2.59	
7218	ORGPLAN	SOBA NOODLES ORG	8 OZ	2.25	2.25	
21086	HAKUBAKU	SOMEN NOODLES ORG	9.5 OZ	2.59	2.59	
15515	BUTRFLY	SOMEN very fine	14 OZ	1.10	1.10	
6372	EDEN	UDON BROWN RICE 75% WHEAT ORG	8.8 OZ	2.90	2.90	2.61 2.61
1868	SOBAYA	UDON NAT WHEAT	16 OZ	2.99	2.99	
20524	HAKUBAKU	UDON NOODLES ORG	9.5 OZ	2.59	2.59	2.33 2.33
7222	ORGPLAN	UDON TRADITIONAL ORG	8 OZ	2.25	2.25	
6361	EDEN	UDON TRADITIONAL ORG	8 OZ	2.55	2.55	
NORI & WRAPPING SHEETS						
15576	ASIANBOY	RICE WRAPPING PAPER 6in 16cm	10.5 OZ	2.50	2.50	
15578	ASIANBOY	RICE WRAPPING PAPER 8in rd 22m	12 OZ	2.50	2.50	2.25 2.25
15197	REDROSE	RICE WRAPPING PAPER small tria	12 OZ	2.19	2.19	
3628	MECOAST	SEA VEG SUSHI NORI ORG 7sht ts	.6 OZ	4.20	4.20	
20522	YAMA	SOY WRAP 10 HALF SHT mxd color	.74 OZ	3.20	3.20	
20521	YAMA	SOY WRAP 5 FULL SHT mxd color	.92 OZ	3.20	3.20	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
6335	EDEN	SUSHI NORI 50 shts toasted	4.4 OZ	25.93	25.93	
6334	EDEN	SUSHI NORI 7 shts flat toasted	.6 OZ	4.99	4.99	
3174	EMERCOVE	SUSHI NORI ORG 10 sheets Tstd	1 OZ	4.20	4.20	
3148	EMERCOVE	SUSHI NORI ORG 50 sheets Tstd	4.4 OZ	17.55	17.55	
9142	NAGAI	SUSHI NORI tstd 10 sheets	1 OZ	2.72	2.72	
OILS						
1075	OMASCOT	OIL BLACK SESAME	16.23 OZ	6.50	6.50	
20580	DYNASTY	OIL CHILI HOT	5.5 OZ	2.39	2.39	2.15 2.15
20610	DYNASTY	OIL SESAME	5 OZ	4.35	4.35	3.92 3.92
20612	DYNASTY	OIL SESAME	12 OZ	7.15	7.15	
PICKLED & MARINATED						
30493	GINGERPE	SUSHI GINGER NATURAL	6.7 OZ	1.84	1.84	
3134	SUSHISON	SUSHI PICKLED GINGER	6 OZ	5.70	5.70	
6291	EDEN	UMEBOSHI PASTE	7 OZ	7.83	7.83	6.26 6.26
1860	SUSHISON	UMEBOSHI PASTE pickled	6 OZ	9.30	9.30	
3146	EMPERKIT	UMEBOSHI PLUMS	6 OZ	13.30	13.30	
22150	MISHIMA	BROWN FRIED RICE SZECHUAN	6/8.8 OZ	2.19	13.14	
22149	MISHIMA	BROWN FRIED RICE TERIYAKI s	6/8.8 OZ	2.19	13.14	1.75 10.50
22151	MISHIMA	BROWN FRIED RICE THAI s	6/8.8 OZ	2.19	13.14	1.85 11.10
PREPARED FOODS						
20011	SPAA	FRIED RICE BASIL s	8.8 OZ	3.17	3.17	
20012	SPAA	FRIED RICE PEANUT s v	8.8 OZ	3.17	3.17	
20010	SPAA	FRIED RICE VEGGIE s v	8.8 OZ	3.17	3.17	
4412	COMPAN	GLUTEN BRAISED Seitan s	10 OZ	2.62	2.62	
4410	COMPAN	GLUTEN CURRY BRAISED s	10 OZ	2.59	2.59	
7198	SPAA	JASMINE RICE & GREEN CURRY n/v	11.64 OZ	2.99	2.99	
7196	SPAA	JASMINE RICE & PEANT CURRY n/v	11.64 OZ	3.34	3.34	
7199	SPAA	JASMINE RICE & RED CURRY n/v	11.64 OZ	2.99	2.99	
20032	JAPANDEL	KOMBU NOODLE box GLASS	3.5 OZ	4.22	4.22	2.99 2.99
20030	JAPANDEL	KOMBU NOODLE box ORIGINAL	3.1 OZ	4.22	4.22	2.99 2.99
20033	JAPANDEL	KOMBU NOODLE box RICE	3.9 OZ	4.22	4.22	2.99 2.99
20031	JAPANDEL	KOMBU NOODLE box WAKAME & FU	2.1 OZ	4.22	4.22	
20034	JAPANDEL	KOMBU NOODLE pkt GARLIC SOY vg	2.8 OZ	4.22	4.22	2.99 2.99
20037	JAPANDEL	KOMBU NOODLE pkt GINGER SOY v	2.3 OZ	4.22	4.22	
20035	JAPANDEL	KOMBU NOODLE pkt SPICY MISO vg	2.8 OZ	4.22	4.22	
20036	JAPANDEL	KOMBU NOODLE pkt TERIYAKI vg	3.2 OZ	4.22	4.22	
20302	SBGOLDEN	ORIENTL CURRY SCE VEG HOT v s	7.76 OZ	2.50	2.50	
20301	SBGOLDEN	ORIENTL CURRY SCE VEG MED v s	7.76 OZ	2.50	2.50	2.25 2.25
20300	SBGOLDEN	ORIENTL CURRY SCE VEG MILD v s	7.76 OZ	2.50	2.50	2.25 2.25
20314	AROYD	RICE JASMINE ready to eat	8.8 OZ	1.63	1.63	
20315	AROYD	RICE MULTI GRAIN ready to eat	8.8 OZ	1.63	1.63	
20029	JAPANGLD	SOBA BUCKWHEAT NOODLE KIT	14.6 OZ	4.36	4.36	3.49 3.49
21007	SPAA	STIR FRY MEAL GARLIC BASIL n/v	9.9 OZ	3.45	3.45	
21006	SPAA	STIR FRY MEAL PAD THAI n/v	9.9 OZ	3.25	3.25	2.93 2.93
20289	MAESRI	STIR FRY MEAL PAD THAI s	6.3 OZ	1.90	1.90	
21008	SPAA	STIR FRY MEAL PEANT SATAY n/v	9.9 OZ	3.45	3.45	
21009	SPAA	STIR FRY MEAL SWEET SOUR n/v	9.9 OZ	3.45	3.45	3.11 3.11
20025	JAPANGLD	SUSHI KIT TRADITIONAL	20.6 OZ	8.48	8.48	6.78 6.78
20026	JAPANGLD	SUSHI PARTY KIT TOKYO STYLE	20.6 OZ	8.48	8.48	6.78 6.78
20028	JAPANGLD	UDON NOODLE KIT	14.5 OZ	4.36	4.36	3.49 3.49
20027	JAPANGLD	YAKISOBA KIT CHOW MEIN	14.1 OZ	4.36	4.36	3.49 3.49
20287	NISHIKI	COOKED BROWN RICE bowl	7.4 OZ	1.85	1.85	
SNACKS & RICE CRACKERS						
35365	EDEN	MEKABU WAKAME Wild	.88 OZ	6.76	6.76	
35366	EDEN	NORI KRINKLES toasted	.53 OZ	5.42	5.42	
35367	EDEN	NORI STRIPS spicy toasted	.53 OZ	4.75	4.75	
3630	NICE CH	CAKE BAR BLACK SESAME s	3.5 OZ	1.50	1.50	
3620	NICE CH	CAKE BAR PEANUT s	3.5 OZ	1.50	1.50	
3626	NICE CH	CAKE BAR WHITE SESAME s	3.5 OZ	1.50	1.50	
21150	FENGSHUI	EDAMAME BEANS	12/4.4 OZ	1.62	19.44	
21152	FENGSHUI	MAKI ROLLS	12/3.5 OZ	1.92	23.04	
3178	EMERCOVE	NORI SNACKS spicy ORG	48CT	4.17	4.17	
32005	SPAA	RICE CRACKERS CHILI MIX hot	12/3.52 OZ	1.99	23.88	
21002	FENGSHUI	RICE CRACKERS NORI	12/3.5 OZ	1.42	17.04	1.14 13.68
21001	FENGSHUI	RICE CRACKERS ORIGINAL	12/3.5 OZ	1.42	17.04	1.14 13.68
32003	SPAA	RICE CRACKERS ORIGINAL MIX med	12/3.52 OZ	2.09	25.08	
32002	SPAA	RICE CRACKERS SESAME MIX mild	12/3.52 OZ	1.99	23.88	
21003	FENGSHUI	RICE CRACKERS WASABI	12/3.5 OZ	1.42	17.04	1.14 13.68
15831	HAPI	SEAWEED WRAP	2 OZ	1.65	1.65	
32004	SPAA	RICE CRACKERS WASABI	12/3.52 OZ	2.09	25.08	
21151	FENGSHUI	WASABI PEANUTS	12/4.4 OZ	1.62	19.44	
21004	FENGSHUI	WASABI PEAS	12/4.4 OZ	1.55	18.60	1.24 14.88
SOUPS, BROTHS & BOUILLON						
20264	HIKARI	MISO SOUP LIGHT SMOOTH	1.21 OZ	3.54	3.54	
20263	HIKARI	MISO SOUP SPICY GINGER	1.19 OZ	3.54	3.54	
20020	HAPPYPHO	NOODLE SOUP MIX GARLIC gf vg	4.5 OZ	3.72	3.72	2.97 2.97
20021	HAPPYPHO	NOODLE SOUP MIX GINGER gf vg	4.5 OZ	3.72	3.72	2.97 2.97
20022	HAPPYPHO	NOODLE SOUP MIX SHITAKE gf vg	4.5 OZ	3.72	3.72	2.97 2.97
1658	KIKKOMAN	SOUP BASE SOBA TSUYU n/v	10 OZ	3.22	3.22	
1659	KIKKOMAN	SOUP BASE SOMEN TSUYU	10 OZ	3.22	3.22	



Soba Buckwheat Noodle Kit



Our Soba noodles are made with buckwheat flour which allows for that unmistakable healthy and natural flavor and texture. Soba noodle meals are widely considered a staple-food in Japan –as they are served hot, cold as a lunch or with dinner. Each Kits comes in two individually packed servings.

Ingredients:

Soba Noodles : water, wheat flour, gluten, buckwheat flour, waxy corn starch, sea salt, glucono delta lactone and lactic acid for freshness.

Soba Soup Mix: shoyu soy sauce [water, soybeans, wheat, salt], water, mirin sweet rice wine [water, sweet rice, tapioca syrup, alcohol], bonito (katsuwonus pelamis) fish flakes extract, unrefined unbleached cane juice powder, salt.

Wasabi Powder: horseradish, mustard, mustard extract, spirulina.

Shredded Nori: nori (porphyra yezoensis) seaweed

Item #20029

Udon Noodle Kit



Udon noodles are gaining more popularity each year because of their large noodles and yummy broth. Enjoy these authentic Japanese noodles in broth with additional toppings such as mushrooms, egg, shrimp, or green onion. Each Kits comes in two individually packed servings.

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Udon Noodle Kit

continued

Ingredients:

Udon Noodles : water, wheat flour, sea salt, gluten, glucono delta lactone and lactic acid for freshness.
Udon Soup Mix: shoyu soy sauce [water, soybeans, wheat, salt], water, mirin sweet rice wine [water, sweet rice, tapioca syrup, alcohol], bonito (katsuwonus pelamis) fish flakes extract, unrefined unbleached cane juice powder, salt.
Shredded Nori: nori (porphyra yezoensis) seaweed.

Item #20028

Yakisoba Kit



Yakisoba is the most popular of 'fried noodle dishes served in Japan. The 'curvy' Yakisoba noodles contained in this kit are microwave prepared, stir fried and can be served with your choice of vegetables, tofu, meat or seafood. Each Kits comes in two individually packed servings.

Ingredients:

Yakisoba Noodles: water, wheat flour, sea salt, gluten, waxy corn starch, glucono delta lactone and lactic acid for freshness.

Yakisoba Sauce: shoyu soy sauce [water, soybeans, wheat, salt], unrefined unbleached cane juice powder, water, distilled vinegar, salt, white pepper, sesame oil, mace, bonito (katsuwonus pelamis) fish flakes extract, garlic, citric acid, yeast extract, ginger, xanthan gum, celery seed.

Ao Nori: ao nori (ulva pertusa) seaweed.

Item #20027

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
SOUPS, BROTHS & BOUILLON - cont.						
22153	MISHIMA	SOUP CUP CLEAR NOODLE MISO v	6/1.08 OZ	2.09	12.54	1.49 8.94
22152	MISHIMA	SOUP CUP CLEAR NOODLE TERYKI v	6/92 OZ	2.09	12.54	
22155	MISHIMA	SOUP CUP CLEAR NOODLE THAI v	6/1.04 OZ	2.09	12.54	1.49 8.94
22148	MISHIMA	SOUP CUP EDAMAME & POTATO v	6/58 OZ	1.09	6.54	
22147	MISHIMA	SOUP CUP MISO WHITE v	6/35 OZ	1.09	6.54	.79 4.74
5585	MAESRI	SOUP CURRY GREEN s	14 OZ	2.05	2.05	
5586	MAESRI	SOUP CURRY MASAMAN YELLOW s n/v	14 OZ	2.05	2.05	
5587	MAESRI	SOUP CURRY RED s	14 OZ	2.05	2.05	
20038	MISOTOGO	SOUP MISO TO GO CLASSIC gf	.75 OZ	4.13	4.13	3.49 3.49
20039	MISOTOGO	SOUP MISO TO GO SHISO gf	.75 OZ	4.13	4.13	3.49 3.49
22146	MISHIMA	SOUP MIX EDAMAME&PTATO 3pkts v	1.75 OZ	2.09	2.09	1.79 1.79
22145	MISHIMA	SOUP MIX HOT & SOUR 3pkts v	.95 OZ	2.09	2.09	
22141	MISHIMA	SOUP MIX MISO MIXED 3pkts v	1.05 OZ	2.09	2.09	
22142	MISHIMA	SOUP MIX MISO RED 3 pkts v	1.05 OZ	2.09	2.09	
22143	MISHIMA	SOUP MIX MISO SPICY 3pkts v	1.05 OZ	2.09	2.09	
22140	MISHIMA	SOUP MIX MISO WHITE 3pkts v	1.05 OZ	2.09	2.09	1.78 1.78
22144	MISHIMA	SOUP MIX WONTON 2pkts v	.78 OZ	2.09	2.09	
5639	MAESRI	SOUP TOM KHA coconut s n/v	14 OZ	2.05	2.05	
20273	HIKARI	MISO SOUP LIQUID	10 OZ	4.56	4.56	
35362	EDEN	MISO GENMAI ORG SOY/BRN RICE P	12.1 OZ	7.14	7.14	5.71 5.71
35363	EDEN	MISO HACHO ORG SOY POUCH	12.1 OZ	7.90	7.90	6.32 6.32
35361	EDEN	MISO MUGI ORG SOY/BARLEY POUCH	12.1 OZ	7.32	7.32	5.86 5.86
35364	EDEN	MISO SHIRO ORG RICE/SOY	12.1 OZ	8.59	8.59	4.86 4.86
SOY SAUCES & TAMARI						
35360	EDEN	SHOYU IMPORTED	10 OZ	3.33	3.33	
29023	DRAGN FLY	SOY SAUCE BLACK	21 OZ	1.89	1.89	
22058	LEEKUMKE	SOY SAUCE DOUBLE DELUX s	5.1 OZ	2.65	2.65	
22101	WANJASN	SOY SAUCE LESS SODIUM	10 OZ	1.52	1.52	
15414	KIKKOMAN	SOY SAUCE Milder Imp.	33.8 OZ	7.46	7.46	
20164	WANJASN	SOY SAUCE ORG	10 OZ	2.09	2.09	
20160	KIKKOMAN	SOY SAUCE ORGANIC	15 OZ	3.64	3.64	
20110	KIKKOMAN	SOY SAUCE ORGANIC	10 OZ	2.83	2.83	
22081	WANJASN	SOY SAUCE PACKETS ORG	500/.025OZ	.08	40.00	.05 25.00
2674	PEARLRIV	SOY SAUCE SUPERIOR MUSH dark s	16.9 OZ	2.19	2.19	
29021	DRAGN FLY	SOY SAUCE SWEET	21 OZ	2.04	2.04	
29022	DRAGN FLY	SOY SAUCE THIN	21 OZ	1.76	1.76	
8016	SAN-J	TAMARI Gold Label ORG gf	20 OZ	5.49	5.49	
22083	WANJASN	TAMARI LOW SODIUM WF ORG	10 OZ	2.35	2.35	1.99 1.99
3127	MISOMAST	TAMARI MISO ORG	10 OZ	6.25	6.25	
22082	WANJASN	TAMARI PACKETS ORG wf	500/.025OZ	.08	40.00	.05 25.00
8014	SAN-J	TAMARI REDUCED SODIUM lite	20 OZ	4.89	4.89	
8012	SAN-J	TAMARI REDUCED SODIUM lite	10 OZ	3.00	3.00	2.40 2.40
21010	WANJASN	TAMARI SAUCE	16.9 OZ	2.49	2.49	
20207	WANJASN	TAMARI SAUCE	10 OZ	1.59	1.59	
8013	SAN-J	TAMARI SOY SAUCE	10 OZ	2.30	2.30	1.84 1.84
20165	WANJASN	TAMARI SOY SAUCE ORG	10 OZ	2.25	2.25	
20166	WANJASN	TAMARI SOY SAUCE WF ORG	10 OZ	2.35	2.35	
SWEETENERS						
29027	WANGDERM	PALM SUGAR	16 OZ	1.85	1.85	
21005	MR NUMBR1	PALM SUGAR sm discs	22.9 OZ	4.89	4.89	
VEGETABLES						
50228	NATVALUE	BABY CORN cut	15 OZ	1.02	1.02	
35630	NATIVE	BABY CORN CUT ORG	14 OZ	2.31	2.31	
4352	ROLAND	BABY CORN whole/water/dry wg	15 OZ	1.29	1.29	
50229	NATVALUE	BAMBOO SHOOTs sliced	8 OZ	.95	.95	
20502	DYNASTY	BAMBOO SHOOTs sliced	8 OZ	.86	.86	
4353	ROLAND	BAMBOO SHOOTs sliced	8 OZ	.90	.90	
35631	NATIVE	BAMBOO SHOOTs SLICED ORG	14 OZ	2.01	2.01	
32036	ROLAND	BEAN SPROUTS in water	15 OZ	1.39	1.39	
32040	ROLAND	MUSHROOMS GOLDEN	15 OZ	1.66	1.66	
32041	ROLAND	MUSHROOMS OYSTER	14 OZ	1.52	1.52	
35632	NATIVE	MUSHROOMS PIECES & STEMS ORG	7 OZ	1.61	1.61	
4361	ROLAND	MUSHROOMS STRAW broken	15 OZ	1.19	1.19	
32037	ROLAND	MUSHROOMS STRAW whole small	15 OZ	1.59	1.59	1.39 1.39
4464	KAME	VEGGIES MXD STIRFRY	15 OZ	1.69	1.69	
20500	DYNASTY	WATER CHESTNUTS sliced	8 OZ	.79	.79	
4370	ROLAND	WATER CHESTNUTS sliced	8 OZ	.77	.77	
VINEGARS & COOKING WINES						
6331	EDEN	MIRIN	10.5 OZ	7.28	7.28	
20586	KIKKOMAN	MIRIN AJI SWEET	10 OZ	3.25	3.25	2.93 2.93
26337	KIKKOMAN	MIRIN MANJYO AJI s	17 OZ	3.99	3.99	3.59 3.59
15174	MICHIU	RICE COOKING WINE	750 ML	3.49	3.49	3.14 3.14
3010	YU YEE	RICE COOKING WINE Chinese dark	750 ML	2.99	2.99	
8002	YU YEE	RICE COOKING WINE clear	25 OZ	2.65	2.65	
9122	MARUKAN	RICE VINEGAR	24 OZ	3.65	3.65	
22078	WANJASN	RICE VINEGAR	10 OZ	1.36	1.36	
22079	WANJASN	RICE VINEGAR	20 OZ	1.99	1.99	
9120	MARUKAN	RICE VINEGAR	12 OZ	2.25	2.25	1.91 1.91
9127	MARUKAN	RICE VINEGAR ORG	12 OZ	3.30	3.30	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
22077	WANJASN	RICE VINEGAR PREMIUM	6.7 OZ	1.24	1.24		
15227	MARUKAN	SEASONED RICE VINEGAR	24 OZ	3.65	3.65		
9125	MARUKAN	SEASONED RICE VINEGAR Lite s	12 OZ	2.25	2.25	1.91	1.91
9129	MARUKAN	SEASONED RICE VINEGAR ORG s	12 OZ	3.30	3.30		
15224	MARUKAN	SEASONED RICE VINEGAR s	12 OZ	2.25	2.25	1.91	1.91
1861	EMPERKIT	VINEGAR BROWN RICE ORG	10 OZ	6.89	6.89		
6342	EDEN	VINEGAR UME PLUM	10 OZ	2.95	2.95	2.36	2.36

INDIAN FOODS

BULK

3401	BULK	CHANA DAAL-INDIAN YEL SPL PEA	11#	1.91	21.01	1.72	18.92
5880	WOODLND	CHANA DAL	25#	1.54	38.50		
1246	BULK	CHAPPATI FLOUR atta	20# **	1.36	27.20		
3403	BULK	MOONG DAAL split green IND MUN	11#	2.11	23.21	1.90	20.90
3402	BULK	MOONG DAAL WASHED YELLOW	11#	1.81	19.91		
3407	BULK	TOOR DAAL KON YEL SPLIT LENTIL	11#	2.62	28.82		

RETAIL

BEANS

81015	SWAD	CHANA DAL	32 OZ	2.98	2.98		
81016	SWAD	MASOOR DAL red lentil	32 OZ	3.45	3.45	3.11	3.11
81026	SWAD	MOONG DAL WASHED yellow	32 OZ	3.85	3.85		
81021	SWAD	MOONG DAL WHOLE green	32 OZ	3.02	3.02		
81020	SWAD	MOONG SPLIT green (CHILKA)	32 OZ	3.55	3.55		
81023	SWAD	TOOR DAL PLAIN	32 OZ	4.25	4.25		

CHUTNEY, PICKLES & RELISH

20175	GEETA	CHUTNEY LIME & CHILI s hot	310 GR	3.63	3.63		
5429	GEETA	CHUTNEY MANGO s medium	320 GR	3.63	3.63		
5454	GEETA	CHUTNEY ONION s medium	300 GR	3.63	3.63		
5554	GEETA	CHUTNEY PAPAYA ORANGE s mild	300 GR	3.63	3.63		
5468	GEETA	CHUTNEY PINEAPPLE s mild	320 GR	3.63	3.63		
5469	GEETA	CHUTNEY TAMARIND s medium	320 GR	3.63	3.63		
5842	GEETA	CHUTNEY PREM MANGO squeeze vg s	360 GM	4.00	4.00	3.40	3.40
5844	GEETA	CHUTNEY SPICY LIME squeeze vg s	360 GM	4.00	4.00	3.40	3.40
5843	GEETA	CHUTNEY TOM ONION squeeze vg s	360 GM	4.00	4.00	3.40	3.40
4130	PATAK	CHUTNEY/HOT MANGO s	12 OZ	3.48	3.48		
4132	PATAK	CHUTNEY/MAJOR GREY s	12 OZ	3.48	3.48		
4133	PATAK	CHUTNEY/SWEET MANGO s	12 OZ	3.48	3.48	3.13	3.13
4150	PATAK	RELISH/BRINJAL EGGPLANT s	10 OZ	3.32	3.32		
4151	PATAK	RELISH/GARLIC s	10 OZ	3.32	3.32		
4152	PATAK	RELISH/SPICY CHILI	10 OZ	3.32	3.32	2.99	2.99
4153	PATAK	RELISH/SPICY LIME Hot	10 OZ	3.32	3.32		
4155	PATAK	RELISH/SPICY LIME medium	10 OZ	3.32	3.32		
4154	PATAK	RELISH/SPICY MANGO Hot	10 OZ	3.32	3.32		
4156	PATAK	RELISH/SPICY MANGO med	10 OZ	3.32	3.32		
4157	PATAK	RELISH/SPICY MIXED PICKLE	10 OZ	3.32	3.32		
5471	GEETA	CURRY SAUCE DELHI med	350 GR	3.63	3.63		
5475	GEETA	CURRY SAUCE GOAN mild	345 GR	3.63	3.63		
20182	GEETA	CURRY SAUCE MAKHANI mild	350 GR	3.63	3.63		
5476	GEETA	CURRY SAUCE MUMBAI hot	345 GR	3.63	3.63		
20144	GEETA	SAUCE & SPCE PUDNATIKKA s mld	350 GR	4.24	4.24		
20145	GEETA	SAUCE & SPICE DHANSACK med	350 GR	4.24	4.24		
20142	GEETA	SAUCE & SPICE JALFREZI s hot	350 GR	4.24	4.24		
20143	GEETA	SAUCE & SPICE SAAG med	350 GR	4.24	4.24		
3574	TAJ	SAUCE BOMBAY CURRY	16 OZ	3.49	3.49		
3572	TAJ	SAUCE CALCUTTA MASALA	16 OZ	3.49	3.49		
4144	PATAK	SAUCE RICH TOMATO ONION mild s	14.5 OZ	3.02	3.02	2.72	2.72
4145	PATAK	SAUCE SWT PEPPER COCONUT mld s	14.5 OZ	3.02	3.02	2.72	2.72
4141	PATAK	SAUCE TANGY LEMN/CILANT med s	15 OZ	3.02	3.02		

COOKING PASTES

5479	GEETA	PASTE SHAKUTI med	7 OZ	3.63	3.63	3.09	3.09
4158	PATAK	SPICE PASTE/BIRYANI	10 OZ	3.42	3.42	3.08	3.08
4160	PATAK	SPICE PASTE/CURRY Mild	10 OZ	3.42	3.42		
4161	PATAK	SPICE PASTE/CURRY VINDALOO-hot	10 OZ	3.42	3.42		
4163	PATAK	SPICE PASTE/GARAM MASALA s	10 OZ	3.42	3.42		
4159	PATAK	SPICE PASTE/TANDOORI No Color	11 OZ	3.42	3.42	3.08	3.08
4164	PATAK	SPICE PASTE/TIKKA MASALA MED s	10 OZ	3.42	3.42		

CRACKERS & PAPADUMS

34100	INDIANLF	PAPADUMS CUMIN eta Sept	4.2 OZ	3.19	3.19		
34966	INDIANLF	PAPADUMS PLAIN eta Sept	4.2 OZ	3.19	3.19		
34101	INDIANLF	PAPADUMS BLACK PEPPER	4.2 OZ	3.19	3.19		
34102	INDIANLF	PAPADUMS GREEN CHILI	4.2 OZ	3.19	3.19		
4116	SWAD	PAPPADUM GARLIC	10/200GR	1.41	14.10		
4117	SWAD	PAPPADUM PLAIN	10/200GR	1.41	14.10		
81064	SWAD	PAPPADUM PUNJABI	10/200GR	1.41	14.10		

DESSERTS

20107	SWAD	GULABJAMUN dessert balls s	16 OZ	4.50	4.50		
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FLOUR

81022	SWAD	FLOUR BESAN (GRAM) chickpea	2 LB	3.02	3.02		
81019	SWAD	FLOUR CHAPPATI	4 LB	6.05	6.05		

OCTOBER 2010 SALE PRICES APPLY TO FULL PACK SIZE ONLY

RICHARD'S
VERMONT MADE

NEW!

Richard's Vermont Made Vegan Barbecue Sauce



Richard's Vegan Barbecue Sauce is all vegetarian. When we say Richard's is Fat Free, Cholesterol Free and Gluten Free that is just what we mean. Now we can add Meat and Anchovy Free to our New Vegan Barbecue Sauce. **Richard's Vegan Barbecue Sauce** is truly a success in flavor and consistency.

We want you to be the judge. Try it on everything - we have and it is fabulous. Marinated potatoes, zucchini, onions, portabellas and yes even pork roast, chicken and beef. What a delicious flavor. This will be another year round favorite for all vegetables, tofu, soy and meat substitutes.

Made once again with only the finest all-natural ingredients **Richard's Vegan Barbecue Sauce** has an added Cajun flavor that you can only experience, beyond description. Give it a try and let us know what you think.

Ingredients: Tomato ketchup (tomato puree, corn syrup, vinegar, salt, dextrose, onion & garlic powder, natural flavors), brown sugar, vegan Worcestershire sauce (vinegar, onion, garlic, molasses, herbs, spices, red pepper, black pepper, sugar, xanthan gum [stabilizer], salt, celery), water, hot sauce (aged cayenne pepper mash [red peppers, vinegar, salt, garlic], vinegar, water, salt, sugar, xanthan gum, spice extract), distilled vinegar, garlic, dehydrated onion & cayenne.

Item #30557

ETHNIC FOODS

73



Geeta's The Real Flavours of India

For over a decade Geeta Samtani has been a woman on a mission. Ever since **Geeta's Premium Mango Chutney** first hit UK supermarket shelves in 1990, **Geeta's** has gone on to become a household name, synonymous with quality and authenticity.

Geeta's Foods uses Indian recipes handed down through generations of **Geeta's** family and Geeta has personally developed all the spice blends used in her products, taking pride in capturing genuine Indian flavours. Their products do not contain any colourings, flavourings or preservatives.

Premium Mango Chutney Squeezy



An authentic Indian chutney made from fresh mangoes, aromatic and whole spices.

Ingredients: Mangoes (51%), Spirit Vinegar, Salt, Mixed Spices, Garlic, Chilli Powder, Fenugreek Seeds, Onion Seeds, White Pepper

Item #5842

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
HERBS & SEASONINGS						
20644	SWAD	CARDAMON GREEN	7 OZ	9.99	9.99	
20646	SWAD	CHILI RED WHOLE	7 OZ	2.27	2.27	
20647	SWAD	CINNAMON STICKS	7 OZ	2.27	2.27	
20648	SWAD	CLOVES WHOLE	7 OZ	3.69	3.69	
20657	SWAD	CORIANDER POWDER	14 OZ	3.95	3.95	
20658	SWAD	CUMIN POWDER	14 OZ	4.24	4.24	
20649	SWAD	CUMIN SEED	14 OZ	4.55	4.55	
4108	RAJAH	CURRY POWDER hot	3.53 OZ	2.98	2.98	
20660	SWAD	CURRY POWDER MADRAS	7 OZ	2.35	2.35	
3147	LAXMI	CURRY POWDER MILD	100 GR	2.85	2.85	
20650	SWAD	FENNEL SEED	14 OZ	3.23	3.23	
20651	SWAD	FENNEL SEED ROASTED	7 OZ	1.85	1.85	1.67
20652	SWAD	FENUGREEK WHOLE	14 OZ	3.42	3.42	1.67
3162	LAXMI	GARAM MASALA	100 GR	2.85	2.85	
20659	SWAD	GARAM MASALA	7 OZ	2.35	2.35	
4101	RAJAH	GARAM MASALA POWDER	3.53 OZ	2.95	2.95	
20653	SWAD	MUSTARD SEED BLACK	14 OZ	2.25	2.25	
20656	SWAD	SESAME SEED	14 OZ	3.25	3.25	
GHEE						
9546	SWAD	GHEE CLARIFIED BUTTER	16 OZ	6.57	6.57	
PREPARED FOODS						
20122	PATEL	ALOO MUTTER peas w/ tomatoes	9.5 OZ	2.69	2.69	
20127	PATEL	BAIGAN BHARTA eggplnt w/tom on	9.5 OZ	2.69	2.69	
20126	PATEL	CHANNA MASALA chk pea w/tom	9.5 OZ	2.69	2.69	
20117	PATEL	DAL MAKHANI lentil tom crm sce	9.5 OZ	2.69	2.69	
20119	PATEL	DAL TADKA lentil w/onion tom cu	9.5 OZ	2.69	2.69	
20116	PATEL	MUTTER PANEER peas w/spcy chs	9.5 OZ	2.69	2.69	
20114	PATEL	PALAK PANEER spinach w/ cheese	9.5 OZ	2.69	2.69	
20128	PATEL	PEAS PULAV basm rice w/pea &cu	8.25 OZ	2.69	2.69	
20197	PATELORG	ORG BABY GARBANZO CRRY v	9.9 OZ	3.39	3.39	2.71
20195	PATELORG	ORG KASHMIR SPINACH W/LENTIL v	9.9 OZ	3.39	3.39	2.71
20196	PATELORG	ORG KORMA POTATOES v	9.9 OZ	3.39	3.39	2.71
20193	PATELORG	ORG PILAF JALFREZI v	8.8 OZ	3.39	3.39	2.71
20192	PATELORG	ORG PILAF MADRAS CURRY v	8.8 OZ	3.39	3.39	2.71
20194	PATELORG	ORG PILAF VINDALOO v	8.8 OZ	3.39	3.39	2.71
SNACKS						
34103	INDIANLF	SNACK CHANNADAL	7.05 OZ	3.99	3.99	
34104	INDIANLF	SNACK MIX CHEVDO	7.05 OZ	3.99	3.99	
34105	INDIANLF	SNACK MIX DAL	7.05 OZ	3.99	3.99	
34106	INDIANLF	SNACK MIX HOT PUNJABI	7.05 OZ	3.99	3.99	
34107	INDIANLF	SNACK MIX MASALA PEAS	7.05 OZ	3.99	3.99	
MEDITERRANEAN FOODS						
BULK						
4201	BIG ALPH	DOLMA RICE STFFED (60-70ea)	70 OZ	8.95	8.95	
RETAIL						
BEANS						
20402	ZIYAD	BEANS FAVA DRY LARGE	16 OZ	2.24	2.24	
20403	ZIYAD	BEANS LIMA DRY JUMBO	16 OZ	2.44	2.44	
20406	ZIYAD	CHECKPEAS DRY YELLOW	16 OZ	1.83	1.83	
BEVERAGES & BEVERAGE MIXES						
41605	GUERZONI	GRAPE JUICE NO ALCHL biodynamc	25 OZ	12.60	12.60	
CANDY & CONFECTIONS						
20185	MATIZ	BREAD APRICOT w/Almonds s	8.8 OZ	5.50	5.50	
21114	MATIZ	TORTA DE ACEITE ALMOND s	10/6 CT	5.69	56.90	
21113	MATIZ	TORTA DE ACEITE SAVORY	10/6 CT	4.90	49.00	
21112	MATIZ	TORTA DE ACEITE SUGARED s	10/6 CT	4.90	49.00	
34207	INES ROS	TORTAS SWEET OLIVE OIL 6ea	10/6.34 OZ	3.79	37.90	3.41
4516	ALKANATR	HALVA w/PISTACHIO s	16 OZ	4.99	4.99	
3989	CAMEL	HALVAH BARS COATED	20/3 OZ	1.91	38.20	1.72
3990	CAMEL	HALVAH BARS DELUXE	20/3 OZ	1.91	38.20	
3992	CAMEL	HALVAH BARS MARBLE	20/3 OZ	1.91	38.20	1.72
3991	CAMEL	HALVAH BARS VANILLA	20/3 OZ	1.91	38.20	
1180	JOYVA	HALVAH PACS MARBLE s/p	12/8 OZ	2.99	35.88	
1181	JOYVA	HALVAH PACS VANILLA s/p	12/8 OZ	2.99	35.88	
21108	MATIZ	PRALINE ALMOND s Spain	9.8 OZ	6.45	6.45	
20401	ZIYAD	SESAME CANDY s v	12 OZ	3.50	3.50	3.15
CONDIMENTS, COOKING SAUCES, MARINADES						
2050	MARCOPOL	AJVAR/SAUCE RSTD PEPPER Hot	19 OZ	2.95	2.95	2.66
2051	MARCOPOL	AJVAR/SAUCE RSTD PEPPER Mild	19 OZ	2.95	2.95	
30655	CAP BON	HARISSA can	5 OZ	1.79	1.79	
31646	MEZZINI	PESTO ARUGULA	4.9 OZ	3.62	3.62	
31090	MEDITAL	PESTO BASIL	6.35 OZ	3.95	3.95	
31645	MEZZINI	PESTO CALABRESE	4.9 OZ	3.62	3.62	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
3705	CORTAS	POMEGRANATE CONC/MOLASSES	10 OZ	3.45	3.45	
21316	ALWADI	POMEGRANATE MOLASSES	14 OZ	3.25	3.25	
21118	MATIZ	SAUCE ROMESCO GF Spain	6.5 OZ	4.83	4.83	
41606	GUERZONI	SYRUP GRAPE SABA biodynamic	17 OZ	13.62	13.62	
CONDIMENTS, DIPS & SAUCES						
20427	ZIYAD	HUMMOS DIP SPICY v	14 OZ	1.69	1.69	
20428	ZIYAD	HUMMOS DIP v	14 OZ	1.69	1.69	
9624	PELPNSE	APPETIZER BABAGANOUSH	7.5 OZ	3.85	3.85	
5852	MARCOPOL	APPETIZER CAPONATA EGGPLANT	19.3 OZ	2.95	2.95	
5858	MARCOPOL	BRUSCHETTA RED PEPPER	19.3 OZ	3.19	3.19	
34217	TERRAMED	BRUSHETTA OLIVE ALMOND	9 OZ	5.00	5.00	3.75
34215	TERRAMED	BRUSHETTA OLIVE FIG	9 OZ	5.00	5.00	3.75
32568	APPENNIN	SAUCE TRUFFLE	6.4 OZ	15.94	15.94	14.35
41529	LESMOULIN	SPREAD ARTICHOKE Tunisia	185 G	6.50	6.50	5.85
41603	CEREALTE	SPREAD ARTICHOKE CREAM ORG	6.4 OZ	7.20	7.20	
34204	MTVIKOS	SPREAD ARTICHOKE cup	7.3 OZ	5.49	5.49	
41604	CEREALTE	SPREAD ASPARAGUS CREAM ORG	6.4 OZ	4.92	4.92	
34202	MTVIKOS	SPREAD BABA GHANOUSH cup	7.6 OZ	4.53	4.53	
41528	LESMOULIN	SPREAD BLK OLIVE ORG Tunisia	200 G	4.82	4.82	
41527	LESMOULIN	SPREAD HARISSA ORG jar Tunisia	185 G	6.55	6.55	
9630	PELPNSE	SPREAD KALAMATA OLIVE appetize	7.5 OZ	3.85	3.85	
34200	MTVIKOS	SPREAD KALAMATA OLIVE cup	7.6 OZ	4.53	4.53	
21117	MATIZ	SPREAD OLIVADA HOT Spain	6.5 OZ	4.83	4.83	
21116	MATIZ	SPREAD OLIVADA SWEET s Spain	6.5 OZ	4.83	4.83	3.63
21115	MATIZ	SPREAD OLIVADA TRADITION Spain	6.5 OZ	4.83	4.83	3.63
34206	MTVIKOS	SPREAD RED PEPPER FETA cup	7.7 OZ	4.53	4.53	
34201	MTVIKOS	SPREAD RST EGGPLANT cup	7.3 OZ	4.53	4.53	
41531	LESMOULIN	SPREAD SUN DRD GARLIC ORG Tuni	200 G	6.58	6.58	
41530	LESMOULIN	SPREAD SUN DRI TOM SPCY ORG Tu	185 G	5.20	5.20	
41601	CEREALTE	SPREAD SUN DRIED TOMATO ORG	4.5 OZ	4.88	4.88	
41532	LESMOULIN	SPREAD SWT PEP HARISSA ORG	200 G	5.25	5.25	
4089	DALMATIA	TAPENADE BLACK OLIVE	6.7 OZ	4.84	4.84	
31642	MEZZINI	TAPENADE BLACK OLIVE	4.9 OZ	3.01	3.01	
31087	MEDITAL	TAPENADE BLK OLIVE	6.35 OZ	3.95	3.95	
4088	DALMATIA	TAPENADE GREEN OLIVE	6.7 OZ	4.99	4.99	
31088	MEDITAL	TAPENADE GRN OLIVE	6.35 OZ	3.95	3.95	
31644	MEZZINI	TAPENADE KALAMATA & ANCHOVY	4.9 OZ	3.62	3.62	
31089	MEDITAL	TAPENADE RST EGGPLANT	6.35 OZ	3.95	3.95	
31091	MEDITAL	TAPENADE RST RED PEPPER	6.35 OZ	3.95	3.95	
31641	MEZZINI	TAPENADE SUN DRIED TOMATO	4.9 OZ	3.01	3.01	
31643	MEZZINI	TAPENADE SWEET PEPPER	4.9 OZ	3.62	3.62	
CONDIMENTS, OLIVES						
41536	LESMOULIN	OLIVES MESKI & HARISSA ORG	200 G	5.30	5.30	
41537	LESMOULIN	OLIVES MESKI & HERBS ORG	200 G	5.05	5.05	4.55
41538	LESMOULIN	OLIVES MESKI LEMON & FENL ORG	125 G	4.34	4.34	3.91
41539	LESMOULIN	OLIVES SAHLI ORG	130 G	3.71	3.71	
CONDIMENTS, PICKLED & MARINATED						
22039	ZERGUT	BALKAN SALAD	19 OZ	3.14	3.14	2.35
35412	PELPNSE	GRAPE LEAVES IN BRINE d/w	8.5 OZ	2.99	2.99	
22041	ZERGUT	IMAM BAYELDI eggplant appet	19 OZ	3.51	3.51	
22044	ZERGUT	PEPPETIZER rst pepper appet	12 OZ	2.80	2.80	
22031	ZERGUT	PICKLES KOSHER DILL s	24 OZ	2.41	2.41	
22032	ZERGUT	PICKLES RUSSIAN STYLE DILL s	24 OZ	2.88	2.88	
4199	ALMA	SUB 35412 temp n/a GRAPE LEAVE	8 OZ	3.50	3.50	
22040	ZERGUT	VEGETABLE SALAD s	19 OZ	3.14	3.14	2.36
COOKIES						
20416	SULTAN	COOKIES MAAMOUL STUFFD DATE s	12 PK	5.54	5.54	4.71
CRACKERS						
21110	MATIZ	PICOS WHOLE WHEAT Spain	12/7 OZ	3.15	37.80	
GRAINS & FLAKES						
41522	LESMOULIN	COUCOUS MHAMSA HAND ROLLED	500 G	4.73	4.73	
21170	ZIYAD	COUSCOUS MAFTOUL MID EASTRN	16 OZ	2.80	2.80	
21171	ZIYAD	COUSCOUS WW MAFTOUL MID EASTRN	16 OZ	2.80	2.80	2.24
20405	ZIYAD	WHEAT BURGHUL CRACKED #2	16 OZ	1.46	1.46	
20407	ZIYAD	WHEAT SEMOLINA	16 OZ	1.40	1.40	1.09
HERBS & SEASONINGS						
20422	ZIYAD	SUMAC POWDER	16 OZ	3.64	3.64	
20400	ZIYAD	ZAATAR GREEN	16 OZ	3.00	3.00	
NUTS & SEED BUTTERS						
41620	STRAMOND	ALMOND CREAM ORG s	8 OZ	13.37	13.37	9.99
1990	RAPUNZEL	HAZELNUT CHOC SPREAD ORG s	8.8 OZ	5.65	5.65	
41621	STRAMOND	HAZELNUT CREAM ORG s	8 OZ	13.37	13.37	
1170	JOYVA	SESAME TAHINI	12/15 OZ	4.50	54.00	
7337	ONCEAG	SESAME TAHINI ORG roasted	16 OZ	5.85	5.85	
8435	OSKRI	SESAME TAHINI RAW	9.6 OZ	5.39	5.39	
1172	ONCEAG	SESAME TAHINI roasted	16 OZ	4.99	4.99	
41619	NOCELLA	SPREAD CHOC HAZELNUT ORG	6.4 OZ	10.48	10.48	
28217	FIORDINO	SPREAD CHOC HAZELNUT ORG s	9.52 OZ	3.64	3.64	2.91

Geeta's
THE REAL FLAVOURS OF INDIA

Tomato & Onion Squeezy



A luscious chutney made from tomatoes and the finest aromatic spices.

Ingredients: Tomato Puree Concentrate (26%), Onion (26%), Carrot, Sugar, Spirit Vinegar, Tamarind Pulp, Salt, Garlic, Ginger, Cumin Seeds, Chilli Powder, Dried Ginger, White Pepper, Mixed Spices

Item #5843

Spicy Lime Chutney Squeezy



A tangy chutney made with fresh Kagzi limes, green chillies and the finest spices.

Ingredients: Kagzi Lime (46%), Sugar, Spirit Vinegar, Salt, Green Chillies (2%), Fenugreek, Mustard, Chilli Powder, Turmeric

Item #5844

Larry's

SOUTHWESTERN SAUCES

MOLE
★
CHIPOTLE
★
RANCHERO



**Cooking sauces
to make:**

**Chicken Mole
Enchiladas
Chili
Nachos
Huevos Rancheros
and much more!**

**all natural
no preservatives
no nuts
gluten free**

Larry's

SOUTHWESTERN SAUCES

**Recipes
Can be found at
Larrysauces.com**

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
NUTS & SEED BUTTERS - cont.							
4665	SITTOOS	TAHINI PASTE sesame	16 OZ	3.08	3.08	2.77	2.77
4666	SITTOOS	TAHINI PASTE sesame	32 OZ	5.91	5.91	5.32	5.32
4667	SITTOOS	TAHINI PASTE sesame	64 OZ	11.31	11.31		
PREPARED FOODS							
3621	PALACIOS	CHORIZO MILD Spanish	7.9 OZ	5.59	5.59	5.03	5.03
20675	ZIYAD	COUSCOUS W/TOM SAUCE RTE Halal	15.8 OZ	2.54	2.54	1.99	1.99
30145	DIVINA	DOLMA stuffed grape leaves can	7 OZ	2.95	2.95		
9620	PELPNSE	DOLMAS W/PINENUTS	10 OZ	3.85	3.85		
22034	ZERGUT	EGGPLANT STUFFED can Bulgaria	15 OZ	3.05	3.05		
22035	ZERGUT	PEPPERS STUFFED can Bulgaria s	15 OZ	3.15	3.15		
20678	ZIYAD	PILAF BURGHUL RTE Halal	9 OZ	2.33	2.33		
20674	ZIYAD	PILAF RICE & LENTIL RTE Halal	9 OZ	2.33	2.33		
20677	ZIYAD	PILAF RST GREEN WHT RTE Halal	9 OZ	2.33	2.33		
7112	WILDGRDN	RICE STUFFED GRAPE LEAVES v	14 OZ	3.91	3.91	2.93	2.93
4198	ZENITH	temp n/a DOLMA Rice stuff Grap	13 OZ	3.31	3.31		
22036	ZERGUT	TOMATOES STUFFED can Bulgaria	15 OZ	3.05	3.05		
22037	ZERGUT	ZUCCHINI STUFFED can Bulgaria	15 OZ	3.05	3.05		
PRESERVES							
41521	LESMOULIN	CHUTNEY ARTCHKE SVL ORNG ORG s	210 G	5.96	5.96	5.36	5.36
41520	LESMOULIN	CHUTNEY CNDED LEMN & FIG ORG s	210 G	5.96	5.96		
30424	MTVIKOS	FIGS GLAZED & ROASTED jar	8 OZ	5.22	5.22		
41533	LESMOULIN	PRESERVED LEMON ORG brine	200 G	9.04	9.04	8.14	8.14
31266	ROLAND	PRESERVED LEMONS	13 OZ	4.60	4.60		
30426	MTVIKOS	SPREAD APRICOT & ALMOND jar	7.5 OZ	5.22	5.22		
21130	ELREBOST	SPREAD CAVA VINEGAR s	6.2 OZ	5.88	5.88	4.99	4.99
8437	OSKRI	SPREAD DATE	12 OZ	5.39	5.39		
4087	DALMATIA	SPREAD DRIED FIG & ORANGE s	8.5 OZ	4.29	4.29		
4086	DALMATIA	SPREAD DRIED FIG s	8.1 OZ	4.21	4.21		
1518	MTVIKOS	SPREAD FIG HAZELNUT	8.8 OZ	5.89	5.89		
30425	MTVIKOS	SPREAD FIGS & HAZELNUTS jar	7.8 OZ	5.22	5.22		
21131	ELREBOST	SPREAD VIOLET s	6.2 OZ	6.01	6.01	4.21	4.21
RICE							
21128	MATIZ	BOMBA PAELLA RICE Spain	2.2#	8.32	8.32		
21127	MATIZ	PAELLA RICE Spain	2.2#	5.29	5.29		
41623	CASCINAB	RICE CARNAROLI WHITE ORG	2.2#	8.02	8.02		
SNACKS							
20424	ZIYAD	CHICKPEAS RSTD YELLOW	16 OZ	2.78	2.78		
20423	ZIYAD	SEED SQUASH RSTD SALT	12 OZ	3.59	3.59	2.80	2.80
VEGETABLES							
41535	LESMOULIN	ARTICHOKE LEAF HROUSS STYL ORG	185 G	6.50	6.50		
22045	ZERGUT	EGGPLANT FRIED in oil	12 OZ	2.53	2.53		
20419	ZIYAD	PEPPERS PICKLED HOT v	16 OZ	3.26	3.26	2.69	2.69
4723	SPANGAR	PEPPERS PIQUILLO jar	10.2 OZ	6.99	6.99		
21125	MATIZ	PEPPERS PIQUILLO ORG Spain	7.6 OZ	7.65	7.65		
20224	LAPREF	REFRIED BEANS AUTHENTIC ORG	15 OZ	1.52	1.52		
20225	LAPREF	REFRIED BEANS BLACK ORG	15 OZ	1.52	1.52		
MEXICAN & LATIN							
RETAIL							
BEVERAGES & BEVERAGE MIXES							
21129	MATIZ	HORCHATA CONC ORG	17 OZ	14.49	14.49		
5224	IBARRA	MEXICAN CHOC DRINK MIX/BARS s	19 OZ	3.75	3.75		
CRACKERS & TACO SHELLS							
4339	LITTLEBE	TACO SHELLS	12/12CT	2.76	33.12	2.51	30.12
COOKING SAUCES & INGREDIENTS							
34616	LARRYSSW	SAUCE CHIPOTLE s	16 OZ	4.23	4.23		
34617	LARRYSSW	SAUCE MOLE s	16 OZ	4.23	4.23	3.79	3.79
34615	LARRYSSW	SAUCE RANCHERO s	16 OZ	4.23	4.23		
21160	SANANGEL	CASCABEL SAUCE s	12 OZ	4.99	4.99		
9001	SANMAR	CHIPOTLE in ADOBO s	7 OZ	1.71	1.71		
9006	SANMAR	CHIPOTLE SAUCE salsa s	7 OZ	.90	.90	.81	.81
3553	HATCH	ENCHIL SAUCE FIRE RST TOM s	14 OZ	3.10	3.10		
21041	CANDELERO	ENCHILADA SAUCE GREEN	16 OZ	4.29	4.29	3.22	3.22
21039	CANDELERO	ENCHILADA SAUCE RED	16 OZ	3.99	3.99	2.99	2.99
21040	CANDELERO	ENCHILADA SAUCE SMOKIN'	16 OZ	3.99	3.99	2.99	2.99
21044	CANDELERO	GLAZE CHIPOTLE	16 OZ	4.04	4.04	3.03	3.03
9022	DONAMARI	MOLE ADOBO s	8.25 OZ	2.72	2.72		
21162	SANANGEL	MOLE BLACK s	12 OZ	4.99	4.99		
21161	SANANGEL	MOLE RED s	12 OZ	4.99	4.99		
9034	DONAMARI	MOLE s	8.25 OZ	2.73	2.73		
9020	DONAMARI	MOLE VERDE	8.25 OZ	2.72	2.72		
22114	ZOCALO	PASTE AJI AMARILLO CHILI ORG	8 OZ	4.63	4.63		
22115	ZOCALO	PASTE AJI LIMO CHILI ORG	8 OZ	4.63	4.63	4.17	4.17
22116	ZOCALO	PASTE AJI PANCA CHILI ORG	8 OZ	4.63	4.63		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
22113	ZOCALO	SAUCE CHIMICHURRI SMOKED	6 OZ	4.90	4.90	
3545	HATCH	SAUCE ENCHIL GRN CHILE w/gar	15 OZ	3.10	3.10	
60307	HATCH	SAUCE ENCHILADA 5 PEPPER	14 OZ	3.10	3.10	
8462	HATCH	SAUCE ENCHILADA GRN CHILE med	15 OZ	3.10	3.10	
8463	HATCH	SAUCE ENCHILADA RED med	15 OZ	3.10	3.10	
3561	HATCH	SAUCE ENCHILADA RED mild	15 OZ	3.10	3.10	
3557	HATCH	SAUCE ENCHILADA TEX-MEX med	15 OZ	3.10	3.10	
21037	CANDELERO	SAUCE HOLY MOLE	16 OZ	4.29	4.29	3.22 3.22
4862	COMIDA	SAUCE RANCHERO RED	12 OZ	4.05	4.05	
22005	HATCH	SAUCE SKILLET FAJITA s	10 OZ	3.99	3.99	
22019	HATCH	SAUCE TAMALES mild	15 OZ	3.10	3.10	
4861	COMIDA	SAUCE VIVA VERDE	12 OZ	4.05	4.05	
21043	CANDELERO	SAUCE HABANERO	5 OZ	3.29	3.29	2.47 2.47
FLOUR & FLOUR MIXES						
6066	LOS CHIL	BLUE CORN MEAL	12 OZ	2.59	2.59	
22121	ZOCALO	FLOUR KANIWA gf df	16 OZ	9.53	9.53	
22122	ZOCALO	FLOUR MESQUITE gf k	16 OZ	8.10	8.10	
22124	ZOCALO	FLOUR PURPLE CORN ORG gf k	16 OZ	6.43	6.43	
22123	ZOCALO	FLOUR SWEET POTATO ORG gf	16 OZ	7.54	7.54	
9037	MASABROS	MASA BROS HARINA DE MAIZ	4.4 LB	3.49	3.49	3.14 3.14
9036	MASECA	TAMALES MIX	4.45#	3.85	3.85	
FRUIT						
21136	XOXOC	DRIED PRICKLY PEAR SWEET s	3.5 OZ	5.18	5.18	3.88 3.88
21135	XOXOC	DRIED PRICKLY PEAR W/CHILE s	3.5 OZ	5.18	5.18	3.88 3.88
GRAINS & POPCORN						
6074	LOS CHIL	POPCORN BLUE KERNELS	12 OZ	2.95	2.95	
6075	LOS CHIL	POPCORN FIESTA KERNELS	12 OZ	2.72	2.72	
5971	D'ALLAS	WHITE CORN GIANT POSOLE	12 OZ	2.98	2.98	
6138	LOS CHIL	WHITE CORN POSOLE	12 OZ	2.69	2.69	
HERBS & SEASONINGS						
6128	LOS CHIL	CHILE CRUSHED GREEN	1 OZ	3.83	3.83	
6133	LOS CHIL	CHILE CRUSHED PEQUIN	1 OZ	1.67	1.67	
6055	LOS CHIL	CHILE CRUSHED PEQUIN	3 OZ	2.29	2.29	
25123	LOS CHIL	CHILE FLAKE ORG NEW MEX RED	3 OZ	3.70	3.70	
6048	LOS CHIL	CHILE PODS ANCHO	2 OZ	3.83	3.83	
6084	LOS CHIL	CHILE PODS ANCHO	1 OZ	1.67	1.67	
6049	LOS CHIL	CHILE PODS CHIPOTLE	3 OZ	4.31	4.31	
6131	LOS CHIL	CHILE PODS CHIPOTLE MORA	1 OZ	1.67	1.67	
6129	LOS CHIL	CHILE PODS DE ARBOL	.50 OZ	1.67	1.67	
6126	LOS CHIL	CHILE PODS GREEN	.75 OZ	4.40	4.40	
6051	LOS CHIL	CHILE PODS HABANERO	.5 OZ	3.32	3.32	
6053	LOS CHIL	CHILE PODS NEGRO	2 OZ	3.48	3.48	
6047	LOS CHIL	CHILE PODS NEW MEXICO	3 OZ	2.72	2.72	
6085	LOS CHIL	CHILE POWDER ANCHO	1 OZ	1.67	1.67	
6054	LOS CHIL	CHILE POWDER ANCHO	3 OZ	3.69	3.69	
6086	LOS CHIL	CHILE POWDER CHIPOTLE	1 OZ	1.67	1.67	
9484	DAVES	CHILE POWDER CHIPOTLE	1 OZ JAR	3.38	3.38	
6056	LOS CHIL	CHILE POWDER DE ARBOL Cayenne	2 OZ	2.72	2.72	
6127	LOS CHIL	CHILE POWDER GREEN	1 OZ	3.83	3.83	
6057	LOS CHIL	CHILE POWDER HABANERO	1 OZ	4.31	4.31	
6045	LOS CHIL	CHILE POWDER MOLIDO HOT	4 OZ	2.72	2.72	
6046	LOS CHIL	CHILE POWDER MOLIDO MILD	4 OZ	2.72	2.72	
25127	LOS CHIL	CHILE POWDER ORG ANCHO	2 OZ	4.55	4.55	
25126	LOS CHIL	CHILE POWDER ORG CAYENNE	2 OZ	3.57	3.57	
25125	LOS CHIL	CHILE POWDER ORG CHIPOTLE	2 OZ	4.55	4.55	
25121	LOS CHIL	CHILE POWDER ORG NEW MEX RED	4 OZ	5.22	5.22	
9482	DAVES	CHILE POWDER SMKD HABANERO	1 OZ JAR	3.38	3.38	
25124	LOS CHIL	CHILE WHOLE ORG CHIPOTLE	2 OZ	4.65	4.65	
25122	LOS CHIL	CHILE WHOLE ORG NEW MEX RED	2 OZ	3.63	3.63	
22117	ZOCALO	CHILI POWDER AJI AMARILLO ORG	2.2 OZ	3.64	3.64	
22119	ZOCALO	CHILI POWDER AJI PANCA ORG	2.2 OZ	3.88	3.88	
6052	LOS CHIL	CHILI POWDER CHIPOTLE	3 OZ	3.89	3.89	
6067	LOS CHIL	CORN HUSKS	6 OZ	3.99	3.99	
6062	LOS CHIL	EPAZOTE	.5 OZ	1.99	1.99	
21133	CHILEAN	MERKEN Chilean chile	1.76 OZ	4.25	4.25	3.79 3.79
6063	LOS CHIL	MEXICAN OREGANO	.5 OZ	1.95	1.95	
9010	BLUMTN	ADOBO SEASONING POWDER	10 OZ	2.75	2.75	2.45 2.45
6090	LOS CHIL	DIP GUACAMOLE OLE!	1 OZ	1.67	1.67	
6061	LOS CHIL	MIX BUFFALO WING	2 OZ	3.22	3.22	
6091	LOS CHIL	MIX JAMAICAN JERK	1 OZ	1.67	1.67	1.50 1.50
6059	LOS CHIL	MIX RED ENCHILADA	4 OZ	3.22	3.22	
6099	LOS CHIL	MIX TACO & BURRITO	1 OZ	1.67	1.67	
PREPARED FOODS						
8300	JUANITAS	HOMINY	29 OZ	1.99	1.99	1.79 1.79
20170	TAMBO	BEANS & RICE JAMAICAN	6 OZ	2.82	2.82	
32334	TAMBO	BEANS & RICE MEXICAN	6 OZ	2.82	2.82	
20168	TAMBO	BLACK BEANS & RICE CUBAN	6 OZ	2.82	2.82	
PRESERVES						
21137	XOXOC	MARMALADE PRICKLY PEAR s	8.8 OZ	6.05	6.05	4.54 4.54



RECIPE

"Can't Wait For Thanksgiving" Turkey Meatloaf

This is a yummy, moist meatloaf that will remind you of the flavors of Thanksgiving, a combination of turkey and stuffing wrapped into one. Enjoy!

Ingredients:

2 c coarsely crushed
Olivia's Traditional
Stuffing

2 c chicken broth
(reserve 1 cup for
gravy)

Item #30583
Pacific -
Chicken Broth ORG

1 ½ c chopped onion, ½
large, (reserve ½ cup
for gravy)

1 c chopped celery, 2
stalks

1 lb lean ground turkey
Item #61016
Murray's -
Ground Turkey

1 lb lean pork breakfast
sausage (reserve ¼ lb for
gravy)

1 t poultry seasoning
Item #2507
Bells -
Bells Seasoning

2 eggs
2 T flour for gravy
Salt and Black Pepper to
taste

Preheat oven to
375 degrees.

In a large bowl mix stuffing and
1 c chicken broth.

While stuffing is soaking, pre-
pare onion, celery and add to
stuffing mix along with ground
turkey and ¾ lb lean pork sau-
sage, eggs, poultry seasoning,
salt and pepper.

(continued on page 78)



RECIPE

"Can't Wait For Thanksgiving" Turkey Meatloaf continued

Combine ingredients, but do not over-mix.

Place meatloaf mixture into a large loaf pan or hand form into a loaf shape on a cookie sheet.

Bake for a total of 60 minutes, or until center of meatloaf reaches a temperature of 155 degrees.

Prepare gravy in a 12" fry pan over medium heat.

Sauté remaining ¼ lb of sausage and ½ cup of onion until tender. If your sausage is very lean you will need to add 1 T butter.

Add 2 T flour and stir until combined. Add 1 cup of chicken broth and simmer stirring frequently until gravy has thickened.

Adjust thickness by adding sifted flour or chicken broth if necessary. Salt and pepper to taste.

When meatloaf has baked for about 40 minutes, add gravy to the top and finish baking, approximately 20 minutes.



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
VEGETABLES						
9007	SANMAR	CACTUS in BRINE s	28 OZ	2.39	2.39	
25128	HATCH	TOMATILLOS CRUSHED	14 OZ	3.15	3.15	
33097	HATCH	TOMATO & GRN CHILE MIX diced	10 OZ	1.17	1.17	
22073	HATCH	TOMATOES DICED TEX MEX STYLE	10 OZ	1.17	1.17	
60306	HATCH	CHILES GREEN CHEF'S CUT	10 OZ	3.70	3.70	2.60 2.60
3530	HATCH	CHILES GREEN chopped mild	4 OZ	1.55	1.55	
3534	HATCH	CHILES GREEN diced hot	4 OZ	1.55	1.55	
3539	HATCH	CHILES GREEN diced mild	4 OZ	1.55	1.55	
22072	HATCH	CHILES GREEN whole	27 OZ	5.99	5.99	
3535	HATCH	CHILES GREEN whole mild	4 OZ	1.55	1.55	
20223	LAPREF	JALAPENOS ORG nacho sliced hot	11.5 OZ	2.22	2.22	
20222	LAPREF	JALAPENOS ORG nacho sliced mld	11.5 OZ	2.22	2.22	
8468	HATCH	PEPPER JALAPENO nacho slice gl	12 OZ	1.99	1.99	
9033	SANMAR	PEPPER JALAPENO nacho sliced	7 OZ CAN	.99	.99	
9004	LAPREF	PEPPER JALAPENO sliced	11 OZ	1.56	1.56	
9003	LAPREF	PEPPER JALAPENO whole	11 OZ	1.30	1.30	
9032	SANMAR	PEPPER JALAPENO whole	7 OZ CAN	.88	.88	
3531	HATCH	PEPPER JALAPNO nacho slice can	4 OZ	.95	.95	
9029	SANMAR	PEPPER SERRANO	7 OZ CAN	.88	.88	
9000	LAPREF	TOMATILLOS green tomato	11 OZ	1.99	1.99	

UNITED KINGDOM / BRITISH FOODS

BAKING MIXES

20250	BIRDS	CUSTARD POWDER	10.5 OZ	3.93	3.93	
20254	GOLD FRY	MIX YORKSHIRE PUDDING	5 OZ	1.76	1.76	

CANDY & CONFECTIONS

5529	SIMPKINS	HARD CANDY BLK CURRANT TIN s	6/7 OZ	2.21	13.26	
5519	SIMPKINS	HARD CANDY BUTTRSCOTCH TIN s	6/7 OZ	2.21	13.26	

COOKING SAUCES & INGREDIENTS

20233	BISTO	ORIGINAL GRAVY POWDER h	8 OZ	3.23	3.23	
20237	COLMAN	SAUCE MIX SHEPHERDS PIE	1.4 OZ	2.10	2.10	1.57 1.57
5506	HP	SAUCE BROWN	9 OZ	3.22	3.22	
22065	SOMERDL	DOUBLE DEVON CREAM	5.6 OZ	5.71	5.71	
22066	SOMERDL	ENGLISH CLOTTED CREAM	5.6 OZ	5.15	5.15	
41223	MARMITE	YEAST EXTRACT squeeze bottle	7.5 OZ	8.45	8.45	

COOKIES & BISCUITS

20243	MCVITIES	DIGESTIVES CARAMEL s	300 GR	3.90	3.90	
20245	MCVITIES	DIGESTIVES DK CHOC tube s	250 GR	3.90	3.90	
20244	MCVITIES	DIGESTIVES MILK CHOC tube s	250 GR	3.90	3.90	
20242	MCVITIES	DIGESTIVES ORIGINAL LARGE s	400 GR	3.31	3.31	
20241	MCVITIES	DIGESTIVES ORIGINAL s	250 GR	2.84	2.84	2.56 2.56

HERBS & SEASONINGS

30700	COLMANS	DRY MUSTARD	4 OZ	4.47	4.47	
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SWEETENERS

8061	LYLES	GOLDEN CANE SYRUP tin	10.6 OZ	3.41	3.41	
41189	LYLES	GOLDEN SYRUP plastic bottle	11 OZ	3.30	3.30	
5550	LYLES	SUGAR CASTER	17.6 OZ	3.23	3.23	

VINEGARS

34264	SARSONS	MALT VINEGAR	284 ML	1.83	1.83	
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c h o c o l a t

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
GROCERY BY CATEGORY							
BABY PRODUCTS							
15910	EARTHBS	CEREAL BROWN RICE ORG	8 OZ	3.50	3.50	3.15	3.15
15917	EARTHBS	TEETHING BISCUIT BARLEY WF ORG	4.6 OZ	2.55	2.55	2.22	2.22
15916	EARTHBS	TEETHING BISCUIT ORIGNL ORG	4.6 OZ	2.55	2.55	2.22	2.22
BAKING PRODUCTS							
41121	INDIA TR	NAT COLOR SET liq red/yel/blue	2.25 OZ	19.99	19.99	15.99	15.99
41251	JOBY & MA	DECORATING SUGAR GREEN natural	4 OZ	2.79	2.79		
41252	JOBY & MA	DECORATING SUGAR ORANGE natural	4 OZ	2.79	2.79		
41254	JOBY & MA	DECORATING SUGAR RED natural	4 OZ	2.79	2.79		
41250	JOBY & MA	DECORATING SUGAR BLUE natural	4 OZ	2.79	2.79		
41253	JOBY & MA	DECORATING SUGAR PINK natural	4 OZ	2.79	2.79		
41255	JOBY & MA	DECORATING SUGAR YELL natural	4 OZ	2.79	2.79		
5060	LETSDO	SPRINKLEZ CARNIVAL s	1 OZ	1.40	1.40		
5046	LETSDO	SPRINKLEZ CHOCOLATEY s	1 OZ	1.40	1.40		
5050	LETSDO	SPRINKLEZ CONFETTI s	1 OZ	1.40	1.40		
31302	LOVENBAK	ALMOND PASTE s	10 OZ	6.90	6.90		
31304	LOVENBAK	HAZELNUT PRALINE s	11 OZ	8.77	8.77		
31303	LOVENBAK	MARZIPAN s	11 OZ	5.81	5.81		
31305	LOVENBAK	PISTACHIO NUT PASTE s	11 OZ	6.51	6.51		
31306	LOVENBAK	SCHMEAR CHOCOLATE FILLING s	12 OZ	3.57	3.57		
31529	MATIN	SPREAD ALMOND CREAM s	7.76 OZ	8.05	8.05		
31528	MATIN	SPREAD CHESTNUT CREAM s	7.76 OZ	4.82	4.82		
34967	MR SPRNKL	SPRINKLES CHOCOLATE ALL NTRL s	6 OZ	3.19	3.19		
34968	MR SPRNKL	SPRINKLES RAINBOW ALL NTRL s	6 OZ	3.19	3.19		
41618	STRAMOND	MARZIPAN ORG Italy	8.8 OZ	8.73	8.73		
6344	EDEN	AGAR AGAR FLAKES (Kanten)	1 OZ	6.19	6.19		
41219	ROLAND	AGAR AGAR STRIPS	3 OZ	3.79	3.79	2.99	2.99
15228	BAKING	BAKEWELL CREAM	8 OZ	4.70	4.70		
1239	RUMFORD	BAKING POWDER non-alum	8.1 OZ	2.29	2.29		
2169	BAKING	BAKING SODA box	2#	2.19	2.19		
40431	ORG VALY	BUTTERMILK POWDER BLEND ORG	12 OZ	5.69	5.69	4.27	4.27
4293	ROLAND	CHESTNUT PUREE	16 OZ	6.65	6.65		
4523	LONGEVITY	CONDENSED MILK s	14 OZ	3.30	3.30		
1268	RUMFORD	CORNSTARCH non-gmo	12 OZ	1.89	1.89		
1276	LETSDO	CORNSTARCH ORG	6 OZ	2.29	2.29		
8598	ENER-G	EGG REPLACER GF	16 OZ	5.39	5.39		
41065	KINGARTH	FLOUR ITALIAN STYLE 00	3 LB	6.50	6.50		
33048	GINGERPE	GINGER CRYSTALLIZED ORG	4 OZ	2.85	2.85	2.28	2.28
1843	GINGERPE	GINGER MINCED	6.7 OZ	1.84	1.84		
6345	EDEN	KUZU ROOT STARCH ORGANIC	3.5 OZ	6.34	6.34	5.07	5.07
2543	FEARN	LECITHIN LIQUID	16 OZ	4.29	4.29		
40430	ORG VALY	MILK NON FAT DRY POWDER ORG	12 OZ	5.69	5.69	4.27	4.27
41380	BRAGG	NUTRI YEAST PREMIUM ORG	4.5 OZ	4.65	4.65	3.72	3.72
33272	LITTLEBA	POTATO STARCH MAINE	20 OZ	3.56	3.56		
30399	SPECTRM	SHORTENING ORG	24 OZ	5.80	5.80		
5581	GOLDRUSH	SOUREDUGH STARTER SAN FRAN	.5 OZ	2.01	2.01		
32034	LETSDO	TAPIOCA GRANULES ORG	6 OZ	2.32	2.32		
1057	BAKING	TAPIOCA PEARLS LARGE bag	14 OZ	1.25	1.25		
32033	LETSDO	TAPIOCA PEARLS ORG	6 OZ	2.30	2.30	1.99	1.99
1058	BAKING	TAPIOCA PEARLS SMALL bag	14 OZ	1.25	1.25		
33271	LITTLEBA	TAPIOCA STARCH EXPANDEX MOD	20 OZ	5.70	5.70		
32035	LETSDO	TAPIOCA STARCH ORG	6 OZ	2.39	2.39	2.15	2.15
2760	THAI	TAPIOCA STARCH retail pkg	14 OZ	1.61	1.61		
8055	POMONA	UNIVERSAL PECTIN	1 OZ	3.30	3.30		
2548	BOB'S	XANTHAN GUM	8 OZ	13.12	13.12		
3011	SAF	YEAST INST BREAD MACHINE jar	4 OZ	5.65	5.65		
1242	SAF	YEAST INSTANT BRICK bag	16OZ	3.19	3.19		
1123	RAPUNZEL	YEAST RIZE BAKING ORG	40 PKTS	1.35	54.00		
BAKING CHOCOLATE, COCOA & CAROB							
30284	CHATFLDS	CAROB POWDER canister	16 OZ	4.25	4.25		
30534	DAGOBA	CACAO POWDER ORG FT	8 OZ	6.17	6.17		
30458	DAGOBA	CHOCO DROPS ORG 73% DARK FT	8 OZ	6.12	6.12		
8372	EQUALX	COCOA BAKING ORG	8 OZ	6.49	6.49	4.54	4.54
30466	GHIRARD	CHOC BAKING BAR 70% XTRA BTR s	4 OZ	2.35	2.35		
30464	GHIRARD	CHOC BAKING BAR BITTERSWEET s	4 OZ	2.35	2.35		
30465	GHIRARD	CHOC BAKING BAR MILK s	4 OZ	2.35	2.35	2.09	2.09
30461	GHIRARD	CHOC BAKING BAR SEMISWEET s	4 OZ	2.35	2.35		
30463	GHIRARD	CHOC BAKING BAR UNSWEETENED	4 OZ	2.35	2.35		
30462	GHIRARD	CHOC BAKING BAR WHITE s	4 OZ	2.35	2.35		
4476	GHIRARD	CHOCOLATE CHIPS 60% BITTERSWEET	11.5 OZ	3.65	3.65		
4477	GHIRARD	CHOCOLATE CHIPS MILK	11.5 OZ	3.65	3.65		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
4478	GHIRARD	CHOCOLATE CHIPS SEMISWEET	12 OZ	3.65	3.65	
30469	GHIRARD	CHOCOLATE CHIPS WHITE s	11 OZ	3.65	3.65	
30467	GHIRARD	COCOA BAKING SWEET s	16 OZ	4.45	4.45	
30468	GHIRARD	COCOA BAKING UNSWEETENED	10 OZ	4.45	4.45	
2921	GREENBLK	COCOA POWDER ORG	4.4 OZ	3.95	3.95	
1985	RAPUNZEL	COCOA POWDER ORG FT	7.1 OZ	5.24	5.24	
31901	SCHARFEN	CHOC BAKING CHNK BITSWT 71% s	6 OZ	3.93	3.93	2.95
31902	SCHARFEN	CHOC BAKING CHNK SEMI SWT 71%	6 OZ	3.93	3.93	2.95
5261	SCHARFEN	HOMECHEF BAK BAR BTTRSWT 70% s	9.7 OZ	6.11	6.11	
5263	SCHARFEN	HOMECHEF BAK BAR SEMISWT 62% s	9.7 OZ	6.11	6.11	
5260	SCHARFEN	HOMECHEF BAK BAR UNSWT 99% s	9.7 OZ	7.40	7.40	
2800	SUNSPIRE	CHIP CAROB MALT SWT Vegan	10 OZ	4.00	4.00	
2812	SUNSPIRE	CHIP CHOC MALT SWT D/F	10 OZ	3.95	3.95	
2810	SUNSPIRE	CHIP DARK CHOC ORG 1000ct	9 OZ	4.50	4.50	
2807	SUNSPIRE	CHIPS CAROB UNSWEET 2000ct	10 OZ	4.09	4.09	
2811	SUNSPIRE	SUNDROPS CHOCOLATE	10 OZ	4.59	4.59	

BAKING EXTRACTS & FLAVORINGS

4515	ALWADI	WATER ORANGE BLOSSOM	10 OZ	2.55	2.55	
4514	ALWADI	WATER ROSE	10 OZ	2.55	2.55	
32228	BOYAJIAN	NATURAL ALMOND EXTRACT	1 OZ	1.82	1.82	
32225	BOYAJIAN	NATURAL ANISE FLAVOR	1 OZ	1.45	1.45	
32219	BOYAJIAN	NATURAL CHERRY FLAVOR	1 OZ	2.77	2.77	
32224	BOYAJIAN	NATURAL PEPPERMINT FLAVOR	1 OZ	2.04	2.04	
32220	BOYAJIAN	NATURAL RASPBERRY FLAVOR	1 OZ	2.04	2.04	
32215	BOYAJIAN	PURE LEMON OIL	1 OZ	2.65	2.65	
34336	BOYAJIAN	PURE LEMON OIL	5 OZ	11.09	11.09	
32217	BOYAJIAN	PURE LIME OIL	1 OZ	2.35	2.35	
32216	BOYAJIAN	PURE ORANGE OIL	1 OZ	1.57	1.57	
37335	BOYAJIAN	PURE ORANGE OIL	5 OZ	4.49	4.49	
32218	BOYAJIAN	PURE TANGERINE OIL	1 OZ	2.28	2.28	
1798	GINGERPE	GINGER JUICE naturally pressed	5 OZ	2.99	2.99	
41395	MADECASS	EXTRACT VANILLA PURE s	4 OZ	6.40	6.40	5.76
41386	MADECASS	EXTRACT VANILLA PURE s	2 OZ	4.60	4.60	
41394	MADECASS	VANILLA BEANS BOURBON 3 BN	3 CT	4.89	4.89	4.40
41396	MADECASS	VANILLA CANE SUGAR s	3.75 OZ	4.60	4.60	
41397	MADECASS	VANILLA POWDER PURE	1.1 OZ	7.39	7.39	6.65
41327	NIELSN M	PASTE VANILLA MADGASCR BOURBN	4 OZ	8.57	8.57	
1560	NIELSN M	VANILLA POWDER jar	2.5 OZ	14.20	14.20	
41078	SIMPLYOG	EXTRACT ALMOND ORG	2 OZ	3.85	3.85	
41077	SIMPLYOG	EXTRACT ALMOND ORG	4 OZ	6.66	6.66	
41122	SIMPLYOG	EXTRACT VANILLA ORG gf	4 OZ	7.15	7.15	6.44
41079	SIMPLYOG	FLAVOR LEMON ORG	2 OZ	3.46	3.46	
41080	SIMPLYOG	FLAVOR ORANGE ORG	2 OZ	3.46	3.46	
41081	SIMPLYOG	FLAVOR PEPPERMINT ORG	2 OZ	3.46	3.46	

BAKING MIXES

32314	1-2-3 GF	MIX BISCUIT SOUTHERN GLORY GF	1.11#	5.39	5.39	
39024	1-2-3 GF	MIX BROWNIE DEVILISH CHUNKS GF	1.91 #	7.99	7.99	
39021	1-2-3 GF	MIX BROWNIE DIVINELY RICH GF	1.53 #	5.39	5.39	
32316	1-2-3 GF	MIX BUNDT POUND CAKE CHOC GF	2.38#	7.99	7.99	
35123	1-2-3 GF	MIX CAKE YUMMY YELLOW GF	1.09#	5.39	5.39	
39020	1-2-3 GF	MIX COOKIE CHEWY CHIPLESS GF	1.5 #	5.39	5.39	
32317	1-2-3 GF	MIX MUFFIN/QUICKBREAD GF	1.03#	5.39	5.39	
39018	1-2-3 GF	MIX PAN BAR SWEET GOODNESS GF	1.28 #	5.39	5.39	
39023	1-2-3 GF	MIX PANCAKE ALLIES BUCKWHT GF	1.5 #	5.39	5.39	
39019	1-2-3 GF	MIX ROLL-OUT SUGAR COOKIE GF	1.35 #	6.39	6.39	
3372	ARROW	MIX BAKING ALL PURPOSE WF GF	28 OZ	5.39	5.39	
31021	CHEBE	MIX ALL PURPOSE BREAD DF WF/GF	7.5 OZ	2.60	2.60	
6107	CHEBE	MIX BREAD WF/GF	7.5 OZ	2.60	2.60	
6112	CHEBE	MIX BREADSTICK GAR/ONION WF/GF	7.5 OZ	2.60	2.60	
6110	CHEBE	MIX CINNAMON ROLL UP WF/GF/DF	7.5 OZ	2.60	2.60	
31022	CHEBE	MIX FOCACCIA WF/GF	7.5 OZ	2.60	2.60	
6109	CHEBE	MIX PIZZA CRUST WF/GF/DF	7.5 OZ	2.60	2.60	
6627	CHERRYBR	MIX CAKE CHOCOLATE Vg s	19 OZ	3.80	3.80	
6629	CHERRYBR	MIX CAKE YELLOW Vg s	20 OZ	3.80	3.80	3.23
6631	CHERRYBR	MIX COOKIE CHOC CHIP Vg s	15 OZ	3.80	3.80	2.99
6635	CHERRYBR	MIX FROSTING VANILLA Vg s GF	9 OZ	3.25	3.25	2.76
34062	CHERRYBR	WF/GF BROWNIE MIX	16 OZ	3.99	3.99	3.19
30276	CHERRYBR	WF/GF CAKE MIX CHOC s	16 OZ	3.99	3.99	3.19
30277	CHERRYBR	WF/GF COOKIE MIX CHOC CHIP s	14.2 OZ	3.99	3.99	3.19
30278	CHERRYBR	WF/GF COOKIE MIX SUGAR s	13.1 OZ	3.99	3.99	3.19
13154	DWD&RGR	MIX CAKE DARK VANILLA WF/GF s	14 OZ	5.15	5.15	
3152	DWD&RGR	MIX CAKE DUTCH CHOC WF/GF s	14 OZ	5.15	5.15	
3153	DWD&RGR	MIX CAKE GOLDEN LEMON WF/GF s	14 OZ	5.15	5.15	
7722	FIDDLERS	MIX CORN BREAD ORG s	15 OZ	3.59	3.59	
7712	FIDDLERS	MIX GINGERBREAD ORG	15 OZ	3.59	3.59	
7721	FIDDLERS	MIX MUFFIN BRAN DF ORG	15 OZ	3.59	3.59	
7723	FIDDLERS	MIX NEW ENGLAND BISCUIT ORG	15 OZ	3.59	3.59	
35583	HARIMSA	MIX FRENCH CREPES	17.6 OZ	3.58	3.58	
35584	HARIMSA	MIX SPANISH CHURROS	17.6 OZ	3.58	3.58	



Really Great Food Company

Since 1991, The Really Great Food Company has produced the highest quality gluten-free, wheat-free, soy-free and casein-free baking mixes for people with special dietary needs.

Our exquisite baking mixes are manufactured in our own facility where there is absolutely no risk of cross-contamination. This is extremely important to our owner, who as a celiac, is very sensitive to any trace of gluten.

Bread Mixes: Gluten Free Wheat Free

Rye-Style Bread Mix

Hearty and flavorful. Ideal for sandwiches and soups.

Ingredients: White rice flour, potato starch flour, brown sugar, cornstarch, xanthan gum, orange peel, salt, caraway seeds, gluten-free yeast packet.

Item #31923

French Bread - Country Farm Bread Mix

This Light & Crusty Bread has become a favorite among our most faithful customers. Makes French bread loaves or pizza crust when using the oven method directions. Easily prepared in a bread machine, this mix produces a Country Farm Bread that is guaranteed to lift your spirit.

Ingredients: White rice flour, potato starch flour, sugar, cornstarch, xanthan gum, salt, gluten-free yeast packet.

Item #31922

(continued on page 84)



Home-Style Cornbread Mix

Nothing satisfies like the earthy aroma and taste of freshly baked cornbread.

Ingredients: White rice flour, potato starch flour, cornmeal, sugar, cornstarch, aluminum-free baking powder, orange peel, xanthan gum, salt.

Item #31920

Cake Mixes

Coffee Crumb Cake Mix



A great complement to your morning cup of coffee. (Flour is needed to prepare crumbs).

Ingredients: White rice flour, potato starch flour, sugar, cornstarch, aluminum-free baking powder, baking soda, vanilla powder, lemon peel, xanthan gum, salt.

Item #31847

Grandma's Pound Cake Mix

Just about everyone's favorite. A taste you never get tired of. "Just Really Great!"

Ingredients: White rice flour, potato starch flour, sugar, cornstarch, aluminum-free baking powder, vanilla powder, mace, lemon peel, xanthan gum, salt.

Item #31846

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
BAKING MIXES - cont.						
31390	HOGAN	MIX BROWN IRISH SODA BREAD	16 OZ	4.59	4.59	2.99 2.99
31392	HOGAN	MIX IRISH SCONE s	16 OZ	4.59	4.59	2.99 2.99
31391	HOGAN	MIX WHITE IRISH SODA BREAD	16 OZ	4.59	4.59	2.99 2.99
41035	KINGARTH	CAKE MIX CHOC INDULGENCE s	21 OZ	9.95	9.95	7.99 7.99
41034	KINGARTH	CAKE MIX CHOCOLATE LAVA s	14 OZ	5.40	5.40	4.85 4.85
41033	KINGARTH	CAKE MIX LEMON BUTTERMILK s	25 OZ	7.93	7.93	
41045	KINGARTH	MUFFIN MIX CRANBERRY ORANGE s	16 OZ	5.51	5.51	
41047	KINGARTH	MUFFIN MIX LEMON POPPY s	20 OZ	5.51	5.51	
41048	KINGARTH	MUFFIN MIX PUMPKIN SPICE s	22 OZ	6.67	6.67	
41037	KINGARTH	SCONE MIX CHERRY ALMOND s	18 OZ	6.92	6.92	
41041	KINGARTH	SCONE MIX CINNAMON FILLED s	23 OZ	7.93	7.93	
41039	KINGARTH	SCONE MIX VERMONT MAPLE OAT s	16 OZ	5.44	5.44	
33270	LITTLEBA	MIX ALL PURPOSE BREAKFAST GF V	14.2 OZ	5.39	5.39	4.31 4.31
33268	LITTLEBA	MIX COOKIE BAR GF Vg	24.7 OZ	5.39	5.39	4.31 4.31
33267	LITTLEBA	MIX CORN BREAD & MUFFIN GF Vg	12.6 OZ	4.15	4.15	3.32 3.32
30738	LITTLEBA	MIX GINGERBREAD COOKIE GF Vg	15.01 OZ	4.80	4.80	3.84 3.84
30735	LITTLEBA	MIX PUMPKIN BREAD GF Vg	21.65 OZ	4.80	4.80	3.84 3.84
30737	LITTLEBA	MIX SPONGE CAKE GF Vg	19.75 OZ	4.80	4.80	
30736	LITTLEBA	MIX WAFFLE/DONUT HOLE GF Vg	13.35 OZ	4.15	4.15	3.32 3.32
33269	LITTLEBA	MIX YELLOW CAKE GF Vg	24.2 OZ	5.39	5.39	4.31 4.31
35506	MORGANS	MIX GINGERBRD BLUBRY ORG WF DF	24 OZ	6.15	6.15	
35502	MORGANS	MIX MUFFIN BLUEBERRY ORG	24 OZ	6.80	6.80	
35503	MORGANS	MIX MUFFIN MAPLE CORN ORG	24 OZ	3.80	3.80	
35504	MORGANS	MIX MUFFIN ORANGE BRAN ORG DF	24 OZ	4.00	4.00	
30595	NAMASTE	MIX BLONDIES WF/GF Vg s	30 OZ	5.80	5.80	
33022	NAMASTE	MIX BREAD WF/GF	16 OZ	5.15	5.15	
30596	NAMASTE	MIX BROWNIES WF/GF Vg s	30 OZ	5.80	5.80	
30598	NAMASTE	MIX CHOCOLATE CAKE WF/GF Vg s	26 OZ	5.70	5.70	
30603	NAMASTE	MIX MUFFINS SUGAR FR WF/GF Vg	14 OZ	4.23	4.23	
30602	NAMASTE	MIX MUFFINS WF/GF Vg s	16 OZ	4.27	4.27	
30699	NAMASTE	MIX PIZZA CRUST WF/GF Vg	16 OZ	5.15	5.15	4.64 4.64
30597	NAMASTE	MIX SPICE CAKE WF/GF Vg s	26 OZ	5.51	5.51	
30599	NAMASTE	MIX VANILLA CAKE WF/GF Vg s	26 OZ	5.70	5.70	
1640	NOPUDGE	BROWNIE MIX FUDGE F/F	13.7 OZ	3.25	3.25	
7364	PAMELAS	BROWNIE MIX CHOC WF/GF	16 OZ	5.39	5.39	
30787	PEMBERT	SCONE MIX WILD BLUEBERRY	14 OZ	4.95	4.95	
31922	REALLYGT	MIX BREAD FRENCH gf k s	13 OZ	4.63	4.63	4.03 4.03
31921	REALLYGT	MIX BREAD PUMPKIN gf k s	19 OZ	5.51	5.51	4.80 4.80
31923	REALLYGT	MIX BREAD RYE STYLE gf k s	19 OZ	5.51	5.51	4.80 4.80
31847	REALLYGT	MIX CAKE COFFEE CRUMB gf k s	20 OZ	5.51	5.51	4.80 4.80
31848	REALLYGT	MIX CAKE DEVILS FOOD gf k s	23 OZ	6.36	6.36	5.53 5.53
31846	REALLYGT	MIX CAKE POUND gf k s	20 OZ	5.51	5.51	4.80 4.80
31845	REALLYGT	MIX COOKIE BUTTER gf k s	15 OZ	4.92	4.92	4.28 4.28
31843	REALLYGT	MIX COOKIE CHOC CRINKLE gf k s	16 OZ	5.07	5.07	4.41 4.41
31844	REALLYGT	MIX COOKIE VERSATILE gf k s	15 OZ	4.92	4.92	4.28 4.28
31920	REALLYGT	MIX CORNBREAD HOMESTYLE gf k s	28 OZ	6.41	6.41	5.58 5.58
31849	REALLYGT	MIX MUFFIN APPLE SPICE gf k s	13 OZ	5.04	5.04	4.38 4.38
31924	REALLYGT	MIX PIE CRUST gf k s	13 OZ	4.63	4.63	4.03 4.03
31842	REALLYGT	MIX BREAD BANANA v gf k s	19 OZ	5.52	5.52	
31830	REALLYGT	MIX BREAD WHITE v gf k s	20 OZ	5.52	5.52	
31837	REALLYGT	MIX BROWNIE v gf k s	21 OZ	6.21	6.21	
31834	REALLYGT	MIX CAKE ANGEL FOOD v gf k s	15 OZ	5.47	5.47	
31833	REALLYGT	MIX CAKE CHOCOLATE v gf k s	23 OZ	6.23	6.23	4.98 4.98
31832	REALLYGT	MIX CAKE GOLDEN v gf k s	23 OZ	5.96	5.96	4.77 4.77
31835	REALLYGT	MIX CAKE LEMON POPPY v gf k s	23 OZ	5.96	5.96	
31836	REALLYGT	MIX CAKE PINEAPPLE v gf k s	20 OZ	5.52	5.52	
31838	REALLYGT	MIX CLASSIC PANCAKE v gf k s	16 OZ	4.67	4.67	
31841	REALLYGT	MIX MUFFIN CORN BREAD v gf k s	13 OZ	4.63	4.63	
31840	REALLYGT	MIX MUFFIN VANILLA v gf k s	12 OZ	4.62	4.62	
31831	REALLYGT	MIX OLD TIME BISCUIT v gf k s	15 OZ	4.66	4.66	
31839	REALLYGT	MIX PIZZA CRUST v gf k s	16 OZ	4.67	4.67	
BEANS, CANNED						
6326	EDEN	BEANS ADUKI ORG USA	15 OZ	1.74	1.74	
6427	EDEN	BEANS BLACK ORG USA	15 OZ	1.74	1.74	
6424	EDEN	BEANS BLACK SOY ORG USA	15 OZ	1.74	1.74	
6428	EDEN	BEANS BUTTER ORG USA	15 OZ	1.74	1.74	
6422	EDEN	BEANS CANNELLINI ORG USA	15 OZ	1.74	1.74	
6421	EDEN	BEANS GARBANZO ORG	15 OZ	1.74	1.74	
6419	EDEN	BEANS GREAT NORTHERN ORG USA	15 OZ	1.74	1.74	
6418	EDEN	BEANS KIDNEY ORG USA	15 OZ	1.74	1.74	
6432	EDEN	BEANS NAVY ORG USA	15 OZ	1.74	1.74	
6431	EDEN	BEANS PINTO ORG USA	15 OZ	1.74	1.74	
6429	EDEN	BEANS SMALL RED ORG USA	15 OZ	1.74	1.74	
6426	EDEN	BLACK EYED PEAS ORG USA	15 OZ	1.74	1.74	
20227	LAPREF	BEANS BLACK ORG	15 OZ	1.39	1.39	
20226	LAPREF	BEANS CHICK PEAS ORG	15 OZ	1.39	1.39	
20228	LAPREF	BEANS PINTO ORG	15 OZ	1.39	1.39	
34662	NATVALUE	BEANS BLACK ORG	12/14.5 OZ	1.09	13.08	
34663	NATVALUE	BEANS GARBANZO ORG	12/14.5 OZ	1.09	13.08	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
34665	NATVALUE	BEANS KIDNEY DK RED ORG	12/14.5 OZ	1.09	13.08	.82	9.84
34664	NATVALUE	BEANS PINTO ORG	12/14.5 OZ	1.09	13.08	.82	9.84
1888	ROLAND	BEANS FLAGEOLETS GREEN	14 OZ	1.89	1.89		
5512	WESTBRAE	BEANS BLACK ORG	25 OZ	2.35	2.35		
5511	WESTBRAE	BEANS GARBANZO ORG	25 OZ	2.35	2.35		
5514	WESTBRAE	BEANS KIDNEY ORG	25 OZ	2.35	2.35		
5513	WESTBRAE	BEANS PINTO ORG	25 OZ	2.35	2.35		
5522	WESTBRAE	ORG BEANS BLACK	15 OZ	1.80	1.80		
5526	WESTBRAE	ORG BEANS CHILI F/F	15 OZ	1.80	1.80		
5521	WESTBRAE	ORG BEANS GARBANZO L/F	15 OZ	1.80	1.80		
5523	WESTBRAE	ORG BEANS GREAT NORTHERN F/F	15 OZ	1.80	1.80		
5524	WESTBRAE	ORG BEANS KIDNEY F/F	15 OZ	1.80	1.80		
5525	WESTBRAE	ORG BEANS PINTO F/F	15 OZ	1.80	1.80		
5518	WESTBRAE	ORG BEANS RED F/F	15 OZ	1.80	1.80		
5528	WESTBRAE	ORG BEANS SALAD L/F	15 OZ	1.80	1.80		

BEANS, CANNED - BAKED

4799	AMYS	BEANS BAKED VEGETARIAN ORG	15 OZ	2.28	2.28		
35076	BARHAR	BEANS BAKED SOLDIER s v	16 OZ	2.03	2.03		
35075	BARHAR	BEANS BAKED YELLOW EYE s v	16 OZ	2.03	2.03		
6312	EDEN	BEANS BAKED/SORGHM/MUST ORG	15 OZ	2.25	2.25		

BEANS, CANNED - REFRIED

50258	AMYS	REFRIED BEANS TRAD ORG vg	15.4 OZ	2.19	2.19		
3359	EDEN	REFRIED BEANS BLACK ORG USA	16 OZ	1.79	1.79	1.59	1.59
3360	EDEN	REFRIED BEANS KIDNEY ORG USA	15 OZ	1.79	1.79		
3361	EDEN	REFRIED BEANS PINTO ORG USA	16 OZ	1.79	1.79		
9017	LAPREF	REFRIED BEANS VEGETARIAN	16 OZ	1.25	1.25		
4327	LITTLEBE	REFRIED BEANS FAT FR GR CHILES	16 OZ	2.15	2.15	1.94	1.94
4325	LITTLEBE	REFRIED BEANS FAT FR REGULAR	16 OZ	2.15	2.15	1.94	1.94

BEANS, DRIED & PACKAGED

5941	D'ALLAS	BEANS BABY BUTTER	12 OZ	2.58	2.58		
5990	D'ALLAS	BEANS BLACK TURTLE	12 OZ	2.68	2.68	2.41	2.41
5944	D'ALLAS	BEANS CANNELLINI	12 OZ	2.32	2.32		
5946	D'ALLAS	BEANS CRANBERRY (BERLOTTI)	12 OZ	2.52	2.52		
5947	D'ALLAS	BEANS FAVA	12 OZ	3.63	3.63		
5948	D'ALLAS	BEANS FERMENTED BLACK	12 OZ	3.09	3.09		
5949	D'ALLAS	BEANS FLAGEOLET	12 OZ	3.17	3.17		
5950	D'ALLAS	BEANS FRENCH NAVY	12 OZ	2.21	2.21		
5951	D'ALLAS	BEANS GIANT PERU LIMA	12 OZ	2.83	2.83		
5958	D'ALLAS	BEANS SPLIT MUNG	12 OZ	2.93	2.93	2.64	2.64
5954	D'ALLAS	BLACK EYE PEAS	12 OZ	2.46	2.46		
5960	D'ALLAS	CHANA DAL	12 OZ	2.31	2.31		
5940	D'ALLAS	LENTILS AUTUMN BLEND	12 OZ	3.02	3.02		
5965	D'ALLAS	LENTILS BLACK BELUGA	12 OZ	2.92	2.92		
5993	D'ALLAS	LENTILS FRENCH GREEN	12 OZ	2.47	2.47		
5967	D'ALLAS	LENTILS IVORY WHITE	12 OZ	2.88	2.88		
5992	D'ALLAS	LENTILS PETITE GOLDEN	12 OZ	2.88	2.88	2.59	2.59
6002	D'ALLAS	LENTILS RED CHIEF	12 OZ	2.58	2.58		
5994	D'ALLAS	LENTILS SPANISH PARDINA	12 OZ	2.99	2.99		
8201	TIMELESS	LENTILS PARDINA usa	16 OZ	4.05	4.05	2.39	2.39
53100	EDEN	BEANS BLK TURTLE ORG USA dry	16 OZ	2.94	2.94		
53101	EDEN	BEANS DK RED KIDNEY ORG US dry	16 OZ	3.33	3.33		
53102	EDEN	BEANS GARBANZO ORG USA dry	16 OZ	3.21	3.21		
53105	EDEN	BEANS LENTILS GRN ORG USA dry	16 OZ	2.80	2.80		
53104	EDEN	BEANS NAVY ORG USA dry	16 OZ	2.87	2.87		
53103	EDEN	BEANS PINTO ORG USA dry	16 OZ	2.94	2.94		
8150	TIMELESS	LENTILS BLACK BELUGA ORG usa	16 OZ	4.05	4.05		
8153	TIMELESS	LENTILS DU PUY STYLE ORG usa	16 OZ	4.05	4.05		
8151	TIMELESS	LENTILS GREEN ORG usa	16 OZ	3.65	3.65		
8152	TIMELESS	LENTILS HARVEST GOLD ORG usa	16 OZ	4.35	4.35		
8154	TIMELESS	LENTILS PETITE CRIMSON ORG usa	16 OZ	4.35	4.35		
8156	TIMELESS	PEAS YELLOW SPLIT ORG usa	16 OZ	3.75	3.75		

BEVERAGES, JUICE

30795	AMY&BRI	COCONUT JUICE Pulp free	4/6/10 OZ	1.02	24.48		
30506	AMY&BRI	COCONUT JUICE Pulp free	12/17.5 OZ	1.65	19.80		
32048	AMY&BRI	COCONUT JUICE Pulp free w/LIME	12/17.5 OZ	1.65	19.80		
6600	AMY&BRI	COCONUT JUICE W/Pulp	12/17.5 OZ	1.65	19.80		
30797	AMY&BRI	MANGOSTEEN W/PASSIONFRUIT s	12/8.45 OZ	1.33	15.96	1.00	12.00
30796	AMY&BRI	MANGOSTEEN W/POMEGRANATE s	12/8.45 OZ	1.33	15.96	1.00	12.00
15303	BIONAT	NECTAR APPLE ORG	6/25.4 OZ	3.45	20.70		
15300	BIONAT	NECTAR APRICOT ORG	6/25.4 OZ	3.45	20.70		
15305	BIONAT	NECTAR BILBERRY ORG	6/25.4 OZ	3.45	20.70		
15306	BIONAT	NECTAR CARROT-APPLE ORG	6/25.4 OZ	3.45	20.70		
15301	BIONAT	NECTAR PEACH ORG	6/25.4 OZ	3.45	20.70		
15302	BIONAT	NECTAR PEAR ORG	6/25.4 OZ	3.45	20.70		
15304	BIONAT	NECTAR PLUM ORG	6/25.4 OZ	3.45	20.70		
15324	BIONAT	NECTAR SICILIAN LEMON ORG	6/25.4 OZ	3.45	20.70		
15325	BIONAT	NECTAR SOUR CHERRY ORG	6/25.4 OZ	3.45	20.70		
15326	BIONAT	NECTAR STRAWBERRY ORG	6/25.4 OZ	3.45	20.70		
15327	BIONAT	NECTAR WILD BERRY ORG	6/25.4 OZ	3.45	20.70		



Pumpkin Bread Cake Mix



The home-made taste of pumpkin pie with the rich and moist texture of our cakes. A unique creation sure to win your approval. (Requires real pumpkin)

Ingredients: White rice flour, potato starch flour, sugar, cornstarch, aluminum-free baking powder, baking soda, vanilla powder, orange peel, xanthan gum, salt.

Item #31921

Devil's Food Cake Mix (Aunt Tootsie's)



The first lady of chocolate has done it again! Aunt Tootsie has come out of retirement for what might be her greatest performance yet.

Ingredients: White rice flour, potato-starch flour, Dutch cocoa, sugar, cornstarch, aluminum-free baking powder, baking soda, vanilla powder, xanthan gum, salt.

Item #31848

(continued on page 86)



Flaky Pie Crust Mix

Your search for the perfect gluten-free pie crust is over. This mix is dynamite for any pie you have in mind. Wait 'til you taste this one! (Makes upper & lower crusts)

Ingredients: White rice flour, potato starch flour, sugar, cornstarch, aluminum-free baking powder, xanthan gum, salt.

Item #31924

Apple Spice Muffin Mix



This unique alliance of special spices and real dried apple pieces provides a taste only earth's resources could yield.

Ingredients: White rice flour, potato starch flour, organic brown rice flour, sugar, aluminum-free baking powder, cinnamon, nutmeg, xanthan gum, salt, dried apple pieces.

Item #31849

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
BEVERAGES, JUICE - cont.						
2870	BIOTTA	JUICE BEET ROOT ORG	6/16.9 OZ	5.69	34.14	
33360	BIOTTA	JUICE BEET ROOT ORG	12/8.4 OZ	3.09	37.08	
33363	BIOTTA	JUICE BREAKFAST ORG	12/8.4 OZ	3.69	44.28	2.99 35.88
2875	BIOTTA	JUICE BREUSS VEGETABLE ORG	6/16.9 OZ	5.69	34.14	
33361	BIOTTA	JUICE CARROT ORG	12/8.4 OZ	3.09	37.08	2.47 29.64
33364	BIOTTA	JUICE ELDERBERRY ORG s	12/8.4 OZ	3.69	44.28	
33365	BIOTTA	JUICE ENERGY DRINK ORG	12/8.4 OZ	3.69	44.28	
33362	BIOTTA	JUICE VEGETABLE COCKTAIL ORG	12/8.4 OZ	3.09	37.08	
41382	BRAGG	APPLE CIDR VIN DRNK W/GING ORG	12/16 OZ	1.99	23.88	
41383	BRAGG	APPLE CIDR VIN DRNK W/GRAP ORG	12/16 OZ	1.99	23.88	
41381	BRAGG	APPLE CIDR VIN DRNK W/HONY ORG	12/16 OZ	1.99	23.88	
31200	CALVALLS	JUICE CLEMENTINE ORG Spain	6/1 LTR	6.15	36.90	5.54 33.24
31201	CALVALLS	JUICE TOMATO ORG Spain	6/1 LTR	4.10	24.60	
6322	EDEN	JUICE APPLE ORGANIC	6/64 OZ	6.29	37.74	5.03 30.18
36384	ELITE	JUICE ACAI 100% ORG	12/125 ML	3.39	40.68	2.69 32.28
36383	ELITE	JUICE POM ACAI BLK MULBRY ORG	12/125 ML	1.39	16.68	
36380	ELITE	JUICE POMEGRANATE ORG	12/125 ML	1.39	16.68	
36381	ELITE	JUICE WATERMELON ORG	12/125 ML	1.39	16.68	
6242	KNUDSEN	JUICE ACAI BERRY ORG	12/32 OZ	4.99	59.88	
39050	KNUDSEN	JUICE APPLE	24/8 OZ	.77	18.48	
5029	KNUDSEN	JUICE APPLE ORG	12/32 OZ	2.99	35.88	
33357	KNUDSEN	JUICE BLUEBERRY LIGHT	12/32 OZ	2.95	35.40	2.65 31.80
5033	KNUDSEN	JUICE CONCORD GRAPE ORG	12/32 OZ	3.63	43.56	
33358	KNUDSEN	JUICE CRANBERRY LIGHT	12/32 OZ	2.95	35.40	2.65 31.80
39054	KNUDSEN	JUICE CRANBERRY NECTAR	24/8 OZ	.77	18.48	
39053	KNUDSEN	JUICE GRAPEFRUIT	24/8 OZ	.77	18.48	
6233	KNUDSEN	JUICE JUST CRANBERRY	12/32 OZ	6.47	77.64	
5031	KNUDSEN	JUICE JUST POMEGRANATE	12/32 OZ	6.15	73.80	
39051	KNUDSEN	JUICE MORNING BLEND	24/8 OZ	.77	18.48	
4221	KNUDSEN	JUICE MORNING BLEND	12/32 OZ	2.95	35.40	
39052	KNUDSEN	JUICE ORANGE	24/8 OZ	.77	18.48	
39055	KNUDSEN	JUICE PAPAYA NECTAR	24/8 OZ	.77	18.48	.58 13.92
33359	KNUDSEN	JUICE POMEGRANATE LIGHT	12/32 OZ	2.95	35.40	2.65 31.80
6247	KNUDSEN	JUICE PRUNE ORG	12/32 OZ	4.99	59.88	3.99 47.88
6278	KNUDSEN	JUICE VERY VEGGIE	24/8 OZ	.87	20.88	.77 18.48
4234	KNUDSEN	JUICE VERY VEGGIE spicy	12/32 OZ	2.95	35.40	
6243	KNUDSEN	JUICE YUMBERRY ORG	12/32 OZ	4.99	59.88	
35405	LIV ORG	SPORTS DRINK BERRY ORG	12/12 OZ	1.24	14.88	.89 10.68
35408	LIV ORG	SPORTS DRINK CTRUS PASSN ORG	12/12 OZ	1.24	14.88	.89 10.68
35407	LIV ORG	SPORTS DRINK LEMON ORG	12/12 OZ	1.24	14.88	1.09 13.08
35406	LIV ORG	SPORTS DRINK ORANGE ORG	12/12 OZ	1.24	14.88	.89 10.68
34329	LUVLI	JUICE MEGA BEET	12/10 OZ	1.71	20.52	1.03 12.36
35140	MARCOPOL	JUICE BLUEBERRY	12/33 OZ	3.40	40.80	
35141	MARCOPOL	JUICE POMEGRANATE	12/33 OZ	3.40	40.80	
35142	MARCOPOL	JUICE POMEGRANATE BLUEBERRY	12/33 OZ	3.40	40.80	
32263	NATURFAC	COCONUT WATER YOUNG ORG vg gf	12/10 OZ	1.60	19.20	
30490	PALDO	ALOE VERA DRINK s	59.14 OZ	3.38	3.38	
30491	PALDO	ALOE VERA DRINK s	16.9 OZ	1.61	1.61	
6241	SANTACRZ	JUICE LEMONADE MANGO ORG s	12/32 OZ	2.49	29.88	2.24 26.88
6251	SANTACRZ	JUICE LEMONADE ORIGINAL ORG s	12/32 OZ	2.49	29.88	
6248	SANTACRZ	JUICE LEMONADE RASPBERRY ORG s	12/32 OZ	2.49	29.88	
6249	SANTACRZ	JUICE LEMONADE STRAWBRY ORG s	12/32 OZ	2.49	29.88	
6252	SANTACRZ	JUICE LIMEADE ORG s	12/32 OZ	2.49	29.88	
5307	VOLCANO	JUICE BLOOD ORANGE ORG	6/25.3 OZ	4.29	25.74	
39062	VOLCANO	JUICE BLOOD ORANGE ORG s	12/8.45OZ	2.31	27.72	
39060	VOLCANO	JUICE LEMONADE ORG s	6/25.3 OZ	3.53	21.18	
39061	VOLCANO	JUICE LIMEADE ORG s	6/25.3 OZ	3.53	21.18	
39063	VOLCANO	JUICE TANGERINE ORG s	12/8.45OZ	2.31	27.72	1.96 23.52
5306	VOLCANO	JUICE TANGERINE ORG s	6/25.3 OZ	4.29	25.74	
BEVERAGES, JUICE CONCENTRATES						
6388	EDEN	JUICE CONCENTRATE CHERRY ORG	7.5 OZ	14.57	14.57	11.66 11.66
36021	FLAVRZ	DRINK CONC CHERRY BERRY ORG s	16 OZ	4.25	4.25	
36023	FLAVRZ	DRINK CONC LEMON & LIME ORG s	16 OZ	4.25	4.25	3.79 3.79
36022	FLAVRZ	DRINK CONC TROPICAL ORG s	16 OZ	4.25	4.25	3.79 3.79
36024	FLAVRZ	DRNK CONC PKT CHERRY BRY ORG s	6/1 OZ	3.49	3.49	
36025	FLAVRZ	DRNK CONC PKT LEM LIME ORG s	6/1 OZ	3.49	3.49	
36026	FLAVRZ	DRNK CONC PKT TROPICAL ORG s	6/1 OZ	3.49	3.49	
36010	HAFI	DRINK CONCENTRATE LINGONBRY s	16 OZ	5.62	5.62	4.50 4.50
6230	KNUDSEN	JUICE CONCENTRATE CRANBERRY	8 OZ	8.15	8.15	
4205	SANTACRZ	JUICE LEMON 100% ORG	16 OZ	3.75	3.75	
4210	SANTACRZ	JUICE LIME 100% ORG	16 OZ	3.65	3.65	
5300	VOLCANO	JUICE LEMON ORGANIC	1 LTR	5.19	5.19	
5309	VOLCANO	JUICE LEMON ORG squeeze bottle	12/200 ML	1.58	18.96	1.19 14.28
5303	VOLCANO	JUICE LIME ORG squeeze bottle	12/200 ML	1.58	18.96	1.19 14.28
BEVERAGES, JUICES - ACSEPTICS						
2889	APLEVE	JUICE APPLE	9/3/8.45OZ	.66	17.82	
3662	CARLSON	BOX APPLE CIDER 100% k	8/4.23 OZ	.40	3.20	
36373	HONSTKID	QNCHEER APPELY EVER ORG 8 pk	8/6.75 OZ	.46	3.68	.37 2.96
34395	HONSTKID	QNCHEER BERRY LEMON ORG 8 pk	8/6.75 OZ	.46	3.68	.37 2.96

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
34396	HONSTKID	QNCHER GOOD GRAPE ORG 8 pk	8/6.75 OZ	.46	3.68	.37	2.96
34397	HONSTKID	QNCHER SUPR FRT PUNCH ORG 8pk	8/6.75 OZ	.46	3.68		
34394	HONSTKID	QNCHER TROP PUNCH ORG 8 pk	8/6.75 OZ	.46	3.68	.37	2.96
5020	KNUDSEN	BOX APPLE ORG	27/8 OZ	.88	23.76		
31096	KNUDSEN	BOX GRAPE	27/8 OZ	.89	24.03		
5021	KNUDSEN	BOX PEAR ORG	27/8 OZ	.88	23.76		
32061	MYSMOOTH	mySMOOTHIE MANGO	12/250 ML	1.50	18.00		
32064	MYSMOOTH	mySMOOTHIE PEACH	12/250 ML	1.50	18.00		
32063	MYSMOOTH	mySMOOTHIE STRAWBERRY	12/250 ML	1.50	18.00		
32060	MYSMOOTH	mySMOOTHIE BLUEBERRY	12/250 ML	1.50	18.00		
32062	MYSMOOTH	mySMOOTHIE RASPBERRY	12/250 ML	1.99	23.88		
5002	SANTACRZ	BOX GRAPE ORG	27/8 OZ	.80	21.60		
5011	SANTACRZ	BOX LEMONADE ORG	27/8 OZ	.80	21.60		
32051	ZICO	n/a COCONUT WATER MANGO	12/11 OZ	1.38	16.56		
32052	ZICO	n/a COCONUT WATER NATURAL	12/11 OZ	1.38	16.56		
32053	ZICO	n/aCOCONUT WATER PASSION/ORN	12/11 OZ	1.38	16.56		

BEVERAGES, SPARKLING

20426	BAVARIA	MALT BEVERAGE NO ALCHL APPLE s	4/6/8OZ	1.15	27.60	.99	23.76
20425	BAVARIA	MALT BEVERAGE NO ALCHL REG s	4/6/8OZ	1.15	27.60	.92	22.08
30122	BELVOIR	GINGER BEER ORG s	24/250 ML	1.71	41.04		
20150	BELVOIR	SPARKLING LEMONADE ORG s	12/25 OZ	3.74	44.88		
6376	BLUSKY	ORG BLK CHERRY CHERISH	24/12 OZ	.67	16.08		
6375	BLUSKY	ORG GINGER ALE	24/12 OZ	.67	16.08		
6377	BLUSKY	ORG NEW CENTURY COLA	24/12 OZ	.67	16.08		
6399	BLUSKY	ORG ORANGE DIVINE	24/12 OZ	.67	16.08		
6379	BLUSKY	ORG ROOTBEER ENCORE s	24/12 OZ	.67	16.08		
6395	BLUSKY	SODA BLACK CHERRY fr	24/12 OZ	.55	13.20		
6400	BLUSKY	SODA CHERRY VANILLA CREME fr	24/12 OZ	.55	13.20		
6405	BLUSKY	SODA COLA NATURAL fr	24/12 OZ	.55	13.20		
6409	BLUSKY	SODA GRAPE fr	24/12 OZ	.55	13.20		
6413	BLUSKY	SODA JAMAICAN GINGER ALE fr	24/12 OZ	.55	13.20		
6415	BLUSKY	SODA LEMON LIME fr	24/12 OZ	.55	13.20		
6423	BLUSKY	SODA ORANGE CREAM	24/12 OZ	.55	13.20		
6425	BLUSKY	SODA RASPBERRY fr	24/12 OZ	.55	13.20		
6430	BLUSKY	SODA ROOT BEER NATURAL fr	24/12 OZ	.55	13.20		
30229	BLUSKY	TEA SODA GREEN IMPERIAL LIME s	24/12 OZ	.55	13.20		
30228	BLUSKY	TEA SODA GREEN PEACH MIST s	24/12 OZ	.55	13.20		
30230	BLUSKY	TEA SODA WHITE POMEGRANATE s	24/12 OZ	.55	13.20		
35580	EFFERVE	SPARKLING FRNCH LMNADE PINK s	24/11.2 OZ	1.59	38.16		
35582	EFFERVE	SPARKLING FRNCH LMNADE POMBLUE	24/11.2 OZ	1.59	38.16		
35579	EFFERVE	SPARKLING LEMONADE s	24/11.2 OZ	1.59	38.16		
35595	EFFERVE	SPKLING BLOOD ORANGE ENRGY s	12/25.4 OZ	3.65	43.80		
35575	EFFERVE	SPKLING FRNCH LEMONADE PINK s	12/25.4 OZ	3.65	43.80		
35577	EFFERVE	SPKLING FRNCH LEMONADE s	12/25.4 OZ	3.65	43.80		
35574	EFFERVE	SPKLING LEMONADE TRAD s	12/25.4 OZ	3.65	43.80		
80101	FENTIMAN	4 PK CURIOSITY COLA	6/4/275ML	1.35	32.40		
30613	FENTIMAN	4 PK DANDELION & BURDOCK	6/4/275ML	1.35	32.40		
3414	FENTIMAN	4 PK GINGER BEER s	6/4/275ML	1.35	32.40		
3417	FENTIMAN	4 PK SEVILLE ORANGE JIGGER	6/4/275ML	1.35	32.40		
3415	FENTIMAN	4 PK VICTORIAN LEMONADE	6/4/275ML	1.35	32.40		
4598	FIZZYLI	SPRKLING JCE APPLE	6/4/12 OZ	1.05	25.20		
4569	FIZZYLI	SPRKLING JCE CRANBERRY	6/4/12 OZ	1.05	25.20		
4597	FIZZYLI	SPRKLNG JCE GRAPE	6/4/12 OZ	1.05	25.20		
4568	FIZZYLI	SPRKLNG JCE GRAPEFRUIT	6/4/12 OZ	1.05	25.20		
4567	FIZZYLI	SPRKLNG JCE PINEAPPLE	6/4/12 OZ	1.05	25.20		
34469	FIZZYLI	SPRKLNG JCE POMEGRANATE	6/4/12 OZ	1.05	25.20		
30195	FIZZYLI	SPRKLNG JCE RASPBERRY LEMON	6/4/12 OZ	1.05	25.20		
34468	FIZZYLI	SPRKLNG JCE TANGERINE	6/4/12 OZ	1.05	25.20		
32546	GALVANIN	SODA BLOOD ORANGE ORG k s	6/4/12 OZ	1.24	29.76	1.12	26.88
32550	GALVANIN	SODA CRAN POMEGRANATE ORG k s	6/4/12 OZ	1.24	29.76	1.12	26.88
32548	GALVANIN	SODA GRAPEFRUIT ORG k s	6/4/12 OZ	1.24	29.76	1.12	26.88
32547	GALVANIN	SODA LEMON ORG k s	6/4/12 OZ	1.24	29.76	1.12	26.88
32551	GALVANIN	SODA ORNG PRICKLY PEAR ORG k s	6/4/12 OZ	1.24	29.76	1.12	26.88
32549	GALVANIN	SODA POMEGRANATE ORG k s	6/4/12 OZ	1.24	29.76	1.12	26.88
32545	GALVANIN	SODA ACAI ORG k s	12/25.4 OZ	2.59	31.08	2.33	27.96
32540	GALVANIN	SODA BLOOD ORANGE ORG k s	12/25.4 OZ	2.59	31.08	2.33	27.96
32544	GALVANIN	SODA CRAN POMEGRANATE ORG k s	12/25.4 OZ	2.59	31.08	2.33	27.96
32542	GALVANIN	SODA GRAPEFRUIT ORG k s	12/25.4 OZ	2.59	31.08	2.33	27.96
32541	GALVANIN	SODA LEMON ORG k s	12/25.4 OZ	2.59	31.08	2.33	27.96
32552	GALVANIN	SODA ORNG PRICKLY PEAR ORG k s	12/25.4 OZ	2.59	31.08	2.33	27.96
32543	GALVANIN	SODA POMEGRANATE ORG k s	12/25.4 OZ	2.59	31.08	2.33	27.96
6800	GUS	4pk SODA CRANBERRY LIME s	24/12 OZ	.99	23.76		
33029	GUS	4pk SODA DRY COLA s	24/12 OZ	.99	23.76		
6797	GUS	4pk SODA DRY MEYER LEMON s	24/12 OZ	.99	23.76		
33056	GUS	4pk SODA DRY POMEGRANATE	24/12 OZ	.99	23.76		
6796	GUS	4pk SODA DRY VALENCIA ORANGE s	24/12 OZ	.99	23.76		
6795	GUS	4pk SODA EXTRA DRY GINGER ALE	24/12 OZ	.99	23.76		
6371	GUS	4pk SODA GRAPE BLK CURRANT	24/12OZ	.99	23.76		
6799	GUS	4pk SODA STAR RUBY GRAPEFRFT s	24/12 OZ	.99	23.76		
33557	KNUDSEN	4 pk SPRITZER BLACK CHERRY	6/4/10.5OZ	.80	19.20		

OCTOBER 2010 SALE PRICES APPLY TO FULL PACK SIZE ONLY



Versatile Cookie Mix



The word cookie can be spelled three ways: "Cookie", "Cooky", "Cookey!" Our cookie mix is as versatile as the way you can spell it. Enjoy as is, or add chocolate chips or peanut butter. Whatever way you choose the taste spells "Delightful!"

Ingredients: White rice flour, potato starch flour, sugar, vanilla powder, baking soda, salt

Item #31844

Chocolate Crinkle Cookie Mix

An adventure for those who appreciate full flavored cookies that bake light and rich.

Ingredients: White rice flour, potato starch flour, Dutch cocoa, sugar, aluminum-free baking powder, baking soda, vanilla powder, salt.

Item #31843

Butter Cookie Mix

We've unified a traditional butter cookie with just the right amount of cinnamon. What a sensational marriage!

Ingredients: White rice flour, potato starch flour, cornstarch, sugar, cinnamon, salt, xanthan gum.

Item #31845

GROCERY

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RECIPE

Cranberry Sweet Potato Bread

Ingredients

- 2 large eggs, slightly beaten
- 1 1/3 cups sugar
- 1/3 cup canola oil
- Item #6080
- Hain - Canola Oil
- 1 15oz can Farmer's Market Organic Sweet Potato Puree
- Item #3775
- Farmers Market - Sweet Potato Puree ORG
- 1 tsp. vanilla extract
- Item #41395 - 4 OZ
- Item #41386 - 2 OZ
- Madecasse - Pure Vanilla Extract
- 1 1/2 cups all-purpose flour
- 1 tsp. ground cinnamon
- 1/4 tsp. ground allspice
- 1 tsp. baking soda
- 1 cup chopped cranberries

Directions

Preheat oven to 350 degrees.

Coat 9x5x3-inch loaf pan with nonstick cooking spray and dust with flour.

In large bowl, combine eggs, sugar, oil, sweet potatoes, and vanilla.

In separate bowl, combine flour, cinnamon, allspice, and baking soda.

Make a well in the center. Pour sweet potato mixture into well. Mix just until moistened.

Stir in cranberries. Spoon batter into prepared loaf pan.

Bake for 1 hour or until toothpick inserted in center comes out clean.

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STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
BEVERAGES, SPARKLING - cont.						
33558	KNUDSEN	4 pk SPRITZER BOYSENBERRY	6/4/10.5OZ	.80	19.20	
33561	KNUDSEN	4 pk SPRITZER CRANBERRY	6/4/10.5OZ	.80	19.20	
33550	KNUDSEN	4 pk SPRITZER GINGER ALE	6/4/10.5OZ	.80	19.20	
33559	KNUDSEN	4 pk SPRITZER GRAPE	6/4/10.5OZ	.80	19.20	
33556	KNUDSEN	4 pk SPRITZER JAMAICN LEMONAD	6/4/10.5OZ	.80	19.20	
33560	KNUDSEN	4 pk SPRITZER LEMON LIME	6/4/10.5OZ	.80	19.20	
33562	KNUDSEN	4 pk SPRITZER MANDARIN LIME	6/4/10.5OZ	.80	19.20	
33553	KNUDSEN	4 pk SPRITZER MANGO FANDANGO	6/4/10.5OZ	.80	19.20	
33551	KNUDSEN	4 pk SPRITZER ORNG PASSIONFR	6/4/10.5OZ	.80	19.20	
33552	KNUDSEN	4 pk SPRITZER PEACH	6/4/10.5OZ	.80	19.20	
33555	KNUDSEN	4 pk SPRITZER RED RASPBERRY	6/4/10.5OZ	.80	19.20	
33563	KNUDSEN	4 pk SPRITZER STRAWBERRY	6/4/10.5OZ	.80	19.20	
33554	KNUDSEN	4 pk SPRITZER TANGERINE	6/4/10.5OZ	.80	19.20	
82080	KNUDSEN	SPARKLING PEAR ORG	12/750 ML	3.49	41.88	
82100	KNUDSEN	SPARKLING POMEGRANATE ORG	12/750 ML	3.49	41.88	3.15 37.80
3751	KRISTALL	SOFT DRINK APPLE s	24/12 OZ	.90	21.60	
3752	KRISTALL	SOFT DRINK BLACK CURRANT s	24/12 OZ	.90	21.60	
3762	KRISTALL	SOFT DRINK CRANBERRY	24/12 OZ	.90	21.60	
3753	KRISTALL	SOFT DRINK LEMON/LIME SPRITZ	24/12 OZ	.90	21.60	
3755	KRISTALL	SOFT DRINK LINGONBERRY s	24/12 OZ	.90	21.60	
3754	KRISTALL	SOFT DRINK ORANGE s	24/12 OZ	.90	21.60	
3757	KRISTALL	SOFT DRINK PEAR s	24/12 OZ	.90	21.60	
3763	KRISTALL	SOFT DRINK POMEGRANATE	24/12 OZ	.90	21.60	
3761	KRISTALL	SOFT DRINK RASPBERRY s	24/12 OZ	.90	21.60	
35080	MAINERT	4 PK BLUEBERRY s	6/4 12 OZ	1.18	28.32	
35006	MAINERT	4 PK GINGER BEER s	6/4 12 OZ	1.18	28.32	
35081	MAINERT	4 PK LEMON LIME s	6/4 12 OZ	1.18	28.32	
35082	MAINERT	4 PK MANDARIN ORANGE s	6/4 12 OZ	1.18	28.32	
35023	MAINERT	4 PK PUMPKIN PIE SODA s	6/4 /12 OZ	1.18	28.32	
8289	MAINERT	4 PK ROOTBEER s	6/4/12 OZ	1.18	28.32	
8290	MAINERT	4 PK SARSAPARILLA s	6/4/12 OZ	1.18	28.32	
35120	MAINERT	SODA BLUEBERRY s	24/12 OZ	1.07	25.68	
7398	MAINERT	SODA GINGER BEER s	24/12 OZ	1.07	25.68	
35122	MAINERT	SODA LEMON LIME s	24/12 OZ	1.07	25.68	
35121	MAINERT	SODA MANDARIN ORANGE s	24/12 OZ	1.07	25.68	
35119	MAINERT	SODA PUMPKIN PIE s	24/12 OZ	1.07	25.68	
32312	MAINERT	SODA ROOT BEER FT s	12/22 OZ	2.53	30.36	
7404	MAINERT	SODA ROOT BEER s	24/12 OZ	1.07	25.68	
7407	MAINERT	SODA SARSAPARILLA s	24/12 OZ	1.07	25.68	
35470	MRQCUMBR	SODA MR Q CUMBER s	24/7 OZ	.77	18.48	
35227	QTONIC	TONIC WATER 4pk	6/4/8OZ	1.38	33.12	
82101	QTONIC	TONIC WATER LARGE BOTTLE	12/750 ML	4.89	58.68	
2296	REEDS	EXTRA GINGER BREW	24/12 OZ	1.16	27.84	
2298	REEDS	ORIGINAL GINGER BREW	24/12 OZ	1.16	27.84	
5401	REGATTA	GINGER BEER s 4pk	24/12 OZ	1.05	25.20	
2691	SANPELLE	ARANCIATA cans s	24/11.5 OZ	.78	18.72	
2696	SANPELLE	ARANCIATA(orange) s glass	24/6.5 OZ	1.01	24.24	
2692	SANPELLE	LIMONATA cans s	24/11.5 OZ	.78	18.72	
2698	SANPELLE	LIMONATA(lemon) s glass	24/6.5 OZ	1.01	24.24	
33566	SANTACRZ	4 pk SPKLN LEMON LIME ORG s	6/4/10.5OZ	.80	19.20	
33564	SANTACRZ	4 pk SPKLN LEMONADE ORG s	6/4/10.5OZ	.80	19.20	
33569	SANTACRZ	4 pk SPKLN MANGO LEMONADE ORG	6/4/10.5OZ	.80	19.20	
33567	SANTACRZ	4 pk SPKLN ORANGE MANGO ORG s	6/4/10.5OZ	.80	19.20	
33568	SANTACRZ	4 pk SPKLN POMEGR LIMEADE OR	6/4/10.5OZ	.80	19.20	
33565	SANTACRZ	4 pk SPKLN RASPBRY LEMONADE ORG	6/4/10.5OZ	.80	19.20	
35232	SIMPLE K	SPARKLING BEV WHITE GRAPE ORG	4/6/12 OZ	1.47	35.28	
35242	SOURCE	SPRKLN JUICE LIME ORG	6/4/12 OZ	1.15	27.60	
35241	SOURCE	SPRKLN JUICE POM ACAI ORG	6/4/12 OZ	1.15	27.60	
35240	SOURCE	SPRKLN JUICE WHITE GRAPE ORG	6/4/12 OZ	1.15	27.60	
30411	STIRRING	4 PK CLUB SODA	6/4/6.3 OZ	1.20	28.80	
30410	STIRRING	4 PK TONIC WATER	6/4/6.3 OZ	1.20	28.80	
6681	SWITCH	4 PK APRICOT PEACH	6/4 12OZ	.99	23.76	.79 18.96
6682	SWITCH	4 PK BLACK CHERRY	6/4 12OZ	.99	23.76	.79 18.96
6679	SWITCH	4 PK ORANGE TANGERINE	6/4 12OZ	.99	23.76	.79 18.96
6683	SWITCH	4 PK VERY BERRY	6/4 12OZ	.99	23.76	.79 18.96
6680	SWITCH	4 PK WATERMELON STRAWBERRY	6/4 12OZ	.99	23.76	.79 18.96
32150	SWITCH	CANS BLACK CHERRY	24/8.3 OZ	.68	16.32	.54 12.96
32153	SWITCH	CANS FRUIT PUNCH	24/8.3 OZ	.68	16.32	.54 12.96
32151	SWITCH	CANS GRAPE	24/8.3 OZ	.68	16.32	.54 12.96
32190	SWITCH	CANS KIWI BERRY	24/8.3 OZ	.68	16.32	.54 12.96
32152	SWITCH	CANS ORANGE TANGERINE	24/8.3 OZ	.68	16.32	.54 12.96
32154	SWITCH	CANS WATERMELON STRAWBERRY	24/8.3 OZ	.68	16.32	.54 12.96
2737	TOMMY	SODA CLEARLY CREAM s	24/12 OZ	.81	19.44	
2736	TOMMY	SODA LUCIOUS LEMON-LIME s	24/12 OZ	.81	19.44	
2738	TOMMY	SODA OPTIMAL ORANGE +C s	24/12 OZ	.81	19.44	
2772	TOMMY	SODA RASPBRY LIME RICKEY s	24/12 OZ	.81	19.44	
2739	TOMMY	SODA ROOT BEER s	24/12 OZ	.81	19.44	
6440	VIRGILS	ROOT BEER bottles	24/12 OZ	1.30	31.20	
1753	VT SWEET	CTRY APPLE JACK s	24/12 OZ	1.05	25.20	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
1752	VT SWEET	KICKIN COW COLA	24/12 OZ	1.05	25.20	
1754	VT SWEET	MANGO MOONSHINE s	24/12 OZ	1.05	25.20	
1757	VT SWEET	MAPLE SELTZER	24/12 OZ	1.05	25.20	
1756	VT SWEET	MAPLE SODA	24/12 OZ	1.05	25.20	
1755	VT SWEET	RASP-RHUBARB RAMBLE s	24/12 OZ	1.05	25.20	
1751	VT SWEET	ROOT BEER s	24/12 OZ	1.05	25.20	
1758	VT SWEET	TANGERINE CRM TWISTER s	24/12 OZ	1.05	25.20	

BEVERAGES, NON-ALCOHOLIC

2581	BOTTLGRN	PRESSE CRAN ORANGE s	6/750ML	2.80	16.80	
2606	BOTTLGRN	PRESSE ELDERFLOWER s	6/750ML	2.80	16.80	
2604	BOTTLGRN	PRESSE GINGER & LEMONGRASS	6/750ML	2.80	16.80	
34900	BOTTLGRN	PRESSE POMEGRANATE ELDER s	6/750ML	2.80	16.80	
34901	BOTTLGRN	PRESSE POMEGRANATE ELDER s	12/275ML	1.40	16.80	
2845	ARIEL	BLANC	750ML	4.75	4.75	
2853	ARIEL	BRUT CUVÉE sparkling wine	750ML	6.14	6.14	
2848	ARIEL	CABERNET SAVIGNON	750 ML	7.00	7.00	
2849	ARIEL	CHARDONNAY	750 ML	7.00	7.00	
2850	ARIEL	MERLOT	750 ML	7.00	7.00	
2846	ARIEL	ROUGE	750 ML	4.75	4.75	
2847	ARIEL	WHITE ZINFANDEL	750 ML	4.75	4.75	4.25 4.25
3663	CARLSON	SPARKLING MCINTOSH CIDER	12/25.4 OZ	2.85	34.20	
3664	CARLSON	SPARKLING MCINTOSH CIDER	24/12 OZ	1.08	25.92	

BEVERAGES, DAIRY, NON-DAIRY

3426	BETMILK	SOY PLAIN dry mix	25.9 OZ	11.30	11.30	
80192	BLUDIAM	ALMOND BREEZE CHOC	12/32 OZ	2.37	28.44	
15412	BLUDIAM	ALMOND BREEZE ORIG	12/32 OZ	2.37	28.44	
15413	BLUDIAM	ALMOND BREEZE VANILLA	12/32 OZ	2.37	28.44	
6349	EDENSOY	BLEND ORIGINAL ORG (Rice/Soy)	12/32 OZ	2.65	31.80	
6317	EDENSOY	SOY MILK EXTRA VANILLA ORG	12/32 OZ	2.81	33.72	
3327	EDENSOY	SOY MILK EXTRA VANILLA ORG	27/8.45 OZ	.98	26.46	.88 23.76
6337	EDENSOY	SOY MILK ORG	12/32 OZ	2.38	28.56	
6316	EDENSOY	SOY MILK ORG EXTRA	12/32 OZ	2.63	31.56	
6357	EDENSOY	SOY MILK ORG VANILLA	12/32 OZ	2.63	31.56	
3314	EDENSOY	SOY MILK ORIGINAL ORGANIC	27/8.45 OZ	.82	22.14	
35343	EDENSOY	SOY MILK UNSWEETENED ORG	12/32 OZ	2.39	28.68	
34541	LIVHAR	HEMP MILK ORIGINAL	12/32 OZ	3.40	40.80	
34542	LIVHAR	HEMP MILK VANILLA	12/32 OZ	3.40	40.80	
39047	MEYEN	GOAT MILK EVAPORATED	12 OZ	3.05	3.05	
39046	MEYEN	GOAT MILK POWDER PACKET	4 OZ	3.48	3.48	
1289	MEYEN	GOAT MILK POWDERED	12 OZ	10.39	10.39	8.79 8.79
35620	MIMICCRM	COFFEE CREAM UNSWTND SUB gf vg	16 OZ	2.59	2.59	2.33 2.33
35619	MIMICCRM	CREAM SUB FR VANILLA df gf v k	16 OZ	2.59	2.59	2.33 2.33
35618	MIMICCRM	CREAM SUB HAZLNT BIS df gf v k	16 OZ	2.59	2.59	2.33 2.33
35622	MIMICCRM	SWEETENED CREAM SUB gf vg s	32 OZ	3.95	3.95	2.95 2.95
35621	MIMICCRM	UNSWEETENED CREAM SUB gf vg	32 OZ	3.95	3.95	
35273	NATUR-A	SOY MILK CHOCOLATE ORG s	12/32 OZ	1.85	22.20	
35270	NATUR-A	SOY MILK ORIGINAL ORG s	12/32 OZ	1.85	22.20	
35272	NATUR-A	SOY MILK STRAWBERRY ORG s	12/32 OZ	1.85	22.20	
35271	NATUR-A	SOY MILK VANILLA ORG s	12/32 OZ	1.85	22.20	
34780	ORGAIN	MEAL RPLACMNT CHOC FUDGE ORG s	12/11 OZ	2.48	29.76	
34781	ORGAIN	MEAL RPLACMNT VANILLA BN ORG s	12/11 OZ	2.48	29.76	
7376	RICEDREA	ENRICHED ORIGINAL BEV ORG	12/32 OZ	3.05	36.60	2.75 33.00
7377	RICEDREA	ENRICHED VANILLA BEVERAGE	12/32 OZ	3.05	36.60	2.75 33.00
7382	RICEDREA	NONDAIRY ORIGINAL	12/32 OZ	3.05	36.60	2.75 33.00
3310	WESTSOY	(FAM) DRINK L/F VANILLA	12/32 OZ	1.75	21.00	
3309	WESTSOY	(FAM) DRINK L/FAT PLAIN	12/32 OZ	1.75	21.00	
3316	WESTSOY	LITE PLAIN ORG	12/32 OZ	2.49	29.88	
3302	WESTSOY	ORIGINAL ORG	12/32 OZ	2.49	29.88	
4304	WESTSOY	PLUS PLAIN ORG	12/32 OZ	2.49	29.88	
4306	WESTSOY	PLUS VANILLA	12/32 OZ	2.49	29.88	
3324	WESTSOY	RICE DRINK	12/32 OZ	2.05	24.60	
3325	WESTSOY	RICE DRINK VANILLA	12/32 OZ	2.05	24.60	
3305	WESTSOY	UNSWEETENED ORG	12/32OZ	2.45	29.40	

BEVERAGES, READY-TO-DRINK TEA, COFFEE & HERBAL ENERGY DRINKS

34695	BLUSKY	CAFE ENERGY MOCHA MTN s	12/15 OZ	2.48	29.76	
34696	BLUSKY	CAFE ENERGY VANILLA SKY s	12/15 OZ	2.48	29.76	
3441	HONEST	TEA ASSAM s	12/16 OZ	1.15	13.80	
3437	HONEST	TEA BLACK FOREST BERRY	12/16 OZ	1.15	13.80	.92 11.04
3446	HONEST	TEA COMMUNITY GREEN ORG s	12/16 OZ	1.15	13.80	
3449	HONEST	TEA GREEN DRAGON ORG s	12/16 OZ	1.15	13.80	
36374	HONEST	TEA JASMINE GREEN ENERGY ORG	12/16 OZ	1.15	13.80	.92 11.04
34004	HONEST	TEA JUST BLACK unsweet	12/16 OZ	1.15	13.80	.92 11.04
34003	HONEST	TEA JUST GREEN unsweet	12/16 OZ	1.15	13.80	.92 11.04
3436	HONEST	TEA LORI'S LMN w/blk tea ORG s	12/16 OZ	1.15	13.80	
3452	HONEST	TEA MANGO WHITE s	12/16 OZ	1.15	13.80	
33674	HONEST	TEA MATE AGAVE ORG	12/16 OZ	1.34	16.08	
33672	HONEST	TEA MATE SUBLIME ORG s	12/16 OZ	1.34	16.08	
33675	HONEST	TEA MATE TROPICAL ORG s	12/16 OZ	1.34	16.08	
3443	HONEST	TEA MOROCCAN MINT	12/16 OZ	1.15	13.80	.92 11.04
3447	HONEST	TEA PEACH OOLONG ORG s	12/16 OZ	1.15	13.80	.92 11.04



R.W. Knudsen Sparkling Pomegranate



R.W. Knudsen Family has a new celebratory Sparkling Pomegranate beverage. This non-alcoholic beverage in a champagne-style bottle is refreshing, bubbly, tart and sweet. Sparkling Pomegranate doesn't contain any added sugar, artificial flavors or preservatives.

Ingredients: Sparkling filtered water (Sufficient to reconstitute), apple pomegranate red grape and black currant juice concentrates, natural flavor.

Item #82100



New!

R.W. Knudsen Family Light Juices

We are pleased to announce the introduction of **R.W. Knudsen Family Light Juices**. These new Light Juices offer a potent punch of beneficial antioxidants, but with 45% less calories than other superfruit blends. Even with half the calories, these Light Juices deliver the whole-some fruit flavor that consumers have come to expect from the **R.W. Knudsen Family** brand.



Light Blueberry

R.W. Knudsen Family Light Blueberry beverage blend offers a wholesome option with 45% fewer calories than the leading Blueberry juice blend. This Light Blueberry beverage blend delivers the rich, full flavor that you've come to expect from the R.W. Knudsen Family brand and, like all R.W. Knudsen Family products, is made from all natural ingredients and never contains added sugar.

Ingredients: Filtered water; apple and blueberry juice concentrates; blueberry puree; lemon juice concentrate; rebiana. sweetener extracted from the stevia plant

Item #33357

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
BEVERAGES, READY-TO-DRINK TEA, COFFEE & HERBAL ENERGY DRINKS - cont.						
3453	HONEST	TEA PEARFECT WHITE s	12/16 OZ	1.15	13.80	
33673	HONEST	TEA POMEGRNT RED W/GOJI ORG s	12/16 OZ	1.15	13.80	.92 11.04
34018	INKOS	WHITE TEA APRICOTfr	12/16 OZ	1.52	18.24	
3584	INKOS	WHITE TEA BLUEBERRY fr	12/16 OZ	1.52	18.24	
3585	INKOS	WHITE TEA HONEYDEW fr	12/16 OZ	1.52	18.24	
34020	INKOS	WHITE TEA HONEYSUCKLE	12/16 OZ	1.52	18.24	
3579	INKOS	WHITE TEA MINT UNSWEETENED	12/16 OZ	1.52	18.24	
3573	INKOS	WHITE TEA ORIGINAL fr	12/16 OZ	1.52	18.24	
3583	INKOS	WHITE TEA WHITE PEACH fr	12/16 OZ	1.52	18.24	
2687	KOMBUCHA	WONDER DRINK ASIAN PEAR GINGER	12/14 OZ	2.49	29.88	
2686	KOMBUCHA	WONDER DRINK ESSENCE OF LEMON	12/14 OZ	2.49	29.88	
32091	KOMBUCHA	WONDER DRINK ESSENCE OF PEACH	12/14 OZ	2.49	29.88	
32351	KOMBUCHA	WONDER DRINK GRN TEA LEMON can	24/8.4 OZ	1.19	28.56	
32090	KOMBUCHA	WONDER DRINK NIAGARA GRAPE	12/14 OZ	2.49	29.88	
32350	KOMBUCHA	WONDER DRINK PEAR GINGER can	24/8.4 OZ	1.19	28.56	1.07 25.68
32352	KOMBUCHA	WONDER DRINK TRAD oolong can	24/8.4 OZ	1.19	28.56	1.07 25.68
2685	KOMBUCHA	WONDER DRINK TRAD oolong tea	12/14 OZ	2.49	29.88	
34424	TIZANE	INFUSED BEV ELDERFLWR ORG RTD	12/12 OZ	1.96	23.52	
34425	TIZANE	INFUSED BEV HIBISCUS ORG RTD	12/12 OZ	1.96	23.52	
34427	TIZANE	INFUSED BEV JASMINE ORG RTD	12/12 OZ	1.96	23.52	
34426	TIZANE	INFUSED BEV LEMONGRASS ORG RTD	12/12 OZ	1.96	23.52	
BEVERAGE MIXES, POWERED						
34373	BURNHAM	HOT CHOCOLATE MOCHA s	9.25 OZ	3.19	3.19	
34376	BURNHAM	HOT CHOCOLATE RASPBERRY s	9.25 OZ	3.19	3.19	
34374	BURNHAM	HOT CHOCOLATE ROYAL s	9.25 OZ	3.19	3.19	
34375	BURNHAM	HOT CHOCOLATE TRUFFLE s	9.25 OZ	3.19	3.19	
30531	DAGOBA	HOT CHOC AUTHENTIC ORG FT s	12 OZ	7.05	7.05	
30533	DAGOBA	HOT CHOC UNSWEETENED ORG FT	8 OZ	7.05	7.05	
30532	DAGOBA	HOT CHOC XOCOLATL ORG FT s	12 OZ	7.05	7.05	6.35 6.35
32530	ELFOODS	ACAI GOJI SPRFD SMTHIE MX ORG	14.5 OZ	14.54	14.54	
32528	ELFOODS	CACAO POWDER RAW ORG vg	14 OZ	14.59	14.59	
32529	ELFOODS	CHOC SUPRFD DRINK MIX ORG vg	11 OZ	11.71	11.71	
32531	ELFOODS	MACA POWDER BLEND DRINK ORG vg	14 OZ	11.76	11.76	
31396	EQUALX	DRINKING CHOCOLATE s	13 OZ	8.75	8.75	6.13 6.13
8373	EQUALX	HOT COCOA ORG s	12 OZ	6.49	6.49	4.54 4.54
31395	EQUALX	HOT COCOA SPICY s	12 OZ	6.43	6.43	4.50 4.50
30470	GHIRARD	HOT CHOC DOUBLE CHOCOLATE s	16 OZ	4.45	4.45	
30472	GHIRARD	HOT CHOC HAZELNUT s	16 OZ	4.45	4.45	3.34 3.34
30471	GHIRARD	HOT CHOC MOCHA s	16 OZ	4.45	4.45	
30473	GHIRARD	HOT CHOC WHITE MOCHA s	16 OZ	4.45	4.45	3.99 3.99
30474	GHIRARD	PACKET HOT CHOC DOUBLE CHOC s	12/8.5 OZ	.59	7.08	
30362	GREENBLK	HOT CHOCOLATE MIX ORG	5.3 OZ	4.55	4.55	
41128	J CROW	MULLED CIDER MIX loose	10/1.06 OZ	1.25	12.50	
41127	J CROW	MULLED CIDER MIX tea bags	10/10 CT	1.37	13.70	
31900	SCHARFEN	COCOA POWDER SWTND NATURAL s	8 OZ	6.30	6.30	4.73 4.73
31899	SCHARFEN	COCOA POWDER UNSWTND NAT	6 OZ	6.30	6.30	4.73 4.73
34377	SILLYCOW	HOT CHOC CHOC milk bottle s	16.9 OZ	3.74	3.74	
35624	SILLYCOW	HOT CHOC GUERNSEY TRUFL bank s	10 OZ	3.70	3.70	
35625	SILLYCOW	HOT CHOC HOLSTEIN TREAT bank s	10 OZ	3.70	3.70	
34398	SILLYCOW	HOT CHOC MRSHMLLW milk bottle	16.9 OZ	3.74	3.74	
34378	SILLYCOW	HOT CHOC TRUFFLE milk bottle s	16.9 OZ	3.74	3.74	
34962	STASH	TEA POWDER GREEN LMN GING	12 CT	2.39	2.39	1.73 1.73
BEVERAGES, MIXES, LIQUID						
5247	DAVES	MIX BLOODY MARY ORIGINAL	32 OZ	5.19	5.19	
36012	HALFMOON	MIX IGUANA BLOODY MARY SPCY HO	25.7 OZ	4.59	4.59	
31175	STIRRING	AUTHENTIC GRENADINE	12 OZ	4.15	4.15	
30413	STIRRING	BLOOD ORANGE BITTERS	12 OZ	3.85	3.85	
31176	STIRRING	KEY LIME JUICE CLARIFIED	12 OZ	3.85	3.85	
34586	STIRRING	MIX BLOODY MARY s	25.4 OZ	5.25	5.25	
34590	STIRRING	MIX COSMOPOLITAN s	25.4 OZ	5.25	5.25	
34589	STIRRING	MIX LEMON DROP s	25.4 OZ	5.25	5.25	3.94 3.94
34588	STIRRING	MIX MARGARITA s	25.4 OZ	5.25	5.25	
34587	STIRRING	MIX MOJITO s	25.4 OZ	5.25	5.25	
34591	STIRRING	MIX POMEGRANATE MARTINI s	25.4 OZ	5.25	5.25	
30414	STIRRING	SIMPLE SYRUP	12 OZ	3.85	3.85	
BEVERAGES, WATER & FLAVORED WATER						
33500	GLACIA	WATER ICEBOX carton	12/16.9 OZ	1.24	14.88	.99 11.88
32146	METROMNT	WATER LEMONMINT	12/16.9 OZ	1.39	16.68	
1500	METROMNT	WATER PEPPERMINT	12/16.9 OZ	1.39	16.68	
33213	SUMMIT	SPRING WATER MAINE PET	12/1 LTR	1.12	13.44	
33212	SUMMIT	SPRING WATER MAINE PET	24/24 OZ	.69	16.56	
33211	SUMMIT	SPRING WATER MAINE PET	24/16.9 OZ	.58	13.92	
33214	SUMMIT	SPRING WATER MAINE PET	12/1.5 LTR	1.33	15.96	
33250	SUMMIT	WATER RAW glass	12/1.5 L	5.07	60.84	
33102	WATERPLUS	WATER ORG ENERGY passnfrt citr	12/18 OZ	.97	11.64	
32563	GALVANIN	SPARKLING MINERAL WATER italy	12/33.8 OZ	1.39	16.68	1.25 15.00
32564	GALVANIN	SPARKLING MINERAL WATER italy	20/16.9 OZ	.88	17.60	.79 15.80
4714	GEROLS	MINERAL WATER	12/33.8OZ	1.95	23.40	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
2695	SANPELLE	SPARKLING WATER	24/8.25 OZ	.95	22.80	.76	18.24
2694	SANPELLE	SPARKLING WATER	12/33 OZ	2.25	27.00		
30269	SARATOGA	SPARKLING WATER	12/28 OZ	1.54	18.48		
30270	SARATOGA	SPARKLING WATER	24/12 OZ	.79	18.96		
32092	SARATOGA	SPARKLING WATER LEMON LIME	24/12 OZ	.85	20.40		
35030	SMERALD	SPARKLING WATER glass Italy	12/33.8 OZ	1.75	21.00	1.40	16.80
35031	SMERALD	SPARKLING WATER glass Italy	20/16.9 OZ	1.15	23.00	.92	18.40
2680	TY NANT	SPARKLING WATER blue bottle	12/25 OZ	3.19	38.28		
2683	TY NANT	SPARKLING WATER blue bottle	24/11 OZ	1.79	42.96	1.61	38.64

BREAD, BREAD CRUMBS, CROUTONS & STUFFING MIXES

20290	ALEIAS	BREADCRUMBS ITALIAN gf	12/13 OZ	3.88	46.56		
20291	ALEIAS	BREADCRUMBS PLAIN gf	12/13 OZ	3.55	42.60		
20295	ALEIAS	CROUTONS CLASSIC gf	6/12 OZ	4.27	25.62		
20294	ALEIAS	CROUTONS PARMESAN gf	6/12 OZ	4.27	25.62		
20293	ALEIAS	STUFFING MIX PLAIN gf	6/12 OZ	4.63	27.78		
20292	ALEIAS	STUFFING MIX SAVORY gf	6/12 OZ	4.63	27.78		
41400	ARROW	STUFFING SAVORY HERB ORG s	10 OZ	3.19	3.19		
60251	ENER-G	LOAF BROWN RICE GF	3/16.7 OZ	4.45	13.35		
60252	ENER-G	LOAF TAPIOCA GF	3/17.4 OZ	4.45	13.35		
4360	GILLIAN	BREAD CRUMBS gf	12 OZ	3.99	3.99	3.19	3.19
41650	GILLIAN	BREAD CRUMBS ITALIAN gf s	12 OZ	4.18	4.18	3.34	3.34
41651	GILLIAN	CROUTONS GARLIC gf v	5 OZ	3.21	3.21	2.57	2.57
2383	IANIS	BREADCRUMBS ITALIAN panko s	9 OZ	2.86	2.86		
2382	IANIS	BREADCRUMBS ORIGINAL panko s	9 OZ	2.86	2.86		
2385	IANIS	BREADCRUMBS WHL WHEAT panko s	9 OZ	2.86	2.86		
4170	OLIVIAS	CROUTONS BUTTER & GARLIC	5 OZ BX	2.79	2.79		
34024	OLIVIAS	CROUTONS GARLIC & HERB ORG	4.5 OZ BX	2.79	2.79		
4172	OLIVIAS	CROUTONS MULTI GRAIN w/GARLIC	5 OZ BX	2.79	2.79		
4171	OLIVIAS	CROUTONS PARMESAN/PEPPER	5 OZ BX	2.79	2.79		
4174	OLIVIAS	CROUTONS VT CHEDDAR & DILL	5 OZ BX	2.79	2.79		
41115	OLIVIAS	STUFFING TRADITIONAL	12 OZ	3.62	3.62	3.26	3.26
41286	OLIVIAS	STUFFING CORNBREAD v	12 OZ	3.62	3.62	3.26	3.26

BREAKFAST CEREALS & GRANOLAS

34841	ANNIEHG	CEREAL COCOA & VAN BUNNIES s	9 OZ	3.79	3.79		
34842	ANNIEHG	CEREAL FRUITY BUNNIES s	9 OZ	3.79	3.79		
3213	ARROW	CEREAL AMARANTH FLAKES ORG wf	12 OZ	3.95	3.95		
3343	ARROW	CEREAL CORN GRITS YELLOW ORG	24 OZ	3.95	3.95		
3455	ARROW	CEREAL KAMUT FLAKES ORG	12 OZ	3.95	3.95		
3209	ARROW	542CEREAL SPELT FLAKES ORG	12 OZ	3.95	3.95	3.35	3.35
3336	ARROW	HOT CEREAL BEAR MUSH	24 OZ	3.15	3.15	2.84	2.84
3338	ARROW	HOT CEREAL SEVEN GRAIN ORG	22 OZ	3.59	3.59		
5682	ARROW	INST OATMEAL ORG VARIETY PACK	10/1 OZ	4.95	4.95		
34631	BAKERY	GRANOLA APPLE RAISIN WALNUT gf	12 OZ	5.09	5.09		
34644	BAKERY	GRANOLA CRAN ORNG CASHEW GF	12 OZ	5.09	5.09		
34597	BAKERY	GRANOLA EXTRM FRUIT&NUT Fam gf	22 OZ	7.89	7.89	6.31	6.31
34592	BAKERY	GRANOLA FIBER CIN RAISIN gf	12 OZ	4.30	4.30		
34593	BAKERY	GRANOLA FIBER TRIPLE BERRY gf	12 OZ	4.30	4.30		
34596	BAKERY	GRANOLA NUTTY CRAN MAPL Fam gf	22 OZ	7.89	7.89	6.31	6.31
34632	BAKERY	GRANOLA NUTTY CRANBERRY GF	12 OZ	5.09	5.09		
34635	BAKERY	GRANOLA RAINFOREST GF	12 OZ	5.09	5.09		
34633	BAKERY	GRANOLA XTRME FRUIT & NUT GF	12 OZ	5.09	5.09		
7090	BARBARAS	CEREAL HONEY CRUNCH N OATS s	14 OZ	4.14	4.14		
7168	BARBARAS	CEREAL PUFFINS	12 OZ	4.14	4.14		
33014	BARBARAS	CEREAL PUFFINS CINNAMON	12 OZ	4.14	4.14		
7179	BARBARAS	CEREAL SHRED OATS bite size	16 OZ	4.14	4.14		
7167	BARBARAS	CEREAL SHREDDDED SPOONFUL	15.3 OZ	4.14	4.14		
7166	BARBARAS	CEREAL SHREDDDED WHEAT	13 OZ	4.14	4.14		
7076	BARBARAS	CEREAL TOASTED O'S APPL/CIN	10 OZ	4.14	4.14		
7075	BARBARAS	CEREAL TOASTED O'S HNY-NUT	10 OZ	4.14	4.14		
7130	BARBARAS	CEREAL WILDPUFF FRTY PNCH OG s	10 OZ	4.14	4.14		
34878	BOXFORD	GRANOLA APPLE CINNAMON	12 OZ	3.83	3.83		
34879	BOXFORD	GRANOLA BLUEBERRY ALMOND	12 OZ	3.83	3.83		
34877	BOXFORD	GRANOLA CRANBERRY WALNUT	12 OZ	3.83	3.83		
34876	BOXFORD	GRANOLA MAPLE CRUNCH	12 OZ	3.83	3.83		
41554	BRKSHGRN	GRANOLA BLUEBERRY CRISP	24/2 OZ	1.14	27.36		
41552	BRKSHGRN	GRANOLA CINNAMON TOAST	24/2 OZ	1.14	27.36		
41550	BRKSHGRN	GRANOLA CINNAMON TOAST	12 OZ	4.00	4.00		
41553	BRKSHGRN	GRANOLA CRAN PUMPKIN SEED	24/2 OZ	1.14	27.36		
41551	BRKSHGRN	GRANOLA CRAN PUMPKIN SEED	12 OZ	4.00	4.00		
41555	BRKSHGRN	GRANOLA KRUNCHIE MUNCHIE	24/2 OZ	1.14	27.36		
41451	CEREALVT	CEREAL BENEVT MULTI GR ORG gf	13.25 OZ	4.19	4.19	3.14	3.14
41452	CEREALVT	CEREAL CHOCO STARS ORG gf s	13.25 OZ	4.19	4.19	3.14	3.14
41453	CEREALVT	CEREAL COFFEE FLAKES ORG gf s	13.25 OZ	4.19	4.19	3.14	3.14
41450	CEREALVT	CEREAL CORN FLAKES ORG gf	13.25 OZ	4.19	4.19	3.14	3.14
39011	CHAPP	GRANOLA BLUEBRY BANANA wf	13 OZ	3.65	3.65	2.74	2.74
39013	CHAPP	GRANOLA CRANBERRIES wf	13 OZ	3.65	3.65	2.74	2.74
39008	CHAPP	GRANOLA ORIGINAL wf	13 OZ	3.65	3.65	2.74	2.74
39010	CHAPP	GRANOLA RASPBERRY wf	13 OZ	3.65	3.65	2.74	2.74
39009	CHAPP	GRANOLA SIMPLY wf	13 OZ	3.65	3.65	2.74	2.74

OCTOBER 2010 SALE PRICES APPLY TO FULL PACK SIZE ONLY



New!

R.W. Knudsen Family Light Juices

continued

Light Cranberry

R.W. Knudsen Family Light Cranberry beverage blend offers a wholesome option with 45% fewer calories than the leading Cranberry juice blend. This Light Cranberry beverage blend delivers the rich, full flavor that you've come to expect from the **R.W. Knudsen Family** brand and, like all **R.W. Knudsen Family** products, is made from all natural ingredients and never contains added sugar.

Ingredients: Filtered water; cranberry puree; apple and cranberry juice concentrates; rebiana. sweetener extracted from the stevia plant

Item #33358

Light Pomegranate

R.W. Knudsen Family Light Pomegranate beverage blend offers a wholesome option with 45% fewer calories than the leading Pomegranate juice blend. This Light Pomegranate beverage blend delivers the rich, full flavor that you've come to expect from the **R.W. Knudsen Family** brand and, like all **R.W. Knudsen Family** products, is made from all natural ingredients and never contains added sugar.

Ingredients: Filtered water; pomegranate; apple and aronia juice concentrates; rebiana. sweetener extracted from the stevia plant

Item #33359

GROCERY

91



Benevit
Crunchy blend
of rice and
buckwheat.
USDA Organic.

Choco Stars
Kid-friendly
stars made with
real chocolate.
USDA Organic.



Coffee Flakes
Coffee coated
corn flakes
enriched with
Omega 3.
USDA Organic.

Corn Flakes
Extra thick
and crispy
corn flakes.
No sugar added.
USDA Organic.



**BIGGER BOX.
BETTER CEREAL.**

A product brought to you by Riega Foods

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STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
BREAKFAST CEREALS & GRANOLAS - cont.						
30564	DR MCDGL	BIG CUP HOT CEREAL ORG MAPLE	6/2.5 OZ	1.81	10.86	
30566	DR MCDGL	BIG CUP HOT CEREAL PEACH RASP	6/3 OZ	1.81	10.86	
30465	DR MCDGL	BIG CUP HOT CEREAL APP/CIN ORG	6/2.3 OZ	1.81	10.86	
7243	EKIDZ	ECO PAC GORILLA MUNCH ORG	23 OZ	7.30	7.30	
7244	EKIDZ	ECO PAC KOALA CRISP ORG	25.6 OZ	7.30	7.30	
7245	EKIDZ	ECO PAC PANDA PUFFS ORG	24.7 OZ	7.30	7.30	
7257	EKIDZ	ORG CER AMAZON FRST FLKS gf	14 OZ	3.99	3.99	
7258	EKIDZ	ORG CER GORILLA MNCH CRNCH gf	10 OZ	3.99	3.99	
7259	EKIDZ	ORG CER KOALA CRISP COCO gf	11.5 OZ	3.99	3.99	
7247	EKIDZ	ORG CER LEAPN LEMRS gf	10 OZ	4.03	4.03	
7260	EKIDZ	ORG CER PBTRR PANDA PFS gf	10.6 OZ	3.99	3.99	
3467	FAMILIA	CEREAL CRANBERRY & CINNAMON s	16 OZ	4.08	4.08	
3466	FAMILIA	CEREAL VANILLA CRUNCH s	16 OZ	4.08	4.08	
3459	FAMILIA	SWISS CRUNCH NATURAL s	21 OZ	5.79	5.79	
3464	FAMILIA	SWISS MUESLI BALANCE PREMIUM s	21 OZ	5.79	5.79	
3462	FAMILIA	SWISS MUESLI no sugar	32 OZ	6.50	6.50	
3463	FAMILIA	SWISS MUESLI ORIGINAL s	32 OZ	6.50	6.50	
7719	FIDDLERS	CEREAL 12 GRAIN ORG	24 OZ	3.96	3.96	
7715	FIDDLERS	CEREAL ISLAND CHOICE 7-GR ORG	24 OZ	3.79	3.79	
7716	FIDDLERS	CEREAL OAT BRAN & BR RICE ORG	24 OZ	3.96	3.96	
7714	FIDDLERS	CEREAL PENOB PORRIDGE 4-GR ORG	24 OZ	3.79	3.79	
7710	FIDDLERS	IZZIES IRISH OATS/MILLET&AMOND	15 OZ	3.79	3.79	
34560	FLAHAVAN	IRISH PORRIDGE OATS	500 GR	2.85	2.85	
34561	FLAHAVAN	PINHEAD OATMEAL	2.2 LB	3.65	3.65	2.89
34562	FLAHAVAN	PORRIDGE OATS ORGANIC	500 GR	3.45	3.45	2.89
34342	HOLLYS	HOT CEREAL PLAIN GF	16 OZ	6.01	6.01	
34316	HOLLYS	OATMEAL APRICOT MAPLE NUT	16 OZ	4.35	4.35	
34340	HOLLYS	OATMEAL CRAN ALMOND	16 OZ	4.33	4.33	
34341	HOLLYS	OATMEAL GOJI BERRY	16 OZ	4.33	4.33	
34317	HOLLYS	OATMEAL MULTI GRAIN PLAIN	16 OZ	4.35	4.35	
34343	HOLLYS	PORRIDGE CRANBERRY GF	16 OZ	6.01	6.01	
34488	INTLHARV	GRANOLA CRAN CASHEW PECAN ORG	12 OZ	3.77	3.77	
34485	INTLHARV	GRANOLA PISTACHIO MULBERRY ORG	12 OZ	3.77	3.77	
34486	INTLHARV	GRANOLA TRIPLE BERRY ORG	12 OZ	3.77	3.77	
8004	KASHI	BRKFST PILAF 7 GRAIN & SESAME	19.5 OZ	2.92	2.92	
7919	KASHI	CEREAL 7 WHOLE GRAIN NUGGETS	20 OZ	4.60	4.60	
7993	KASHI	CEREAL CRUNCH CEREAL	15 OZ	4.60	4.60	
7910	KASHI	CEREAL ORG PROMISE STRAWBERRY	10.4 OZ	4.95	4.95	4.46
31316	LUNDBERG	HOT'NCREAMY RICE CEREAL ORG gf	10 OZ	3.40	3.40	4.46
3461	MCCANNNS	OATMEAL QUICK COOK box	16OZ	3.60	3.60	
3465	MCCANNNS	OATMEAL STEELCUT	16 OZ	3.30	3.30	
3460	MCCANNNS	OATMEAL tin	28 OZ	6.25	6.25	
7246	NATSPATH	CEREAL OPTIMUM SLIM ORG s	14 OZ	4.18	4.18	
7239	NATSPATH	ECO PAC CORN FLAKES ORG gf	26.4 OZ	7.25	7.25	
7231	NATSPATH	ECO PAC HERITAGE FLAKES ORG	32 OZ	8.19	8.19	
7238	NATSPATH	ECO PAC HERITAGE O'S ORG	32 OZ	8.19	8.19	
7242	NATSPATH	ECO PAC HNY CORN FLAK ORG gf s	26.4 OZ	7.30	7.30	
7241	NATSPATH	ECO PAC MESA SUNRISE ORG gf	26.4 OZ	7.30	7.30	
7235	NATSPATH	ECO PAC MILLET RICE FLAKES ORG	32 OZ	8.19	8.19	
7236	NATSPATH	ECO PAC MULTIGRN FLAKES ORG	32 OZ	8.19	8.19	
41430	VTMAPLE	GRANOLA CRNBRY NUT 3.4 s wf	16 OZ	6.00	6.00	
41432	VTMAPLE	GRANOLA MAPLE OAT NUT wf	16 OZ	6.00	6.00	
41431	VTMAPLE	GRANOLA WLD BLBRY FLAX s wf	16 OZ	6.00	6.00	
41561	WILLNROS	GRAIN-OLA MIX BALANCE	12 OZ	5.36	5.36	
41562	WILLNROS	GRAIN-OLA MIX NATIVE	12 OZ	5.36	5.36	
41564	WILLNROS	GRAIN-OLA MIX PEACE	12 OZ	5.36	5.36	
41560	WILLNROS	GRAIN-OLA MIX STRENGTH	12 OZ	5.36	5.36	
41563	WILLNROS	GRAIN-OLA MIX VITALITY	12 OZ	5.36	5.36	
BREAKFAST MIXES						
3365	ARROW	PANC&WAF MIX BUCKWHT ORG	32 OZ	4.75	4.75	4.28
3356	ARROW	PANC&WAF MIX MULTIGRAI ORG	32 OZ	4.75	4.75	4.28
3355	ARROW	PANC&WAFFLE MIX BUTTERMILK	32 OZ	4.75	4.75	4.28
34061	CHERRYBR	WF/GF PANCAKE MIX	18 OZ	3.99	3.99	3.19
30545	DANCING	PANCAKE/WAFF MIX BUTTERMILK	16 OZ	5.59	5.59	
30547	DANCING	PANCAKE/WAFF MIX PUMPKIN SPICE	16 OZ	5.59	5.59	
7711	FIDDLERS	FIDDLECAKE MIX WF/DF ORG	24 OZ	4.15	4.15	
7718	FIDDLERS	PANCAKE MIX OAT BARLEY ORG	24 OZ	4.15	4.15	
6510	HIGHLAND	PANCAKE MIX BLUEBERRY	24 OZ	4.75	4.75	
6508	HIGHLAND	PANCAKE MIX BUTTERMILK	24 OZ	3.19	3.19	
6496	HIGHLAND	PANCAKE MIX MULTIGRAIN ORG	24 OZ	3.69	3.69	
35500	MORGANS	GRIFFLE MIX BLUEBERRY ORG	24 OZ	6.80	6.80	6.12
6139	MORGANS	GRIFFLE MIX BUCKWHEAT DF/OG	24 OZ	3.99	3.99	
6135	MORGANS	GRIFFLE MIX BUTTERMILK ORG	24 OZ	3.46	3.46	
6145	MORGANS	GRIFFLE MIX RICE/CORN/OAT WF/D	24 OZ	3.70	3.70	
35501	MORGANS	JO'NNY CAKES WT FLINT CORN WF	24 OZ	3.70	3.70	
30600	NAMASTE	MIX WAFFLE/PANCAKE WF/GF Vg	21 OZ	5.20	5.20	
1235	NEWHOPE	PANCAKE MIX BUCKWHEAT	12/32 OZ	3.42	41.04	2.57
1233	NEWHOPE	PANCAKE MIX BUTTERMILK	12/32 OZ	3.18	38.16	30.84

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
1576	NEWHOPE	PANCAKE MIX BUTTERMILK	5#	7.22	7.22	
1236	NEWHOPE	PANCAKE MIX WHOLE WHEAT s	12/32 OZ	3.02	36.24	
7366	PAMELAS	PANCAKE/BAKING MIX WF/GF	24 OZ	6.39	6.39	
30785	PEMBERT	PANCAKE MIX FOUR GRAIN	14 OZ	4.95	4.95	
30636	PEMBERT	PANCAKE MIX MAINE BLUEBERRY s	14 OZ	4.95	4.95	
30637	PEMBERT	PANCAKE MIX MAPLE BUTTERMILK s	14 OZ	4.95	4.95	
15234	PLOYES	PANCAK MIX UNBL WHEAT/BUCKWHT	3#	5.49	5.49	
15232	PLOYES	PANCAK MIX UNBL WHT/BUCKWHT	1.5#	4.05	4.05	
15236	PLOYES	PANCAKE MIX WW/BUCKWHEAT	1.5#	4.39	4.39	
CANDY & CONFECTIONS						
32009	BROWN	MAPLE CANDY 3 pieces	.75 OZ	1.99	1.99	
32011	BROWN	MAPLE CANDY 6 pieces	1.5 OZ	4.15	4.15	
32010	BROWN	MAPLE CANDY LEAF	1.5 OZ	3.49	3.49	3.14 3.14
10166	BURNHAM	LOLLIPOP ASSTD SHAPE w/DSPLY s	60 CT	.61	36.60	
10165	BURNHAM	LOLLIPOP ASSTD SHAPES refill s	24 CT	.58	13.92	
10169	BURNHAM	LOLLIPOPS MAPLE LEAF s refill	24 CT	.58	13.92	
10170	BURNHAM	LOLLIPOPS MAPLE LEAF W/DSPLY s	60 CT	.61	36.60	
10167	BURNHAM	LOLLIPOPS MAPLE MOOSE s refill	24 CT	.58	13.92	
10168	BURNHAM	LOLLIPOPS MAPLE MOOSE W/DIS s	60 CT	.61	36.60	
41198	CANDYTRE	GF LICORICE BITES CHERRY ORG	2.6 OZ	2.41	2.41	
30429	CANDYTRE	GF LICORICE BITES ORG	2.6 OZ	2.41	2.41	
41200	CANDYTRE	GF LICORICE BITES RASP ORG	2.6 OZ	2.41	2.41	2.17 2.17
41199	CANDYTRE	GF LICORICE BITES STRWBRY ORG	2.6 OZ	2.41	2.41	
41195	CANDYTRE	GF LICORICE LACES CHERRY ORG	2.6 OZ	2.41	2.41	
41197	CANDYTRE	GF LICORICE LACES RASP ORG	2.6 OZ	2.41	2.41	
41196	CANDYTRE	GF LICORICE LACES STRWBRY ORG	2.6 OZ	2.41	2.41	
30431	CANDYTRE	GF LICORICE ROPES/LARIATS ORG	2.6 OZ	2.41	2.41	
30427	CANDYTRE	GF LICORICE TWIST CHERRY ORG	2.6 OZ	2.41	2.41	
30430	CANDYTRE	GF LICORICE TWIST ORG	2.6 OZ	2.41	2.41	
41201	CANDYTRE	GF LICORICE TWIST RASP ORG	2.6 OZ	2.41	2.41	
30428	CANDYTRE	GF LICORICE TWIST STRWBRY ORG	2.6 OZ	2.41	2.41	
2043	CANDYTRE	LICORICE BITES ORG	3.5 OZ	2.41	2.41	
2042	CANDYTRE	LICORICE LACES ORG	3.5 OZ	2.41	2.41	2.17 2.17
2045	CANDYTRE	LICORICE ROPES thick ORG	3.2 OZ	2.41	2.41	2.17 2.17
2044	CANDYTRE	LICORICE TWISTS thin ORG	3.5 OZ	2.41	2.41	
41193	CANDYTRE	LOLLIPOPS CHERRY ORG corn malt	2.4 OZ	2.41	2.41	
30580	CANDYTRE	LOLLIPOPS LEMON ORG corn malt	2.4 OZ	2.41	2.41	
2041	CANDYTRE	LOLLIPOPS ORANGE ORG corn malt	2.6 OZ	2.41	2.41	
41192	CANDYTRE	LOLLIPOPS RASP ORG corn malt	2.4 OZ	2.41	2.41	
41194	CANDYTRE	LOLLIPOPS STRAWBY ORG corn mal	2.4 OZ	2.41	2.41	
31581	CAPECODS	BANGOR BLUES DK CHO BLUBRY s	5 OZ	3.25	3.25	
31580	CAPECODS	BANGOR BLUES MLK CHO BLUBRY s	5 OZ	3.25	3.25	
31585	CAPECODS	BOG BEANS DK CHOC CRANBERRY s	5 OZ	3.00	3.00	
31584	CAPECODS	BOG BEANS MLK CHOC CRANBERRY s	5 OZ	3.00	3.00	
31583	CAPECODS	JAMOCHA DK CHOC ESPRESSO BNS s	4.5 OZ	3.00	3.00	
31582	CAPECODS	JAMOCHA MK CHOC ESPRESSO BNS s	4.5 OZ	3.00	3.00	
31586	CAPECODS	JB WILLIE DK CHOC TOFFEE PNUTS	5 OZ	3.00	3.00	
31587	CAPECODS	JB WILLIE MK CHOC TOFFEE PNUTS	5 OZ	3.00	3.00	
34313	CLAEYS	HOREHOUND CANDY s	6 OZ	1.59	1.59	
5296	DAGOBA	BAR CHOC BEAUCOUP BERRIES DK O	12/2 OZ	1.95	23.40	
5294	DAGOBA	BAR CHOC DARK ORG 59% s	12/2 OZ	1.95	23.40	
30522	DAGOBA	BAR CHOC ECLIPSE DARK ORG 87%	12/2 OZ	1.95	23.40	
30518	DAGOBA	BAR CHOC HAZELNUT MILK ORG 37%	12/2 OZ	1.95	23.40	
5298	DAGOBA	BAR CHOC LAVENDER DARK ORG 59%	12/2 OZ	1.95	23.40	
31348	DAGOBA	BAR CHOC LEMON GING DK ORG 68%	12/2 OZ	1.95	23.40	
5293	DAGOBA	BAR CHOC MILK ORG 37% s	12/2 OZ	1.95	23.40	
30521	DAGOBA	BAR CHOC MINT DARK ORG 59%	12/2 OZ	1.95	23.40	
5295	DAGOBA	BAR CHOC NEW MOON DK ORG 74% s	12/2 OZ	1.95	23.40	
31350	DAGOBA	BAR CHOC PRIMA MATERIA ORG100%	12/2 OZ	1.95	23.40	
30520	DAGOBA	BAR CHOC ROSEBERRY DK ORG 59%	12/2 OZ	1.95	23.40	
30523	DAGOBA	BAR CHOC XOCOLATL DARK ORG 74%	12/2 OZ	1.95	23.40	
41295	DIVINE	BAR DK CHOC W/ RASPBRIES s	10/3.5 OZ	2.57	25.70	
41296	DIVINE	BAR MINI MILK CHOC TOF CRNCH s	30/1.5 OZ	1.31	39.30	1.09 32.70
30128	DIVINE	BAR MINI MLK CRSP RCE CRNCH FT	36/1.4 OZ	.99	35.64	
5371	DIVINE	BARS DARK CHOC FAIR TRADE	10/3.5 OZ	2.45	24.50	1.96 19.60
30127	DIVINE	BARS DARK CHOC FRUIT/NUT FT	10/3.5 OZ	2.45	24.50	1.96 19.60
30126	DIVINE	BARS DARK CHOC MINT FAIR TRADE	10/3.5 OZ	2.45	24.50	1.96 19.60
5372	DIVINE	BARS MILK CHOC FAIR TRADE	10/3.5 OZ	2.45	24.50	1.96 19.60
5373	DIVINE	BARS MILK CHOC HAZLNT FAIR TRD	10/3.5 OZ	2.73	27.30	2.18 21.80
5374	DIVINE	BARS MINI DARK CHOC FAIR TRADE	30/1.5 OZ	1.29	38.70	
5375	DIVINE	BARS MINI MILK CHOC FAIR TRADE	30/1.5 OZ	1.29	38.70	
5370	DIVINE	BARS WHITE CHOC FAIR TRADE s	10/3.5 OZ	2.45	24.50	1.96 19.60
30917	DIVINE	BARS WHITE CHOC W/STRWBRY FT	10/3.5 OZ	2.45	24.50	1.96 19.60
32517	ELFOODS	COCOA NIBS CHOC COVRD RAW ORG	12/1.8 OZ	2.84	34.08	
32515	ELFOODS	GOJI BERRIES CHOC COVRD ORG vg	12/1.8 OZ	2.89	34.68	
32516	ELFOODS	PECANS CHOC COVRD ORG vg	12/1.8 OZ	2.18	26.16	
33120	EQUALX	BAR CHOC EXPRESSO BEAN ORG s	12/3.5 OZ	3.49	41.88	2.44 29.28
3860	EQUALX	BAR CHOC VERY DARK ORG s	12/3.5 OZ	3.49	41.88	2.44 29.28
3859	EQUALX	BAR DARK CHOC W/ALMONDS ORG s	12/3.5 OZ	3.49	41.88	2.44 29.28
3642	FINNSKA	LICORICE SOFT ORGANIC	12/7 OZ	2.98	35.76	



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with a heart

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MADE FOR CHOCOLATE LOVERS

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A chocolate shell surrounding an irresistibly smooth center. Once you break its shell, the filling will start to melt and so will you.



Do You Dream In Chocolate?

Truffles Changemakers 60ct.



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CANDY & CONFECTIONS - cont.						
35013	GHIRARD	BARS DK CHOC CARMEL FILL s p h	12/3.5 OZ	2.06	24.72	
31104	GHIRARD	DARK BAR ESPRESSO ESCAPE	12/3.5 OZ	2.39	28.68	1.79 21.48
31103	GHIRARD	DARK BAR TWILIGHT DELIGHT 72%	12/3.5 OZ	2.39	28.68	
30486	GHIRARD	SQUARES 60% DARK CHOCOLATE s	120 CT	.33	39.60	
30488	GHIRARD	SQUARES MILK CHOC w/CARAML s p	120 CT	.33	39.60	.25 30.00
30485	GHIRARD	SQUARES MILK CHOCOLATE s	120 CT	.33	39.60	
1813	GINGERPE	GINGER CHEWS	3 OZ BAG	1.65	1.65	1.32 1.32
1825	GINGERPE	GINGER CHEWS	12/2 OZ PK	.83	9.96	
1807	GINGERPE	GINGER CHEWS CANDY	4.5 OZ BOX	2.79	2.79	
33205	GINGERPE	GINGER CHEWS HOT COFFEE box	4.5 OZ	2.85	2.85	2.14 2.14
1819	GINGERPE	GINGER CHEWS PEANUT	3 OZ BAG	1.65	1.65	1.32 1.32
1814	GINGERPE	GINGER CHEWS SPICY APPLE	3 OZ BAG	1.65	1.65	1.32 1.32
1812	GINGERPE	GINGER CRYST CANDY	3.5 OZ BAG	1.65	1.65	1.32 1.32
1803	GINGERPE	GINGER DELIGHT s	8.5 OZ	5.19	5.19	4.19 4.19
33317	GINGERPE	GINGER SWEET HOT SLICES s	4.5 OZ	2.74	2.74	2.47 2.47
33318	GINGERPE	GINGER SWEET HOT SLICES s	10 OZ	5.08	5.08	4.57 4.57
1822	GINGERPE	GIN-GINS CANDY indiv wrapped	3 OZ BAG	1.65	1.65	1.32 1.32
33210	GINGERPE	GIN-GINS HARD CANDY box	4.5 OZ	2.85	2.85	2.28 2.28
31318	GOLDIES	CAROB BAR BANANA	12/3 OZ	2.85	34.20	
31317	GOLDIES	CAROB BAR HAZELNUT PRALINE	12/3 OZ	2.85	34.20	
31263	GOLDIES	CAROB BAR MINT	12/3 OZ	2.85	34.20	
31319	GOLDIES	CAROB BAR ORANGE ZEST	12/3 OZ	2.85	34.20	
31132	GOLDIES	CAROB BAR PLAIN	12/3 OZ	2.85	34.20	
31133	GOLDIES	CAROB BAR RICE CRUNCH	12/3 OZ	2.85	34.20	
41292	GOMAXGO	BAR BUCCANEER vg s	24/2.1 OZ	1.60	38.40	
41290	GOMAXGO	BAR JOKERZ vg s	24/2.1 OZ	1.60	38.40	
41293	GOMAXGO	BAR MAHALO vg s	24/2.1 OZ	1.60	38.40	
41291	GOMAXGO	BAR TWILIGHT vg s	24/2.1 OZ	1.60	38.40	
34380	GREENBLK	BARS DARK CHOC 85% ORGANIC	10/100GR	2.85	28.50	
34379	GREENBLK	BARS DARK CHOC CHERRY ORG s	10/100GR	2.85	28.50	
2907	GREENBLK	BARS DARK CHOC ESPRESSO ORG s	10/100GR	2.85	28.50	
30337	GREENBLK	BARS DARK CHOC GINGER ORG s	10/100GR	2.85	28.50	
2912	GREENBLK	BARS DARK CHOC MAYA GOLD ORG s	10/100GR	2.85	28.50	
2920	GREENBLK	BARS DARK CHOC MINT ORG s	10/100GR	2.85	28.50	
2910	GREENBLK	BARS DARK CHOCOLATE 70% ORG s	10/100GR	2.85	28.50	
2913	GREENBLK	BARS DK CHOC HZLNUT/CURRNT ORG	10/100GR	2.85	28.50	
2933	GREENBLK	BARS MILK CHOC ALMOND ORG s	10/100GR	2.85	28.50	
30171	GREENBLK	BARS MILK CHOC PEANUT ORG s	10/100GR	2.85	28.50	2.14 21.40
30170	GREENBLK	BARS MILK CHOC TOFFEE ORG s	10/100GR	2.85	28.50	
2911	GREENBLK	BARS MILK CHOCOLATE ORG s	10/100GR	2.85	28.50	
2922	GREENBLK	BARS WHITE CHOCOLATE ORG s	10/100GR	2.85	28.50	
6486	HIGHLAND	MAPLE CANDY 5pcs	1.25 OZ	3.49	3.49	
6499	HIGHLAND	MAPLE CANDY LEAF	1.85 OZ	3.99	3.99	
31443	HONEES	HONEY FILLED DROPS s	24/1.6 OZ	.72	17.28	
31444	HONEES	MILK HONEY FILLED DROPSs	24/1.5 OZ	.72	17.28	
3804	HONEYACR	CORDIAL MINT PATTY Dairy-Free	2# BOX	22.99	22.99	
41353	INTLHARV	MACADAMIAS CHOC COVERD ORG s	4.5 OZ	4.31	4.31	
40149	KNIPSCHL	BAR CHOC BURNT CARML SEA SLT s	3/4 OZ	4.35	13.05	
15146	LETSDO	GUMMI BEAR CLASSIC VEG ORG	3.5 OZ	2.60	2.60	
15161	LETSDO	GUMMI BEAR SUPER SOUR ORG	3.5 OZ	2.60	2.60	
15147	LETSDO	GUMMI BEARS JELLY ORG Vegan	3.5 OZ	2.60	2.60	2.34 2.34
2965	LINDT	BAR MILK ORANGE FILLED s	12/3.5 OZ	2.19	26.28	
2966	LINDT	BAR MILK RASPBERRY s	12/3.5 OZ	2.19	26.28	
2964	LINDT	CLASSIC BAR MILK s	12/4.4OZ	2.19	26.28	
2968	LINDT	EXCELLENCE 70% COCOA DARK s	12/3.5 OZ	2.19	26.28	
2969	LINDT	EXCELLENCE 85% COCOA DARK s	12/3.5 OZ	2.19	26.28	
2961	LINDT	EXCELLENCE MILK EXTRA CREAMY	12/3.5 OZ	2.19	26.28	
33168	LINDT	LINDOR TRUFFLE 60% DARK	60 CNT	.27	16.20	
2958	LINDT	LINDOR TRUFFLE DARK CHOCOLATE	60 CNT	.27	16.20	.24 14.40
2955	LINDT	LINDOR TRUFFLE HAZEL MILK CHOC	60 CNT	.27	16.20	.24 14.40
2956	LINDT	LINDOR TRUFFLE MILK CHOCOLATE	60 CNT	.27	16.20	
2957	LINDT	LINDOR TRUFFLE MINT DARK CHOC	60 CNT	.27	16.20	
2962	LINDT	LINDOR TRUFFLE PEANUT BUTTER s	60 CNT	.27	16.20	
2963	LINDT	LINDOR TRUFFLE RASPBERRY	60 CNT	.27	16.20	.24 14.40
2960	LINDT	LINDOR TRUFFLE WHITE CHOCOLATE	60 CNT	.27	16.20	.24 14.40
2959	LINDT	LINDOR TRUFFLES 6 BOX COMBO	6 BOX	.25	90.00	
2980	LINDT	SWISS BAR BITTERSWEET	12/3.5OZ	2.19	26.28	
41387	MADECASS	BAR CHOC DK MILK SILKY 44% s	12/2.64 OZ	3.64	43.68	
41390	MADECASS	BAR CHOC BRT FRUITY 63% s	12/2.64 OZ	3.64	43.68	
41393	MADECASS	BAR CHOC DK INTENSE 75% s	12/2.64 OZ	3.64	43.68	
41388	MADECASS	BAR CHOC DK SEA SALT & NIBS s	10/2.64 OZ	3.64	36.40	
41389	MADECASS	BAR CHOC DK STRNG COMPLX 80% s	12/2.64 OZ	3.64	43.68	
41391	MADECASS	BAR CHOC MELLOW SBTLE 67% s	12/2.64 OZ	3.64	43.68	
41392	MADECASS	BAR CHOC SMOOTH RICH 70% s	12/2.64 OZ	3.64	43.68	
41269	MAISIEJ	ALMONDS CAPPUCCINO MILK CHOC s	4 OZ	3.46	3.46	2.77 2.77
41272	MAISIEJ	ALMONDS CHOC TRUFFLE s	4 OZ	3.46	3.46	2.77 2.77
41270	MAISIEJ	ALMONDS DARK CHOC s	4 OZ	3.46	3.46	2.77 2.77
41268	MAISIEJ	ALMONDS DK CHOC CHIPOTLE s	4 OZ	3.46	3.46	2.77 2.77
41271	MAISIEJ	ALMONDS TOFFEE MILK CHOC s	4 OZ	3.46	3.46	2.77 2.77

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
30872	MOOKIDS	BAR MILK CHOC W/CORN FLK ORG s	12/2.7 OZ	2.77	33.24	
30871	MOOKIDS	BAR MILK CHOC W/RICE CRISP ORG	12/2.7 OZ	2.77	33.24	
30873	MOOKIDS	BARS MILK CHOC W/ GRAHAM CRK s	12/2.7 OZ	2.77	33.24	
30870	MOOKIDS	BARS MILK CHOC W/ GRANOLA s	12/2.7 OZ	2.77	33.24	
6670	NEWMAN	CUPS PEPPERMINT ORG	24/1.2 OZ	1.30	31.20	
6668	NEWMAN	CUPS PNUTBTR DK CHOC ORG	24/1.2 OZ	1.30	31.20	
6669	NEWMAN	CUPS PNUTBTR MILK CHOC ORG	24/1.2 OZ	1.30	31.20	1.09 26.16
35531	ORG MELT	BAR CHOC DRK RASP&ROOIBUS FT s	14/3.2 OZ	2.69	37.66	
1369	PANDA	BAR LICORICE	36/1.13 OZ	.55	19.80	.44 15.84
1367	PANDA	BAR RASPBERRY	36/1.13 OZ	.55	19.80	.44 15.84
1363	PANDA	CHEW LICORICE BLACK	12/7 OZ	2.50	30.00	2.00 24.00
1368	PANDA	CHEW RASPBERRY	7 OZ	2.50	2.50	2.00 2.00
1408	PANDA	CHEWS HERB/LICORICE	7 OZ	2.50	2.50	2.00 2.00
30755	PANDA	LICORICE CREMES s	7 OZ	3.65	3.65	2.92 2.92
8511	PEELU	GUM DENTAL CINNAMON	100 PC	5.44	5.44	
8505	PEELU	GUM DENTAL PEPPERMINT	100 PC	5.44	5.44	
8506	PEELU	GUM DENTAL SPEARMINT	100 PC	5.44	5.44	
41180	PEELU	GUM PEPPERMINT blister pack	24/12 PC	.93	22.32	
41181	PEELU	GUM SPEARMINT blister pack	24/12 PC	.93	22.32	
41186	PEELU	XYLITOL GUM PEPPERMINT	100 PC	7.69	7.69	6.92 6.92
41187	PEELU	XYLITOL GUM SPEARMINT	100 PC	7.69	7.69	
34497	QBEL	BAR DBL DK CHOC WFER 70% s	25/1.1 OZ	1.09	27.25	
34496	QBEL	BAR DK CHOC MINT WFER s	25/1.1 OZ	1.09	27.25	
34491	QBEL	BAR MLK CHOC RCE WFER CRSP s	20/1.1 OZ	1.09	21.80	
34494	QBEL	ROLLS WAFER DK CHOC s	15/9 OZ	1.09	16.35	
34495	QBEL	ROLLS WAFER MILK CHOC s	15/9 OZ	1.09	16.35	
34549	RJ	LICORICE BLACK s	10.6 OZ	4.40	4.40	
34550	RJ	LICORICE RASPBERRY s	10.6 OZ	4.40	4.40	
34575	SALAZON	BAR DK CHO SEA SALT PEPR ORG s	12/3 OZ	2.26	27.12	
34574	SALAZON	BAR DK CHO SEA SALTURBO ORG s	12/3 OZ	2.26	27.12	
34573	SALAZON	BAR DK CHOC SEA SALT ORG s	12/3 OZ	2.26	27.12	
31885	SCHARFEN	BAR DARK CHOC BITTRSWT 70% s	12/3 OZ	2.91	34.92	2.19 26.28
31890	SCHARFEN	BAR DARK CHOC BITTRSWT 70% s	18/1 OZ	1.53	27.54	1.15 20.70
31894	SCHARFEN	BAR DARK CHOC MOCHA 62% s	18/1 OZ	1.53	27.54	1.15 20.70
31895	SCHARFEN	BAR DARK CHOC NIBBY 62% s	18/1 OZ	1.53	27.54	1.15 20.70
31544	SCHARFEN	BAR DARK CHOC NIBBY s	12/3 OZ	2.91	34.92	2.33 27.96
31886	SCHARFEN	BAR EXTRA DARK CHOC 82% s	12/3 OZ	2.91	34.92	2.19 26.28
31891	SCHARFEN	BAR EXTRA DARK CHOC 82% s	18/1 OZ	1.53	27.54	1.15 20.70
31888	SCHARFEN	BAR MILK CHOC ALMND SALT 41% s	12/3 OZ	2.91	34.92	2.19 26.28
31889	SCHARFEN	BAR MILK CHOC EXTRA RICH 41% s	12/3 OZ	2.91	34.92	2.19 26.28
31893	SCHARFEN	BAR MILK CHOC EXTRA RICH 41% s	18/1 OZ	1.53	27.54	1.15 20.70
31543	SCHARFEN	BAR MILK CHOC NIBBY s	12/3 OZ	2.91	34.92	2.33 27.96
31887	SCHARFEN	BAR SEMI SWT DARK CHOC 62% s	12/3 OZ	2.91	34.92	2.19 26.28
31892	SCHARFEN	BAR SEMI SWT DARK CHOC 62% s	18/1 OZ	1.53	27.54	1.15 20.70
31898	SCHARFEN	TASTNG SQ ASSTD CHOC s	3.17 OZ	4.23	4.23	3.17 3.17
31896	SCHARFEN	TASTNG SQ DK CHOC BITSWT 70% s	3.17 OZ	4.23	4.23	3.17 3.17
31897	SCHARFEN	TASTNG SQ RICH MILK CHOC 41% s	3.17 OZ	4.23	4.23	3.17 3.17
33154	SENCHA	GREEN TEA MINT DELICATE PEAR	9/1 OZ	2.75	24.75	
33155	SENCHA	GREEN TEA MINT LIVELY LEMONGRS	9/1 OZ	2.75	24.75	2.48 22.32
33153	SENCHA	GREEN TEA MINT ORIGINAL	9/1 OZ	2.75	24.75	
33156	SENCHA	GREEN TEA MINT VARIETY 3ea flv	9/1 OZ	2.75	24.75	
3994	STASH	HONEY STICKS CHAI	20 CNT	3.76	3.76	2.99 2.99
3986	STASH	HONEY STICKS CINNAMON	20 CNT	3.76	3.76	2.99 2.99
3993	STASH	HONEY STICKS LEMON	20 CNT	3.76	3.76	2.99 2.99
3995	STASH	HONEY STICKS ORIGINAL	20 CNT	3.76	3.76	2.99 2.99
2916	SUNNY	HONEYSTIKS asst flvrs	30/10PKG	1.45	43.50	
28213	SUNSPIRE	BAR DARK CHOC COCONUT s	24 CT	1.80	43.20	
28211	SUNSPIRE	BAR MILK CHOC COCONUT ALMOND s	24 CT	1.75	42.00	
28210	SUNSPIRE	PEPPERMINT PATTIE s	24 CT	1.62	38.88	
2806	SUNSPIRE	SUNDROPS SNACK SIZE	12/1.19OZ	1.05	12.60	.95 11.40
40136	SURFSWET	FRUITY BEARS OG gf vg s	2.75 OZ	1.59	1.59	
40133	SURFSWET	GUMMY BEARS gf s	2.75 OZ	1.56	1.56	
40131	SURFSWET	GUMMY BEARS SNK SZ gf s	24/9 OZ	.67	16.08	
40135	SURFSWET	GUMMY SWIRLS gf vg s	2.75 OZ	1.56	1.56	
40134	SURFSWET	GUMMY WORMS gf s	2.75 OZ	1.56	1.56	
40137	SURFSWET	JELLY BEANS OG gf v s	2.75 OZ	1.56	1.56	
40132	SURFSWET	SOUR BERRY BEARS gf vg s	2.75 OZ	1.56	1.56	
40130	SURFSWET	SOUR BERRY BEARS SNK SZ gf	24/9 OZ	.67	16.08	
40138	SURFSWET	SOUR WORMS gf vg s	2.75 OZ	1.59	1.59	
1654	TERRANST	BAR CHOC 73% INTENSE DK ORG	12/3.5 OZ	3.42	41.04	
1652	TERRANST	BAR CHOC DARK RAISIN PECAN ORG	12/3.5 OZ	3.42	41.04	
1650	TERRANST	BAR CHOC DARK TRUFFLE ORG	12/3.5 OZ	3.42	41.04	
1665	TERRANST	BAR CHOC RICE MILK ORG DF	12/3.5 OZ	3.97	47.64	
41027	TERRANST	BAR CHOC RICE MILK W/ALMDS ORG	12/3.5 OZ	3.63	43.56	
41028	TERRANST	BAR CHOC RICE MILK W/DARK ORG	12/3.5 OZ	3.63	43.56	
30860	THEOBROM	BAR CHOC ALMND APL CIN ORG FT	12/1.25 OZ	1.90	22.80	1.33 15.96
30862	THEOBROM	BAR CHOC ALMND CRANBRY ORG FT	12/1.25 OZ	1.90	22.80	
30861	THEOBROM	BAR CHOC ALMOND COCONUT ORG FT	12/1.25 OZ	1.90	22.80	
30863	THEOBROM	BAR CHOC DARK PURE ORG FT	12/1.25 OZ	1.90	22.80	



Scharffen Berger
Fine Artisan Chocolate

Extra Dark Chocolate 82% Cacao



Like fine red wine, our 82% Cacao Extra Dark Chocolate bar has rich notes of dried figs and a mild peppery spiciness. Our distinctive chocolates are created using the world's best cacao beans blended in small batches on vintage European equipment.

Ingredients: Cacao beans, sugar, and whole vanilla beans
Allergy information: May contain traces of milk, soy, peanuts and/or tree nuts

Item # 31891 - 1 OZ
Item #31886 - 3 OZ

Bittersweet Chocolate 70% Cacao



With bright fruitiness and a long, smooth finish, our 70% Cacao Bittersweet bar embodies everything we love about cacao. Our distinctive chocolates are created using the world's best cacao beans blended in small batches on vintage European equipment.

Ingredients: Cacao beans, sugar, cocoa butter, non-GMO soy lecithin and whole vanilla beans
Allergy information: May contain traces of milk, peanuts and/or tree nuts

Item #31890 - 1 OZ
Item #31885 - 3 OZ

(continued on page 97)

New Item!



A healthy snack
made in
small batches
that is
pop-off-the-shelf
fantastic!!



NEW!!!

1 oz single-serve

All Natural
High Whole Grain
No Trans Fats
No Cholesterol
Gluten Free

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www.WhiteMountainKettleCorn.com

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CANDY & CONFECTIONS - cont.						
30864	THEOBROM	BAR CHOC ORANGE CHUNK ORG	12/1.25 OZ	1.69	20.28	
30823	THEOBROM	BAR DK CHOC BANANA CHNK ORG	12/1.25 OZ	1.69	20.28	
30825	THEOBROM	BAR DK CHOC COCONUT CHNK ORG	12/1.25 OZ	1.69	20.28	
30826	THEOBROM	BAR DK CHOC ESPRESSO CHNK ORG	12/1.25 OZ	1.69	20.28	
30824	THEOBROM	BAR DK CHOC RASPBRY CHNK ORG	12/1.25 OZ	1.69	20.28	
30827	THEOBROM	BAR DK CHOCOLATE 72% ORG	12/1.25 OZ	1.69	20.28	
30865	THEOBROM	temp n/a BAR CHOC MAPLE BUTTER	12/1.25 OZ	2.26	27.12	
34741	VERITAS	BAR DARK CHOC CHERRY ALMOND s	12/2.5 OZ	2.55	30.60	
34743	VERITAS	BAR DARK CHOC ESPRESSO s	12/2.5 OZ	2.55	30.60	
34745	VERITAS	BAR DARK CHOC W/COCOA NIBS s	12/2.5 OZ	2.55	30.60	
34742	VERITAS	BAR MILK CHOC ESPRESSO s	12/2.5 OZ	2.55	30.60	
34744	VERITAS	BAR MILK CHOC W/COCOA NIBS s	12/2.5 OZ	2.55	30.60	
34754	VERITAS	TOFFEE DARK CHOC CARAML SEA s	24/1.25 OZ	1.45	34.80	
34753	VERITAS	TOFFEE MILK CHOC CARAML SEA s	24/1.25 OZ	1.45	34.80	
34750	VERITAS	TRUFFLE COLLECTION 5PC ASST s	12/2.5 OZ	5.00	60.00	
34752	VERITAS	TRUFFLE DK CHOC CARAML SSALT s	12/2.5 OZ	5.00	60.00	
34751	VERITAS	TRUFFLE MK CHOC CARAML SSALT s	12/2.5 OZ	5.00	60.00	
34747	VERITAS	WINE PARNG BOLD RED 64% DK CHO	16/3 OZ	3.60	57.60	
34749	VERITAS	WINE PARNG LT RED 70% DK CHOC	16/3 OZ	3.60	57.60	
34748	VERITAS	WINE PARNG MED RED 64% DK CHOC	16/3 OZ	3.60	57.60	
34746	VERITAS	WINE PARNG WHITE 38% MLK CHOC	16/3 OZ	3.60	57.60	
4188	VERMINTS	MINTS GINGERMINT s	6/1.41 OZ	2.69	16.14	
4187	VERMINTS	MINTS JONS PEPPERMINT s	6/1.41 OZ	2.69	16.14	
4189	VERMINTS	MINTS WINTERMINT s	6/1.41 OZ	2.69	16.14	
4190	VERMINTS	PASTILLES CHAI s	6/1.41 OZ	2.69	16.14	1.89 11.34
41130	VIVANI	BAR 72% DARK CHOC ORG s	10/3.5 OZ	2.60	26.00	2.08 20.80
41134	VIVANI	BAR 85% DARK CHOC ORG s	10/3.5 OZ	2.60	26.00	2.08 20.80
41135	VIVANI	BAR DARK CHOC w/grn tea ORG s	10/3.5 OZ	2.60	26.00	2.08 20.80
41136	VIVANI	BAR DARK CHOC w/lemon ORG s	10/3.5 OZ	2.60	26.00	2.08 20.80
41133	VIVANI	BAR DARK CHOC w/orange ORG s	10/3.5 OZ	2.60	26.00	2.08 20.80
31065	VT NUTFR	BARS CRISP MLK CHOC NUT FREE s	24/1.5 OZ	1.05	25.20	
31063	VT NUTFR	BARS DARK CHOC NUT FREE s	24/1.5 OZ	1.05	25.20	
31064	VT NUTFR	BARS MILK CHOC NUT FREE s	24/1.5 OZ	1.05	25.20	
30783	YOGEN FRUZCANDY	FRUIT&YOGURT BLUEBRY	8/89 OZ	1.22	9.76	
30784	YOGEN FRUZCANDY	FRUIT&YOGURT STRW BAN	8/89 OZ	1.22	9.76	
30782	YOGEN FRUZCANDY	FRUIT&YOGURT TROP STORM	8/89 OZ	1.22	9.76	
CHEESE, SHELF-STABLE						
35534	RACCONTO	PARMESAN GRATED SHAKER	8 OZ	3.49	3.49	
35535	RACCONTO	ROMANO GRATED SHAKER	8 OZ	3.49	3.49	
CHIPS, PRETZELS & PUFFS						
31787	AURORA	MIX VEGGIE CHIPS rstd n/s	9 OZ	4.72	4.72	
7177	BARBARAS	PUFFS CHEESE BAKES WF	12/5.5 OZ	2.01	24.12	
33015	BARBARAS	PUFFS CHEESE ORIG crunchy WF	12/7 OZ	2.09	25.08	
7202	BARBARAS	PUFFS CHEESE ORIG snack WF	24/1 OZ	.81	19.44	
7176	BARBARAS	PUFFS JALAPENO CHEESE crunchy	12/7 OZ	2.09	25.08	
37397	BOBBYO	PITA CHIPS GARLIC k s	12/6 OZ	1.50	18.00	
34344	CALBEE	SNAPEA CRISPS CAESAR	12/3.3 OZ	1.46	17.52	
34345	CALBEE	SNAPEA CRISPS ORIGINAL	12/3.3 OZ	1.46	17.52	
34048	DANIELLE	FRUIT CHIPS HONEY BANANA	12/2 OZ	2.58	30.96	
30807	DANIELLE	FRUIT CHIPS ROASTED COCONUT	12/2 OZ	2.58	30.96	
34047	DANIELLE	FRUIT CHIPS SWEET JACKFRUIT	12/2 OZ	2.58	30.96	
34140	DANIELLE	FRUIT CHIPS SWEET MANGO	12/2 OZ	2.58	30.96	
34046	DANIELLE	FRUIT CHIPS TANGY PINEAPPLE	12/2 OZ	2.58	30.96	
34043	DANIELLE	VEGGIE CHIPS CRUNCHY PUMPKIN	12/2 OZ	2.58	30.96	
34045	DANIELLE	VEGGIE CHIPS SPICY CARROT	12/2 OZ	2.58	30.96	
34044	DANIELLE	VEGGIE CHIPS WILD TARO	12/2 OZ	2.58	30.96	2.32 27.84
35213	DEEPRIVR	BAKED FRIES JALAPENO&CHEDDAR	25/1.5 OZ	.67	16.75	
35212	DEEPRIVR	BAKED FRIES SWEET MAUI ONION	24/1.5 OZ	.67	16.08	
35191	DEEPRIVR	KETTLE CHIP SWEET MAUI ONION	20/1 OZ	.36	7.20	
35210	DEEPRIVR	KETTLE CHIPS 40%RF LIGHT SALT	12/5 OZ	1.57	18.84	
35209	DEEPRIVR	KETTLE CHIPS 40%RF LIGHT SALT	24/1.5 OZ	.67	16.08	
35208	DEEPRIVR	KETTLE CHIPS ASIAN SWEET&SPCY	12/5 OZ	1.57	18.84	
35200	DEEPRIVR	KETTLE CHIPS ASIAN SWEET&SPCY	24/2 OZ	.67	16.08	
35206	DEEPRIVR	KETTLE CHIPS MESQUITE BBQ	12/5 OZ	1.57	18.84	
35198	DEEPRIVR	KETTLE CHIPS MESQUITE BBQ	24/2 OZ	.67	16.08	
35193	DEEPRIVR	KETTLE CHIPS ORIGINAL salted	24/2 OZ	.67	16.08	
35201	DEEPRIVR	KETTLE CHIPS ORIGINAL salted	12/5 OZ	1.57	18.84	
35190	DEEPRIVR	KETTLE CHIPS ORIGINAL salted	20/1 OZ	.36	7.20	
35192	DEEPRIVR	KETTLE CHIPS ROSEMARY OLIVE OI	20/1 OZ	.36	7.20	
35207	DEEPRIVR	KETTLE CHIPS ROSEMARY OLIVE OI	12/5 OZ	1.57	18.84	
35199	DEEPRIVR	KETTLE CHIPS ROSEMARY OLIVE OIL	24/2 OZ	.67	16.08	
35195	DEEPRIVR	KETTLE CHIPS SALT & VINEGAR	24/2 OZ	.67	16.08	
35203	DEEPRIVR	KETTLE CHIPS SALT & VINEGAR	12/5 OZ	1.57	18.84	
35202	DEEPRIVR	KETTLE CHIPS SALT&CRACKED PEPP	12/5 OZ	1.57	18.84	
35194	DEEPRIVR	KETTLE CHIPS SALT&CRACKED PEPP	24/2 OZ	.67	16.08	
35197	DEEPRIVR	KETTLE CHIPS SWEET MAUI ONION	24/2 OZ	.67	16.08	
35205	DEEPRIVR	KETTLE CHIPS SWEET MAUI ONION	12/5 OZ	1.57	18.84	
35196	DEEPRIVR	KETTLE CHIPS ZESTY JALAPENO	24/2 OZ	.67	16.08	
35211	DEEPRIVR	POPCORN WHITE CHEDDAR CHEESE	24/2 OZ	.96	23.04	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
6353	EDEN	CHIPS SEA VEGETABLE	10/2.1 OZ	3.08	30.80	
6355	EDEN	CHIPS WASABI Hot n' Spicy	10/2.1 OZ	3.22	32.20	
35214	FOODSHLD	TORTILLA CHIPS MULTIGRAIN gf s	24/1.5 OZ	.85	20.40	
35215	FOODSHLD	TORTILLA CHIPS OLIVE gf s	24/1.5 OZ	.85	20.40	
35219	FOODSHLD	TORTILLA CHIPS SWT POTATO gf s	24/1.5 OZ	.85	20.40	
35236	FOODSHLD	TORTILLA CHIPS BLUE CORN k gf	12/5.5 OZ	2.35	28.20	
35235	FOODSHLD	TORTILLA CHIPS CHEDDAR k gf	12/5.5 OZ	2.35	28.20	
35237	FOODSHLD	TORTILLA CHIPS CHEDDAR k gf	24/1.5 OZ	.85	20.40	
35291	FOODSHLD	TORTILLA CHIPS LIME gf	12/5.5 OZ	2.35	28.20	
35221	FOODSHLD	TORTILLA CHIPS MULTIGRAIN gf s	12/ 6 OZ	2.35	28.20	
35223	FOODSHLD	TORTILLA CHIPS OLIVE gf s	12/ 6 OZ	2.35	28.20	
35226	FOODSHLD	TORTILLA CHIPS SWT POTATO gf s	12/ 6 OZ	2.35	28.20	
35225	FOODSHLD	TORTILLA CHIPS THE WORKS gf s	12/ 6 OZ	2.35	28.20	
5913	GARDEAT	CHIPS CORN REDHOT BLUES ORG	12/9 OZ	2.99	35.88	2.69 32.28
5912	GARDEAT	CHIPS CORN SES BLUES ORG	12/7.5 OZ	2.95	35.40	
5914	GARDEAT	CHIPS CORN SES BLUES ORG	24/1.5 OZ	.80	19.20	
3726	GOODHLTH	APPLE CHIPS CINNAMON	12/3 OZ	1.66	19.92	
37390	GOODHLTH	HUMMUS CHIPS OLV LMN FETA	12/3.5 OZ	2.05	24.60	
37391	GOODHLTH	HUMMUS CHIPS RST RED PEPPER	12/3.5 OZ	2.05	24.60	
37396	GOODHLTH	POPCORN HALF NAKED W/OLIVE OI	12/4 OZ	1.97	23.64	1.48 17.76
3711	GOODHLTH	POTATO CHIPS OLIVE OIL	12/5 OZ	1.99	23.88	
3715	GOODHLTH	POTATO CHIPS OLIVE OIL PEPPER	12/5 OZ	1.99	23.88	
3713	GOODHLTH	POTATO CHIPS OLIVE OIL RSMRY	12/5 OZ	2.00	24.00	
37395	GOODHLTH	VEGGIE CHIPS	24/1 OZ	.75	18.00	
37393	GOODHLTH	VEGGIE CHIPS	10/7.5 OZ	3.10	31.00	2.01 20.10
34033	GREENMT	GRINGO TORTILLA STRIPS BLUE	12/8OZ	2.24	26.88	1.68 20.16
15313	GREENMT	GRINGO TORTILLA STRIPS gf	12/8 OZ	1.69	20.28	1.27 15.24
34034	GREENMT	GRINGO TORTILLA STRIPS WHITE	12/8OZ	2.24	26.88	1.68 20.16
35417	GRINGOJK	TORTILLA CHIP CORN SPICED	12/8 OZ	3.20	38.40	
35415	GRINGOJK	TORTILLA CHIP FLOUR ARTISAN	12/8 OZ	3.20	38.40	
35416	GRINGOJK	TORTILLA CHIP FLOUR SPICED	12/8 OZ	3.20	38.40	
7363	KETTLE	POTATO CHIPS HONEY DIJON	24/2 OZ	1.06	25.44	
30656	KETTLE	POTATO CHIPS KRINKLE SALT/ PEP	10/14OZ	4.96	49.60	
7361	KETTLE	POTATO CHIPS KRINKLE SALT/PEP	24/2 OZ	1.09	26.16	
7320	KETTLE	POTATO CHIPS NY CHEDDAR	15/5 OZ	2.45	36.75	
7324	KETTLE	POTATO CHIPS NY CHEDDAR	24/2 OZ	1.06	25.44	
7140	KETTLE	POTATO CHIPS SEASALT/VIN	24/2 OZ	1.06	25.44	
7319	KETTLE	POTATO CHIPS SEASALT/VIN	15/5 OZ	2.45	36.75	
7144	KETTLE	POTATO CHIPS w/s	24/2 OZ	1.06	25.44	
2187	KETTLE	POTATO CHIPS w/s	15/5 OZ	2.45	36.75	
4301	LITTLEBE	POPCORN WHITE CHEDDAR ORG	12/4 OZ	2.29	27.48	1.64 19.68
4341	LITTLEBE	TORTILLA CHIPS BLUE salted	12/16 OZ	4.00	48.00	
4343	LITTLEBE	TORTILLA CHIPS WHITE salted	12/16 OZ	3.40	40.80	
4348	LITTLEBE	TORTILLA CHIPS YELLOW salted	12/16 OZ	3.40	40.80	
1878	LUNDBERG	RICE CHIP SNTA FE BBQ WF/GF s	12/6 OZ	2.39	28.68	
33413	LUNDBERG	RICE CHIPS FIESTA LIME WF/GF s	12/6 OZ	2.39	28.68	
33414	LUNDBERG	RICE CHIPS HONEY DIJON WF/GF s	12/6 OZ	2.39	28.68	
1879	LUNDBERG	RICE CHIPS ORIG SEA SALT WF/GF	12/6 OZ	2.39	28.68	2.15 25.80
1877	LUNDBERG	RICE CHIPS PICO DE GALLO WF/GF	12/6 OZ	2.39	28.68	
1880	LUNDBERG	RICE CHIPS SES SEAWEEED WF/GF s	12/6 OZ	2.39	28.68	2.15 25.80
5066	MADHOUSE	CHIPS CREAMY FRENCH ONION	12/5 OZ	1.95	23.40	
4998	MADHOUSE	CHIPS CREAMY FRENCH ONION	30/1.5 OZ	.85	25.50	
4995	MADHOUSE	CHIPS MESQUITE BBQ s	30/1.5 OZ	.85	25.50	
5064	MADHOUSE	CHIPS MESQUITE BBQ s	12/5 OZ	1.95	23.40	
4997	MADHOUSE	CHIPS SEA SALT & VINEGAR	30/1.5 OZ	.85	25.50	
5065	MADHOUSE	CHIPS SEA SALT & VINEGAR	12/5 OZ	1.95	23.40	
5063	MADHOUSE	CHIPS SEA SALT ALL AMERICAN	12/5 OZ	1.95	23.40	
4993	MADHOUSE	CHIPS SEA SALT ALL AMERICAN	30/1.5 OZ	.85	25.50	
30133	MADHOUSE	TORTILLA CHIPS BLUE CORN	12/9 OZ	2.45	29.40	
30134	MADHOUSE	TORTILLA CHIPS WHITE CORN	12/9 OZ	2.45	29.40	
1882	MIGUELS	PLANTAIN STRIPS HONEY s	18/3 OZ	1.49	26.82	1.34 24.12
1881	MIGUELS	PLANTAIN STRIPS salted	18/3 OZ	1.49	26.82	1.34 24.12
1850	MIGUELS	TORTILLA CHIPS BLUE salted	12/8 OZ	2.10	25.20	1.89 22.68
1854	MIGUELS	TORTILLA CHIPS WHITE salt	12/7 OZ	1.71	20.52	1.37 16.44
41441	MRKRISPR	RICE CHIP BARBEQUE BKD gf s	12/4.2 OZ	2.10	25.20	
41443	MRKRISPR	RICE CHIP NACHO BKD gf s	12/4.2 OZ	2.10	25.20	
41442	MRKRISPR	RICE CHIP S CRM & ON BKD gf s	12/4.2 OZ	2.10	25.20	
41440	MRKRISPR	RICE CHIP SEA SLT/PEP BKD gf s	12/4.2 OZ	2.10	25.20	
7288	ROBERTS	PIRATE BOOTY WF/GF	12/4 OZ	2.17	26.04	
7292	ROBERTS	PIRATE BOOTY WF/GF	24/1 OZ	.85	20.40	
73154	ROBERTS	PIRATES BOOTY SOUR CR ONION gf	12/4 OZ	2.13	25.56	1.91 22.92
73155	ROBERTS	PIRATES BOOTY SOUR CR ONION gf	24/1 OZ	.81	19.44	.73 17.52
73158	ROBERTS	PIRATES BOOTY VEGGIE gf	12/4 OZ	2.13	25.56	1.91 22.92
73156	ROBERTS	PIRATES SMART PUFFS gf	12/4.5 OZ	2.13	25.56	1.91 22.92
73152	ROBERTS	POTATO FLYERS ORIGINAL gf	12/5.5 OZ	2.13	25.56	1.91 22.92
73153	ROBERTS	POTATO FLYERS ORIGINAL gf	24/1.5 OZ	.81	19.44	.73 17.52
73150	ROBERTS	POTATO FLYERS SOUR CR ONION gf	12/5.5 OZ	2.13	25.56	1.91 22.92
73151	ROBERTS	POTATO FLYERS SOUR CR ONION gf	24/1.5 OZ	.81	19.44	.73 17.52
73157	ROBERTS	TINGS ORIGINAL gf	12/6 OZ	2.13	25.56	1.91 22.92



Semisweet Chocolate 62% Cacao



With soft notes of citrus and honey overtones, our 62% Cacao Semisweet bar has a perfectly balanced flavor profile. Our distinctive chocolates are created using the world's best cacao beans blended in small batches on vintage European equipment.

Ingredients: Cacao beans, sugar, cocoa butter, non-GMO soy lecithin, and whole vanilla beans

Allergy information: May contain traces of milk, peanuts and/or tree nuts

Item #31892 - 1 OZ

Item #31887 - 3 OZ

Extra Rich Milk Chocolate 41% Cacao



With hints of luxurious caramel, our 41% Cacao milk chocolate is as rich as it is creamy. Our distinctive chocolates are created using the world's best cacao beans blended in small batches on vintage European equipment.

Ingredients: Cacao beans, sugar, milk, cocoa butter, nonfat milk, non-GMO soy lecithin and whole vanilla beans

Allergy information: May contain traces of peanuts and/or tree nuts

Item #31893 - 1 OZ

Item #31889 - 3 OZ

(continued on page 98)



Mocha Dark Chocolate 62% Cacao



With great texture and real coffee in every bite, our 62% Cacao Mocha Chocolate bar is made with finely ground Sumatran coffee.

Ingredients: Cacao beans, sugar, cocoa butter, coffee, non-GMO soy lecithin, and whole vanilla beans
Allergy information: May contain traces of milk, peanuts and/or tree nuts.

Item #31894 – 1 OZ

Nibby Dark Chocolate 62% Cacao



Our 62% Nibby combines the honey overtones of our semi-sweet chocolate with the delicious and crunchy texture of roasted cacao beans, also known as nibs.

Ingredients: Cacao beans, sugar, cacao nibs, cocoa butter, non-GMO soy lecithin, and whole vanilla beans
Allergy information: May contain traces of milk, peanuts and/or tree nuts

Item #31895 – 1 OZ

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CHIPS, PRETZELS & PUFFS - cont.						
3733	SOLEA	POLENTA CHIPS ORIGINAL WF/GF	12/5 OZ	2.07	24.84	
3730	SOLEA	PRETZELS PNUT BTR FILLED s	12/5.5 OZ	2.09	25.08	
6019	STACYS	PITA CINNAMON/SUGAR	24/1.5 OZ	.70	16.80	
6017	STACYS	PITA PARM/GARLIC/HERB	24/1.5 OZ	.70	16.80	
6012	STACYS	PITA PARM/GARLIC/HERB	12/8 OZ	1.99	23.88	1.59 19.08
6018	STACYS	PITA SIMPLY NAKED seasalt	24/1.5 OZ	.70	16.80	
6016	STACYS	PITA SIMPLY NAKED seasalt	12/8 OZ	1.99	23.88	1.59 19.08
6113	STACYS	PITA TUSCAN HERB	12/8 OZ	1.99	23.88	
7394	TERRA	CHIPS BLUE snack size	24/1 OZ	.87	20.88	
7392	TERRA	CHIPS ORIGINAL snack size	24/1 OZ	.87	20.88	
41311	UNIQUE	PRETZEL SPLITS SPROUTED WHEAT	12/8 OZ	3.25	39.00	2.60 31.20
41307	UNIQUE	PRETZELS SPLITS	12/11 OZ	1.98	23.76	1.39 16.68
41316	UNIQUE	PRETZELS SPLITS EXTRA DARK	12/11 OZ	1.98	23.76	1.39 16.68
41310	UNIQUE	PRETZELS SPLITS GARLIC ONION	12/11 OZ	1.98	23.76	1.39 16.68
41309	UNIQUE	PRETZELS SPLITS MULTI GRAIN	12/11 OZ	1.98	23.76	1.39 16.68
31046	WHITE MT	KETTLE CORN s	9/7.5 OZ	2.87	25.83	
31051	WHITE MT	KETTLE CORN s	32/1 OZ	.72	23.04	
COFFEE						
35425	CAFEBUST	BUSTELO BRICK ground	6 OZ	2.35	2.35	1.99 1.99
8382	EQUALX	ORG BREAKFAST BLEND bean	12 OZ	6.85	6.85	
8380	EQUALX	ORG BREAKFAST BLEND ground	12 OZ	6.85	6.85	
31059	EQUALX	ORG COLUMBIAN bean	12 OZ	6.85	6.85	
31062	EQUALX	ORG COLUMBIAN ground	12 OZ	6.85	6.85	
8387	EQUALX	ORG DECAF CO2 ground	12 OZ	8.30	8.30	
31397	EQUALX	ORG DECAF FULL CITY RST bean	12 OZ	8.21	8.21	
31058	EQUALX	ORG ETHIOPIAN bean	12 OZ	6.85	6.85	
31061	EQUALX	ORG ETHIOPIAN ground	12 OZ	6.85	6.85	
8386	EQUALX	ORG FRENCH ROAST bean	10 OZ	6.85	6.85	
8385	EQUALX	ORG FRENCH ROAST ground	10 OZ	6.85	6.85	
34339	EQUALX	ORG LOVE BUZZ bean	12 OZ	6.85	6.85	
34338	EQUALX	ORG LOVE BUZZ ground	12 OZ	6.85	6.85	
31055	EQUALX	ORG MIND BODY SOUL bean	12 OZ	6.85	6.85	
31056	EQUALX	ORG MIND BODY SOUL ground	12 OZ	6.85	6.85	
30706	LARRYS	ORG BEAN MARTIN FT	1#	8.57	8.57	
30382	LARRYS	ORG BOLIVIAN FT biobag	1#	8.57	8.57	
30383	LARRYS	ORG COLUMBIAN FT biobag	1#	8.57	8.57	
30388	LARRYS	ORG COSTA LITTLE RICKY FT bio	1#	8.57	8.57	
30389	LARRYS	ORG COWBOY BLEND FT biobag	1#	8.57	8.57	
30396	LARRYS	ORG DECAF ESPRESSO FT biobag	1#	9.29	9.29	
30435	LARRYS	ORG DECAF MEXICAN	1#	9.29	9.29	
30397	LARRYS	ORG DECAF TWILIGHT BLEND FTbio	1#	9.29	9.29	
30390	LARRYS	ORG EL SALVADOR DALI FT biobag	1#	8.57	8.57	
30381	LARRYS	ORG ESPRESSO FT biobag	1#	8.57	8.57	
30387	LARRYS	ORG ETHIOPIAN FT biobag	1#	8.57	8.57	
30391	LARRYS	ORG FRANK SUMATRA FT biobag	1#	8.57	8.57	
30392	LARRYS	ORG FRENCHY FRNCH RST FTbiobag	1#	8.57	8.57	
30707	LARRYS	ORG GRAND TURK FT	1#	8.57	8.57	
30384	LARRYS	ORG GUATAMALAN FT biobag	1#	8.57	8.57	
30393	LARRYS	ORG LOUIE SUPREMO FT biobag	1#	8.57	8.57	
30394	LARRYS	ORG MALIBAR XXX FT biobag	1#	8.57	8.57	
30395	LARRYS	ORG MOCHA JAVA FT biobag	1#	8.57	8.57	
30385	LARRYS	ORG PERUVIAN FT biobag	1#	8.57	8.57	
30708	LARRYS	ORG SAMMY DECAF JR FT	1#	9.29	9.29	
30709	LARRYS	ORG SUMATRA FT	1#	8.57	8.57	
35428	MEDAGLIA	ESPRESSO CAN GROUND	10 OZ	4.49	4.49	
2616	MEDAGLIA	ESPRESSO INSTANT POWDER	2 OZ	3.30	3.30	
35087	MTHAGEN	COFFEE INST DECAF SNGL SERV OG	25 CT	5.40	5.40	
35086	MTHAGEN	COFFEE INST SINGLE SERVE ORG	25 CT	5.40	5.40	
30232	MTHAGEN	COFFEE ORG FRZ DRIED instant	3.53 OZ	7.70	7.70	
30233	MTHAGEN	DECAF COFFEE ORG FRZ DRIED ins	3.53 OZ	7.70	7.70	
2721	ORGCOF	ORG BRKFAST BLEND grnd FT	12 OZ	7.10	7.10	
2732	ORGCOF	ORG DECAF FRENCH RST bean FT	12 OZ	8.50	8.50	
2720	ORGCOF	ORG FRENCH RST ground FT	12 OZ	7.10	7.10	
2723	ORGCOF	ORG JAVA LOVE ground FT	12 OZ	7.10	7.10	
2724	ORGCOF	ORG SUMATRA MANDHELING bean FT	12 OZ	7.10	7.10	
2722	ORGCOF	ORG ZEN BLEND ground FT	12 OZ	7.10	7.10	
33141	VT COFFEE	ORG CAFE ALTA GRACIA beans FT	12 OZ	7.21	7.21	
33138	VT COFFEE	ORG DARK ROAST beans FT	16 OZ	8.42	8.42	
33140	VT COFFEE	ORG DECAF beans FT	16 OZ	9.58	9.58	8.14 8.14
33139	VT COFFEE	ORG MILD ROAST beans FT	16 OZ	8.42	8.42	7.15 7.15
33142	VT COFFEE	ORG TRES MARIPOSA beans FT	12 OZ	7.21	7.21	6.13 6.13
41420	WICKED	ORG BALI BLUE MOON bean FT	12 OZ	6.86	6.86	
41068	WICKED	ORG BIG HOUSE FT bn blend	12 OZ	6.86	6.86	
41421	WICKED	ORG BRAZIL POCO FUNDO bean FT	12 OZ	6.86	6.86	
41422	WICKED	ORG ETHIOPIA SIDAMO bean FT	12 OZ	6.86	6.86	
41069	WICKED	ORG JOHNNY BEEZER'S bn FT mild	12 OZ	6.86	6.86	
41075	WICKED	ORG PERU CHANCHAMAYO bn FT	12 OZ	6.86	6.86	
41067	WICKED	ORG ROGUE WAVE FT bn blnd	12 OZ	6.86	6.86	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
41076	WICKED	ORG SUMATRA GAYOLAND bn FT	12 OZ	6.86	6.86	
41066	WICKED	ORG WICKED FRENCH FT bn dark	12 OZ	6.86	6.86	
COFFEE SUBSTITUTES						
1275	CAFIX	COFFEE SUB GRAIN BVRG CAN	6/7.05 OZ	7.25	43.50	
8530	KAFFREE	KAFFREE ROMA	7 OZ	7.10	7.10	
41001	TEECCINO	HERBAL ALMOND AMARETTO	11 OZ	7.69	7.69	
41002	TEECCINO	HERBAL CHOCOLATE MINT	8.5 OZ	7.69	7.69	
41003	TEECCINO	HERBAL HAZELNUT ORG	11 OZ	7.69	7.69	
41005	TEECCINO	HERBAL ORG CHOCOLATE	11 OZ	7.69	7.69	
41006	TEECCINO	HERBAL ORIGINAL ORG	11 OZ	7.69	7.69	
41007	TEECCINO	HERBAL VANILLA NUT ORG	11 OZ	7.69	7.69	
41008	TEECCINO	HRBL COFFEE ORG MAYA CAFFE	11 OZ	7.45	7.45	
41010	TEECCINO	HRBL COFFEE ORG MAYA CHOC	11 OZ	7.45	7.45	

CONDIMENTS, BOUILLON, BROTH POWDERS, CLAM JUICE & GRAVY MIXES

4377	BARHAR	CLAM JUICE	8 OZ	3.74	3.74	
9244	BRAGG	LIQUID AMINOS	16 OZ	3.84	3.84	3.07 3.07
9246	BRAGG	LIQUID AMINOS	32 OZ	6.52	6.52	5.22 5.22
9245	BRAGG	LIQUID AMINOS SPRAY	6 OZ	2.85	2.85	2.28 2.28
50254	EDWARDSN	BOUILLON CUBES GARDEN VEG gf v	2.9 OZ	2.19	2.19	1.75 1.75
50252	EDWARDSN	BOUILLON CUBES NOT CHICK gf vg	2.5 OZ	2.19	2.19	1.75 1.75
50253	EDWARDSN	BOUILLON CUBES NOTBEEF gf vg	2.5 OZ	2.19	2.19	1.75 1.75
50255	EDWARDSN	BOUILLON CUBES VEG LOW SLT gf	2.9 OZ	2.19	2.19	1.75 1.75
5660	MARIGOLD	BOUILLON POWDER LS GF DF Vg	150 GM	4.70	4.70	
5659	MARIGOLD	BOUILLON POWDER w/salt GF Vg	150 GM	4.70	4.70	
53080	MAXWELLS	GRAVY MIX BROWN gf	12/1.2 OZ	1.71	20.52	1.54 18.48
53081	MAXWELLS	GRAVY MIX CHICKEN gf	12/1.2 OZ	1.71	20.52	1.28 15.36
53082	MAXWELLS	GRAVY MIX PORK gf	12/1.2 OZ	1.71	20.52	1.28 15.36
53083	MAXWELLS	GRAVY MIX TURKEY gf	12/1.2 OZ	1.71	20.52	1.54 18.48
1970	RAPUNZEL	VEGE BOUILLON no salt ORG cubes	12/3 OZ	2.49	29.88	
1969	RAPUNZEL	VEGE BOUILLON w/herb ORG cubes	12/3 OZ	2.49	29.88	
1968	RAPUNZEL	VEGE BOUILLON w/salt ORG cubes	12/3 OZ	2.49	29.88	
1966	RAPUNZEL	VEGE SOUP BROTH ORG jar	4.41 OZ	4.20	4.20	
41455	REIGAFA	CHS SCE MIX WHT CHEDDR pkt gf	12/1.1 OZ	.95	11.40	.67 8.04
41454	REIGAFA	CHS SCE MIX YEL CHEDDR pkt gf	12/1.1 OZ	.95	11.40	.67 8.04
5685	ROADSEND	GRAVY MIX GOLDEN GF DF ORG	12/1 OZ	.97	11.64	
5687	ROADSEND	GRAVY MIX SAVORY HERB GF DF OG	12/1 OZ	.97	11.64	
5686	ROADSEND	GRAVY MIX SHIITAKE GF DF ORG	12/1 OZ	.97	11.64	
15141	SIMPLYOG	GRAVY MIX BROWN ORG	.9 OZ	1.07	1.07	
15140	SIMPLYOG	GRAVY MIX ROASTED CHICKEN ORG	.9 OZ	1.07	1.07	
15139	SIMPLYOG	GRAVY MIX ROASTED TURKEY ORG	.9 OZ	1.07	1.07	
15142	SIMPLYOG	SAUCE MIX WILD MUSHROOM ORG	.9 OZ	1.07	1.07	

CONDIMENTS, COOKING SAUCES - BBQ & MARINADES

30296	AMER SPN	BBQ SAUCE CHERRY s	15 OZ	5.39	5.39	
30293	AMER SPN	GRILLING SAUCE APPLE CIDER s	14 OZ	5.39	5.39	
30290	AMER SPN	GRILLING SAUCE TANGY GINGER	14 OZ	5.39	5.39	4.29 4.29
30338	ANNIENA	BBQ SAUCE CHIPOTLE ORG	12 OZ	3.29	3.29	2.47 2.47
4239	ANNIENA	BBQ SAUCE ORIGINAL ORG	12 OZ	3.29	3.29	2.96 2.96
4241	ANNIENA	BBQ SAUCE SMOKEY MAPLE ORG	12 OZ	3.29	3.29	
32127	APPALACH	GRILL SAUCE APPLEWOOD s	12 OZ	2.69	2.69	
32133	APPALACH	GRILL SAUCE POM SWT & SASSY	15 OZ	2.69	2.69	
32132	APPALACH	GRILL SAUCE TAMARIND LIME s Vg	14 OZ	2.69	2.69	
29067	BUSHABRN	SAUCE HONEY JERK BBQ s	12 OZ	4.95	4.95	4.46 4.46
29068	BUSHABRN	SAUCE SMOKEY BBQ s	12 OZ	4.95	4.95	4.46 4.46
29069	BUSHABRN	SAUCE SPICY PLANTERS STEAK s	12 OZ	4.95	4.95	4.46 4.46
29070	BUSHABRN	SAUCE SPICY TOMATO LOVE APPL s	12 OZ	4.95	4.95	4.46 4.46
31170	COWTOWN	BBQ SAUCE ORIGINAL s	18 OZ	4.30	4.30	3.44 3.44
34411	DENYMIKE	BBQ SAUCE CAROLINA STYLE gf s	8.5 OZ	4.29	4.29	
34410	DENYMIKE	BBQ SAUCE HOT N NASTY gf s	9 OZ	4.29	4.29	
34412	DENYMIKE	BBQ SAUCE MESQ O MADNESS gf s	9 OZ	4.29	4.29	
34413	DENYMIKE	BBQ SAUCE SWEET N SPICY gf s	9 OZ	4.29	4.29	
21143	GRINGOJK	BBQ CHIPOTLE FINISHING GLAZE s	12 OZ	3.54	3.54	
21142	GRINGOJK	BBQ SAUCE HABENERO HOT BABY s	12 OZ	3.54	3.54	
21141	GRINGOJK	BBQ SAUCE SMOKIN WHISKEY s	12 OZ	3.54	3.54	
21140	GRINGOJK	BBQ SAUCE VERMONT MAPLE s	12 OZ	3.54	3.54	
36014	HALFMOON	CARIBBEAN SCE & MARINADE SPICY	5 OZ	2.50	2.50	
36017	HALFMOON	STEAK SAUCE TAMARINDO BAY	10 OZ	3.69	3.69	
31134	HICK	GRILLING SAUCE MANGO CHIPTLE s	17.5 OZ	3.49	3.49	
30264	HICK	GRILLING SAUCE MAPLE BOURBON	17 OZ	3.49	3.49	
30325	JUDYS	SAUCE GRILLING JAVA LAVA s	12 OZ	4.29	4.29	
4900	LULU	GRILLING SAUCE FIG BALSAMIC	8.45 OZ	6.92	6.92	
4913	LULU	MARINADE MEYER LEMON/ROSEMARY	6 OZ	6.31	6.31	
30324	MOTHERS	BBQ SAUCE AUNT RUBY'S RED gf	13 OZ	2.57	2.57	
30192	MOTHERS	BBQ SAUCE HONEY HICKORY FF/GF	13 OZ	2.50	2.50	
30902	MOTHERS	MARINADE CAJUN GF s	12 OZ	2.45	2.45	2.21 2.21
30904	MOTHERS	MARINADE DIJON DILL s	12 OZ	2.45	2.45	
30903	MOTHERS	MARINADE MAINE ATLANTIC GF s	12 OZ	2.45	2.45	
30901	MOTHERS	MARINADE ORIGINAL GF s	12 OZ	2.45	2.45	
15867	PEMBERT	BBQ SAUCE MAPLE	14.25 OZ	4.85	4.85	



Milk Chocolate With Sea Salted Almonds 41% Cacao



Roasted almonds with a hint of sea salt add a nutty flavor to the caramel richness of our milk chocolate in our 41% Cacao Milk Almond. Our distinctive chocolates are created using the world's best cacao beans blended in small batches on vintage European equipment.

Ingredients: Cacao beans, sugar, milk, almonds, cocoa butter, nonfat milk, safflower oil, non-GMO soy lecithin, sea salt, whole vanilla beans
Allergy Information: Manufactured on the same equipment that processes wheat and hazelnuts.

Item #31888 - 3 OZ

Assorted - Tasting Squares



Our Tasting Squares Assortment contains individually foil wrapped tasting squares of 70% Cacao Bittersweet Chocolate, 62% Cacao Semisweet Chocolate and 41% Cacao Extra Rich Milk Chocolate.

Ingredients: Cacao beans, sugar, cocoa butter, organic milk, contains 2% or less of: Organic nonfat milk, non-GMO soy lecithin, whole vanilla beans.
Allergy information: May contain traces of peanuts and/or tree nuts.

Item #31898

(continued on page 100)



Extra Rich Milk Chocolate - Tasting squares



With higher cacao content, more milk and less sugar than traditional milk chocolate, our 41% Cacao Extra Rich Milk Chocolate appeals to both the dark chocolate connoisseurs and milk chocolate lovers. This chocolate has a smooth creamy texture and delivers a satisfying rich caramel flavor.

Ingredients: Cacao beans, sugar, organic milk, cocoa butter, organic non-fat milk, non-GMO soy lecithin, whole vanilla beans

Allergy information: May contain traces of peanuts and/or tree nuts

Item #31897

Bittersweet Chocolate - Tasting squares



With its rich and pure complexity, our 70% Cacao Bittersweet Chocolate is the ideal dark chocolate. It offers upfront notes of ripe raspberry and cherry that melts smoothly into rounder date and cinnamon flavors.

Ingredients: Cacao beans, sugar, cocoa butter, non-GMO soy lecithin, whole vanilla beans

Allergy information: May contain traces of milk, peanuts and/or tree nuts

Item #31896

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CONDIMENTS, COOKING SAUCES - BBQ & MARINADES - cont.						
30557	RICHARDS	BARBEQUE SAUCE VEGAN s	18 OZ	3.96	3.96	3.36
30553	RICHARDS	BARBEQUE GAME SAUCE s	18 OZ	3.39	3.39	
30551	RICHARDS	BARBEQUE SAUCE HOT s	19 OZ	3.21	3.21	
30552	RICHARDS	BARBEQUE SAUCE HOTTEST s	19 OZ	3.21	3.21	
30550	RICHARDS	BARBEQUE SAUCE MILD s	19 OZ	3.21	3.21	
30554	RICHARDS	CHICKEN MARINADE s	18 OZ	3.99	3.99	
22091	SOULCUBA	MARINADE HONEY MOJO	12 OZ	3.29	3.29	
22092	SOULCUBA	MARINADE SPICY MOJO	12 OZ	3.29	3.29	
22090	SOULCUBA	MARINADE TRADITIONAL MOJO	12 OZ	3.29	3.29	
CONDIMENTS, COOKING SAUCES						
34470	3 ACRE	GLAZE BLUEBRY PORT BALSAMIC	250 ML	4.57	4.57	
34471	3 ACRE	MARINADE BALSAMIC	250 ML	4.86	4.86	
31017	AMER SPN	ROASTING SAUCE PUMPKN CHIPOTLE	14 OZ	5.39	5.39	
4554	AMORE	PASTE ANCHOVY tube	1.58 OZ	1.74	1.74	
4555	AMORE	PASTE GARLIC tube p	3.15 OZ	3.35	3.35	
4556	AMORE	PASTE HOT PEPPER tube	3.15 OZ	3.35	3.35	
4558	AMORE	PASTE ITALIAN TOMATO tube	4.5 OZ	2.35	2.35	
4557	AMORE	PASTE PESTO tube	2.8 OZ	3.35	3.35	
4559	AMORE	PASTE SUNDRIED TOMATO	2.8 OZ	4.30	4.30	
30336	BUBBIE J	SAUCE BRISKET MAGIC GF	25.5 OZ	4.99	4.99	
34680	CROOKEDB	SAUCE APPLE MAPLE CHIPOTLE s	12 OZ	4.39	4.39	
34677	CROOKEDB	SAUCE CITRUS ROSEMARY GINGER s	12 OZ	4.39	4.39	
34675	CROOKEDB	SAUCE GINGER TERIYAKI s	12 OZ	4.39	4.39	
34674	CROOKEDB	SAUCE ORANGE HONEY CHIPOTLE s	12 OZ	4.39	4.39	
34679	CROOKEDB	SAUCE SPICY PINEAPPLE GINGER s	12 OZ	4.39	4.39	
34678	CROOKEDB	SAUCE STICKY HONEY BARBECUE s	12 OZ	4.39	4.39	
34676	CROOKEDB	SAUCE SWEET CHILI GARLIC s	12 OZ	4.39	4.39	
1796	GINGERPE	SAUCE GINGER LEMONGRASS s	12.7 OZ	4.10	4.10	
1794	GINGERPE	SAUCE GINGER LIME s	12.7 OZ	4.10	4.10	
1797	GINGERPE	SAUCE GINGER PEANUT s	12.7 OZ	4.10	4.10	
1791	GINGERPE	SAUCE GINGER WASABI	12.7 OZ	4.10	4.10	
1847	GINGERPE	SAUCE SWEET CHILI GINGER s	12.7 OZ	4.10	4.10	
1811	GINGERPE	SAUCE VINGR/MAR GINGER SESAME	12.7 OZ	4.10	4.10	
34435	GOURMMOM	SAUCE BAYOU CREOLE gf vg	24 OZ	5.75	5.75	5.18
34436	GOURMMOM	SAUCE MAUI SUNSET gf vg	24 OZ	5.75	5.75	5.18
34437	GOURMMOM	SAUCE MILANO MARINARA gf vg	24 OZ	5.75	5.75	5.18
30263	HICK	SAUCE APRICOT GINGER TERIYAKI	18 OZ	3.49	3.49	
4008	MYRONS	SAUCE MAGIC 20 GAUGE	10 OZ	3.57	3.57	2.68
5495	ROSEBUD	MINT SAUCE s	6 OZ	5.35	5.35	
40211	TRACKLE	SAUCE MINT CONCENTRATE GF s	6 OZ	3.45	3.45	2.76
CONDIMENTS, COOKING SAUCES - HOT SAUCES						
31149	BITE ME	HOT SAUCE CHIPOTLE	5 OZ	2.99	2.99	2.39
5619	BOULDRH	HOT SAUCE HARRY'S HABANERO	5 OZ	3.85	3.85	
5618	BOULDRH	HOT SAUCE SMOKEY SERRANO	5 OZ	3.85	3.85	
29072	BUSHABRN	SAUCE PUKKA HOT PEPPER	4 OZ	3.39	3.39	3.05
29073	BUSHABRN	SAUCE SPICY JERK s	5 OZ	3.54	3.54	3.19
29071	BUSHABRN	SEASONING TRAD JERK RUB s	4 OZ	2.99	2.99	2.69
29074	BUSHABRN	SHERRY PEPPER SPICY HOT	5 OZ	4.80	4.80	4.32
7405	CHACHI	HOT SAUCE ORG	8 OZ	4.70	4.70	3.50
4748	CHOLULA	HOT SAUCE	5 OZ	2.95	2.95	
4935	CHOLULA	HOT SAUCE CHILI GARLIC	5 OZ	3.09	3.09	2.47
5279	DAVES	HOT SAUCE MINI SAMPLERS	4 PK	4.44	4.44	
31470	DAVES	SAUCE ADJUSTABLE HEAT	7.8 OZ	6.99	6.99	
5226	DAVES	SAUCE hot CRAZY CARIBBEAN	5 OZ	3.55	3.55	3.20
5220	DAVES	SAUCE hot HURTIN HABANERO	5 OZ	3.55	3.55	3.20
5227	DAVES	SAUCE hot JAMMIN JERK	5 OZ	3.55	3.55	
5219	DAVES	SAUCE hot TEMPORARY INSANITY	5 OZ	4.00	4.00	
5218	DAVES	SAUCE hotx TOTAL INSANITY	5 OZ	4.35	4.35	
5217	DAVES	SAUCE hotxx INSANITY	5 OZ	4.35	4.35	
5251	DAVES	SAUCE hotxx ULTIMATE INSANITY	5 OZ	5.45	5.45	
5228	DAVES	SAUCE med COOL CAYENNE	5 OZ	3.55	3.55	
5221	DAVES	SAUCE med GINGER PEACH	5 OZ	3.55	3.55	
5222	DAVES	SAUCE med HURTIN JALAPENO	5 OZ	3.55	3.55	
5258	DAVES	SAUCE med RST GARLIC	5 OZ	3.55	3.55	3.20
5257	DAVES	SAUCE med RST RED PEP CHIPOTLE	5 OZ	3.55	3.55	
5259	DAVES	SAUCE med SCOTCH BONNET s	5 OZ	3.66	3.66	
30724	DRGONZOS	JALAPENOMASH FREE RANGE	12 OZ	4.70	4.70	
30725	DRGONZOS	PEPPERMASH WORLD FAMOUS	12 OZ	4.20	4.20	
30209	GREENES	SAUCE ATOMIC HABANERO very hot	5 OZ	4.09	4.09	
30208	GREENES	SAUCE DRAGONS FIRE very hot	5 OZ	4.09	4.09	
30207	GREENES	SAUCE HOPI JALA/HORSRDISH mild	5 OZ	4.09	4.09	
30205	GREENES	SAUCE SW SMKY RD PEPP mild/med	5 OZ	4.09	4.09	
30206	GREENES	SAUCE TEXAS CHIPOTLE	5 OZ	4.09	4.09	
36019	HALFMOON	HOT SCE IGUANA GOLD HABANERO	5 OZ	2.50	2.50	
36016	HALFMOON	HOT SCE IGUANA RED CAYENNE PEP	5 OZ	2.50	2.50	
8309	JUMP UP	HOT SAUCE CHIPOTLE	5 OZ	3.55	3.55	
8307	JUMP UP	HOT SAUCE ORIGINAL	5 OZ	3.55	3.55	3.20
30441	MELINDA	HOT SAUCE	5 OZ	2.29	2.29	2.06

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
30442	MELINDA	HOT SAUCE EXTRA	5 OZ	2.29	2.29	
30440	MELINDA	HOT SAUCE XXXTRA HOT	5 OZ	2.29	2.29	
35551	MEZZETTA	HOT SAUCE CALIF HABANERO	7.5 OZ	1.80	1.80	
35552	MEZZETTA	HOT SAUCE CALIF REGULAR	7.5 OZ	1.80	1.80	
30193	MOTHERS	HOT SAUCE FIRE EATER	5 OZ	2.15	2.15	
30194	MOTHERS	HOT SAUCE HABANERO HEAVEN	5 OZ	2.15	2.15	
31161	PAIN IS	DIVA HOT SAUCE HONEY CAYENNE	6.75 OZ	4.19	4.19	3.35
31162	PAIN IS	DIVA HOT SAUCE JALAP HARISSA	6.75 OZ	4.19	4.19	3.35
31160	PAIN IS	DIVA MINI SAUCE JALAP HARISSA	3.75 OZ	3.08	3.08	2.46
31156	PAIN IS	HOT SAUCE GARLIC STYLE	7.5 OZ	4.19	4.19	3.35
31157	PAIN IS	HOT SAUCE JAMAICAN JERK	7.5 OZ	4.19	4.19	3.35
31158	PAIN IS	HOT SAUCE LOUISIANA STYLE	6.75 OZ	4.19	4.19	3.35
31152	PAIN IS	HOT SAUCE PAIN 100%	7.5 OZ	4.19	4.19	3.35
31150	PAIN IS	HOT SAUCE PAIN 85%	6.5 OZ	3.84	3.84	3.07
31151	PAIN IS	HOT SAUCE PAIN 95%	6.5 OZ	3.84	3.84	3.07
31153	PAIN IS	MINI HOT SAUCE GARLIC STYLE	3.75 OZ	3.08	3.08	2.46
31154	PAIN IS	MINI HOT SAUCE JAMAICAN JERK	3.75 OZ	3.08	3.08	2.46
31155	PAIN IS	MINI HOT SAUCE LOUISIANA STYLE	3.75 OZ	3.08	3.08	2.46
9041	PICKAPEP	HOT SAUCE GINGERY MANGO gf s	5 OZ	2.45	2.45	2.19
9039	PICKAPEP	HOT SAUCE HOT MANGO gf s	5 OZ	2.45	2.45	1.96
4364	PICKAPEP	HOT SAUCE ORIGINAL s	5 OZ	2.45	2.45	
9038	PICKAPEP	HOT SAUCE RED PEPPER gf s	5 OZ	2.45	2.45	
9040	PICKAPEP	HOT SAUCE SPICY MANGO gf s	5 OZ	2.45	2.45	1.95
30432	RICHARDS	HOT SAUCE s	5 OZ	3.10	3.10	
22029	ROLAND	PIRI PIRI PEPPER SCE W/GARLC s	3.17 OZ	2.16	2.16	1.94
22027	ROLAND	PIRI PIRI PEPPER SCE W/LEMON s	3.17 OZ	2.16	2.16	1.94
34824	STONEHOU	SAUCE CASHEW CREAM MILD gf vg	12 OZ	4.29	4.29	
34822	STONEHOU	SAUCE CILANT COCNUT MILD gf vg	12 OZ	4.29	4.29	
34823	STONEHOU	SAUCE DATE TAMRND SWT HT gf vg	12 OZ	4.29	4.29	
34820	STONEHOU	SAUCE TAMRND GARLC MILD gf vg	12 OZ	4.29	4.29	
1194	VITARROZ	SAUCE LOUISIANA RED PEPPER	6 OZ	.97	.97	
4717	VT PEPPR	SAUCE CARROT CAYENNE R	8 OZ	3.39	3.39	
4836	VT PEPPR	SAUCE CHOCOLATE CHIPOTLE s	8 OZ	3.39	3.39	
4718	VT PEPPR	SAUCE HEMPIN JALAPENO X	8 OZ	3.39	3.39	
4719	VT PEPPR	SAUCE PEACH/GING/HABANERO	8 OZ	3.39	3.39	
4716	VT PEPPR	SAUCE RANCHO ANCHO PG	8 OZ	3.39	3.39	
21351	WICKDNAT	HOT SAUCE TROPICAL SPICE gf s	9 OZ	3.86	3.86	3.28
21352	WICKDNAT	JELLY CRANBRY MINT JALPNO gf s	9 OZ	3.86	3.86	3.28
15137	WIZARD	HOT STUFF SAUCE ORIG ORG	5 OZ	3.49	3.49	
CONDIMENTS, COOKING SAUCES - WORCESTERSHIRE						
4232	ANNIENA	WORCESTERSHIRE SAUCE ORG	6.25 OZ	3.29	3.29	2.96
22085	WANJASN	WORCESTERSHIRE SAUCE ORG gf	10 OZ	1.86	1.86	
1081	WANJASN	WORCESTERSHIRE SAUCE veg s	10 OZ	1.75	1.75	1.55
1093	WANJASN	WORCESTERSHIRE SAUCE veg s	20 OZ	3.29	3.29	
22080	WANJASN	WORCESTERSHIRE SCE PREMIUM v s	6.7 OZ	1.24	1.24	.89
22087	WIZARD	WORCESTERSHIRE SAUCE ORG wf vg	8.5 OZ	3.89	3.89	
15145	WIZARD	WORCESTERSHIRE SAUCE veg ORG	10 OZ	4.75	4.75	
15138	WIZARD	WORCESTERSHIRE SAUCE veg ORG	5 OZ	3.49	3.49	
CONDIMENTS, DIPS & SPREADS						
32129	APPALACH	DIP/SPREAD CHIPOTLE BLEU CHEES	12 OZ	2.85	2.85	
32130	APPALACH	DIP/SPREAD SD TOM/HORSE RADISH	12 OZ	2.85	2.85	
33143	CLASSY	DIP & SAUCE PORTOBELLO	12 OZ	4.33	4.33	
31139	FIESTA	DIP ARTICHOKE SPINACH	15.5 OZ	4.70	4.70	3.76
4915	LULU	GARLIC AIOLI mayo	8 OZ	6.41	6.41	
4907	LULU	TAPENADE OLIVE	6 OZ	7.63	7.63	
35435	MIG&VAL	TAPENADE ARBEQUINA OLIVE	150 GR	5.70	5.70	
35436	MIG&VAL	TAPENADE BLACK OLIVE	150 GR	4.79	4.79	
8113	OLDCAPE	SEAFOOD COCKTAIL SAUCE s	9 OZ	1.80	1.80	1.62
34332	PEMBERT	PESTO ARTICHOKE SPINACH	7.3 OZ	4.29	4.29	
5675	ROADSEND	chREESE NACHO DIP DF mild ORG	11 OZ	3.65	3.65	2.89
5676	ROADSEND	chREESE NACHO DIP DF spicy ORG	11 OZ	3.86	3.86	3.09
15148	SIMPLYOG	DIP MIX CREAMY DILL ORG	.7 OZ	1.15	1.15	
15149	SIMPLYOG	DIP MIX FRENCH ONION ORG	1.1 OZ	1.15	1.15	
15151	SIMPLYOG	DIP MIX GUACAMOLE ORG s	.8 OZ	1.15	1.15	
15152	SIMPLYOG	DIP MIX RANCH ORG	1.5 OZ	1.15	1.15	
31428	TURTLEDV	DIP & SPREAD BASIL GARLIC s	9 OZ	4.25	4.25	
31426	TURTLEDV	DIP & SPREAD CILANTRO GARLIC s	9 OZ	4.25	4.25	
33431	WICKDNAT	DIP & SAUCE MUSTARD DILL s	9 OZ	3.84	3.84	
33434	WICKDNAT	DIP CARAMEL MUSTARD s	9 OZ	3.84	3.84	
33457	WICKDNAT	SEAFOOD COCKTAIL SAUCE s	9 OZ	3.84	3.84	
7109	WILDGRDN	HUMMUS BLACK OLIVE	13.4 OZ	2.58	2.58	1.93
7111	WILDGRDN	HUMMUS CHILI PEPPER	13.4 OZ	2.58	2.58	1.93
7108	WILDGRDN	HUMMUS FIRE RST PEPPER	13.4 OZ	2.58	2.58	1.93
7104	WILDGRDN	HUMMUS JALAPENO	13.4 OZ	2.58	2.58	1.93
7107	WILDGRDN	HUMMUS RST GARLIC	13.4 OZ	2.58	2.58	1.93
7105	WILDGRDN	HUMMUS SUNDRIED TOMATO	13.4 OZ	2.58	2.58	1.93
7106	WILDGRDN	HUMMUS TRADITIONAL	13.4 OZ	2.58	2.58	1.93
33221	WILDGRDN	SINGLE SERVE HUMMUS	24/1.76 OZ	.55	13.20	
33435	WICKDNAT	EGGPLANT CAPONATA s	9 OZ	3.84	3.84	



Natural Cocoa Powder – Sweetened



With **Scharffen Berger Sweetened Natural Cocoa Powder**, it is easy to make delicious hot cocoa and chocolate milk. The only thing we have added to our exceptional cocoa powder is pure cane sugar - no powdered milk or the alkali used in Dutch-process cocoa.

Ingredients: Cocoa, sugar

Item #31900

Natural Cocoa Powder – Unsweetened



Developed for baking and beverages, our Natural Cocoa Powder is made from perfectly roasted and well-fermented beans. Packaged with recipe ideas in a 6 oz. canister, it is great for any baker or lover of hot chocolate.

Ingredients: Cocoa

Item #31899

(continued on page 103)



Indulge yourself in a bit of culinary luxury anytime with Mezzetta, America's favorite brand of peppers, olives, and specialty foods.

PEPPERS



OLIVES

PICKLES

CAPERS



SUN DRIED TOMATOES

RELISH



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CONDIMENTS, OLIVES						
4186	ALMA	CALAMATA OLIVES	10 OZ	4.25	4.25	
4183	ALMA	CALAMATA OLIVES PITTED	10 OZ	4.25	4.25	
4185	ALMA	OLIVES CRACKED GREEN	10 OZ	2.95	2.95	
30149	BARNIER	POUCH OLIVES GREEN W/HERBS	6/4.4 OZ	2.55	15.30	
30148	BARNIER	POUCH OLIVES MIX	6/4.4 OZ	2.55	15.30	
30151	BARNIER	POUCH OLIVES NICOISE	6/4.4 OZ	2.55	15.30	
30150	BARNIER	POUCH OLIVES PICHOLINE	6/4.4 OZ	2.55	15.30	
34122	CALVALLS	ORG OLIVES MANZANILLA	7 OZ	3.25	3.25	
30135	DIVINA	OLIVES CRACKED GREEN	7.5 OZ	3.40	3.40	
30136	DIVINA	OLIVES GREEK MIX	6.36 OZ	3.40	3.40	
30139	DIVINA	OLIVES KALAMATA PITTED	6 OZ	4.70	4.70	
6645	DIVINA	OLIVES STUFFED BLUE CHEESE	7.7 OZ	5.85	5.85	
30141	DIVINA	OLIVES STUFFED CITRUS	7.7 OZ	4.89	4.89	
6646	DIVINA	OLIVES STUFFED FETA	7.7 OZ	5.85	5.85	
6633	DIVINA	OLIVES STUFFED GARLIC	7.7 OZ	4.89	4.89	
30142	DIVINA	OLIVES STUFFED JALAPENOS	7.7 OZ	4.89	4.89	
30143	DIVINA	OLIVES STUFFED PEPPERS	7.7 OZ	4.89	4.89	
30144	DIVINA	OLIVES STUFFED SD TOMATOES	7.8 OZ	5.75	5.75	
30140	DIVINA	ORG OLIVES KALAMATA PITTED	7 OZ	5.35	5.35	
33046	ELEONA	OLIVES CHALKIDIKI W/ALMD o oil	10 OZ	5.60	5.60	3.78
33043	ELEONA	OLIVES CHALKIDIKI W/LEM o oil	10 OZ	5.60	5.60	3.78
32526	ELFOODS	OLIVES BLK BOTIJA PERU ORG vg	14 OZ	4.51	4.51	
32527	ELFOODS	OLIVES GRN BOTIJA PERU ORG vg	14 OZ	4.51	4.51	
32525	ELFOODS	OLIVES PITTD BLK DHDRTD ORG v	7 OZ	7.24	7.24	
35634	GREEKGOU	OLIVES GREEN PITTED	6.5 OZ	3.00	3.00	
35635	GREEKGOU	OLIVES GREEN STUFFED GARLIC	8 OZ	3.90	3.90	
35636	GREEKGOU	OLIVES GREEN STUFFED HOT PEP	8 OZ	3.90	3.90	
35633	GREEKGOU	OLIVES KALAMATA PITTED	6.5 OZ	3.55	3.55	
4815	MEDORG	OLIVES GREEN W/ALMONDS ORG	9 OZ	5.54	5.54	
4814	MEDORG	OLIVES GREEN W/PEPPERS ORG	9 OZ	4.49	4.49	
35565	MEZZETTA	OLIVES APPLEWOOD SMOKED	7 OZ DW	4.15	4.15	
35562	MEZZETTA	OLIVES CASTELVETRANO	10 OZ DW	4.85	4.85	
35544	MEZZETTA	OLIVES COLOSSAL FANCY UNPITTED	10 OZ DW	4.79	4.79	
35545	MEZZETTA	OLIVES COLOSSAL SPICED SICLIAN	10 OZ DW	4.00	4.00	
35564	MEZZETTA	OLIVES PITTED BISTRO BLEND	7 OZ DW	4.15	4.15	
35563	MEZZETTA	OLIVES RSTD GARLIC STUFFED	7.5 OZ DW	4.15	4.15	
35542	MEZZETTA	OLIVES STUFFED BLUE CHEESE	9.5 OZ DW	5.89	5.89	
35543	MEZZETTA	OLIVES STUFFED FETA	9.5 OZ DW	5.89	5.89	
35587	MEZZETTA	OLIVES STUFFED JALAPENO	7.5 OZ	4.20	4.20	
35432	MIG&VAL	OLIVES ARBEQUINA	19.4 OZ	3.63	3.63	
35433	MIG&VAL	OLIVES GORDAL SPICY	19.4 OZ	4.45	4.45	
35434	MIG&VAL	OLIVES MANZANILLA	19.4 OZ	5.69	5.69	
35431	MIG&VAL	OLIVES TRADITIONAL SPANISH MIX	19.4 OZ	4.72	4.72	4.25
9635	PELPNSE	OLIVES COUNTRY MIX	7 OZ	3.45	3.45	4.25
15441	SANTABAR	n/a ORG OLIVES STUFFED GARLIC	5 OZ	3.45	3.45	
15432	SANTABAR	OLIVES BLACK LG PITTED	6 OZ CAN	2.40	2.40	
15433	SANTABAR	OLIVES GREEN TREE RIPE PITTED	6 OZ CAN	3.39	3.39	
15445	SANTABAR	OLIVES PITTED COUNTRY	4.25 OZ	3.05	3.05	
15447	SANTABAR	OLIVES PITTED ITALIAN	4.25 OZ	3.39	3.39	
15443	SANTABAR	OLIVES STUFFED ALMOND	5 OZ	4.10	4.10	
15425	SANTABAR	OLIVES STUFFED ANCHOVY	5 OZ	4.10	4.10	3.69
15424	SANTABAR	OLIVES STUFFED CHIPOTLE	5 OZ	4.39	4.39	
15442	SANTABAR	OLIVES STUFFED JALAPENO/GAR	5 OZ	3.93	3.93	
15437	SANTABAR	OLIVES STUFFED MARTINI PIMIENT	5 OZ	3.39	3.39	
15427	SANTABAR	OLIVES STUFFED ONION	5 OZ	4.10	4.10	
15440	SANTABAR	ORG OLIVES STUFFED JALAPENO	5 OZ	3.79	3.79	
35376	SILVRPAL	OLIVES CHIPOTLE STUFFED	5 OZ	4.05	4.05	2.99
35379	SILVRPAL	OLIVES PITTED KALAMATA	5 OZ	4.05	4.05	2.99
34220	TERRAMED	OLIVES THASSOS RARE	10 OZ	5.00	5.00	
CONDIMENTS, PICKLED & MARINATED						
34512	BELLA	TOMATOES SUNDRIED ORG	7.5 OZ	5.20	5.20	
4407	COSMOS	CHOPPED GARLIC IN WATER	32 OZ	2.37	2.37	
4406	COSMOS	CHOPPED GARLIC IN WATER	8 OZ	1.27	1.27	
4405	COSMOS	MARINATED ARTICHOKE	6 OZ	1.55	1.55	
4491	DELICIAS	GARLIC CLOVES pickled	3.5 OZ	1.91	1.91	
4494	DELICIAS	GREEN PEPPERCORN IN BRINE	3.5 OZ	2.19	2.19	
35641	GREEKGOU	GIARDINIERA	10.6 OZ	2.27	2.27	
35640	GREEKGOU	PEPPERONCINI	12 OZ	2.27	2.27	2.04
31535	LESPLIT	TOMATO SNDRD IN OIL HLVES	8 OZ	4.48	4.48	
31537	LESPLIT	TOMATO SNDRD IN OIL JULINNE	8 OZ	5.30	5.30	
31536	LESPLIT	TOMATO SNDRD IN OIL MINCE	8 OZ	4.48	4.48	
5243	MASPORTE	ARTICHOKE/Olive Oil/ Spain	6 OZ	3.02	3.02	
30009	MASPORTE	GARLIC SWEET WHITE	9.9 OZ	3.95	3.95	3.55
37016	MATIZ	PEPPERS PIPARRAS pickled	6.4 OZ	4.78	4.78	
4805	MEDORG	SUNDRD TOMATO in olive oil ORG	8.5 OZ	6.25	6.25	
35555	MEZZETTA	ARTICHOKE HEARTS IMPORTED	6.5 OZ NW	2.05	2.05	
35548	MEZZETTA	CARROTS BABY MARINTD GOURMET	16 OZ	2.99	2.99	
35560	MEZZETTA	GARLIC CRUSHED	4.25 OZ NW	1.93	1.93	
4582	MEZZETTA	HOT CHERRY PEPPERS	16 OZ	2.30	2.30	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
35546	MEZZETTA	OKRA GOURMET HORSDOEUVRES	16 OZ	2.65	2.65	
35547	MEZZETTA	OKRA MARINATED HOT	16 OZ	2.65	2.65	
35561	MEZZETTA	on hold CORN MARINATED GOURMET	16 OZ	3.59	3.59	
4594	MEZZETTA	RSTD BELL PEPPERS jar	16 OZ	3.37	3.37	
35553	MEZZETTA	SUNDRIED TOM CELLO PACK Calif	3 OZ NW	2.88	2.88	
35554	MEZZETTA	SUNDRIED TOMATO JULIEN OLV OIL	8 OZ	4.35	4.35	
4585	MEZZETTA	SUNDRIED TOMATO/OlvOil Calif	8 OZ	4.35	4.35	
4592	MEZZETTA	SWT CHERRY PEPPERS jar	16 OZ	2.34	2.34	
30740	PRINCESS	SALAD TOPPER CARROT BITS s	12 OZ	3.10	3.10	1.99
30741	PRINCESS	SALAD TOPPER SPICY BEAN BITS s	12 OZ	3.10	3.10	1.99
32042	ROLAND	HEARTS OF PALM MARINATED jar	7.3 OZ	1.90	1.90	
31271	ROLAND	SWEET ONIONS IN BALSAMIC	12 OZ	3.47	3.47	
15429	SANTABAR	MARTINI ONIONS in VERMOUTH	8 OZ	3.05	3.05	

CONDIMENTS, PICKLED & MARINATED - CAPERS

41602	CEREALTE	CAPERS IN EVOO ORG Italy	4.5 OZ	6.03	6.03	
4487	DELICIAS	CAPERBERRY dry wgt	4.25 OZ	4.19	4.19	
35644	GREEKGOU	CAPERBERRIES	8 OZ	3.26	3.26	
35643	GREEKGOU	CAPERS CAPOTE	8 OZ	3.26	3.26	
35642	GREEKGOU	CAPERS NON PAREILLE	8 OZ	3.44	3.44	
4729	MASPORTE	CAPERBERRIES 15-18mm Spain	8.5 OZ	3.79	3.79	
4731	MASPORTE	CAPERS 0-7mm Spain	3.5 OZ	2.80	2.80	
4802	MEDORG	CAPERS WILD ORG capotes	3.5 OZ	3.15	3.15	
35556	MEZZETTA	CAPERS CAPOTE	4 OZ	1.70	1.70	
35557	MEZZETTA	CAPERS NON-PAREIL	8 OZ	3.60	3.60	
35558	MEZZETTA	CAPERS NON-PAREIL IN BLSMC VIN	4 OZ	2.13	2.13	1.59
4545	ROLAND	CAPERS capotes	3 OZ	1.89	1.89	1.70
41217	ROLAND	CAPERS IN SALT	2.65 OZ	2.19	2.19	
4546	ROLAND	CAPERS nonpareille-tiny	3.52 OZ	1.97	1.97	
4486	ROLAND	CAPERS non-pareillies	16 OZ	4.99	4.99	
3627	ROLAND	CAPERS ORG non pareilles	3.75 OZ	2.79	2.79	

CONDIMENTS, PICKLES, RELISH & SAUERKRAUT

34930	JUDYS	RELISH CRANVERYBERRY RUM s	12 OZ	4.64	4.64	
34931	JUDYS	RELISH CRANVERYBERRY RUM s	8 OZ	4.29	4.29	
6902	MASPORTE	GHERKINS	10.2 OZ	3.49	3.49	
35559	MEZZETTA	PICKLES KOSHER DILL whole	32 OZ	4.25	4.25	
32079	RICKPICK	PICKLES BEE N BEEZ	16 OZ	6.27	6.27	5.64
39045	RICKPICK	PICKLES HOTTIES s	24 OZ	5.19	5.19	4.42
30492	RICKPICK	PICKLES KOOL GHERKS	25 OZ	6.42	6.42	
32080	RICKPICK	PICKLES MEAN BEANS	16 OZ	7.19	7.19	
32077	RICKPICK	PICKLES PHAT BEETS	16 OZ	6.26	6.26	
32082	RICKPICK	PICKLES SLICES OF LIFE dills	16 OZ	6.26	6.26	5.64
32078	RICKPICK	PICKLES SPEARS OF INFLUENCE	16 OZ	6.26	6.26	
39044	RICKPICK	PICKLES THE PEOPLES PICKLE	24 OZ	5.19	5.19	
32076	RICKPICK	PICKLES WINDY CITY WASABEANS	16 OZ	7.19	7.19	
39017	RICKPICK	SMOKRA pickled okra	16 OZ	7.19	7.19	
41213	ROLAND	CORNICHONS gherkins	12 OZ	1.70	1.70	1.36
34406	ROLAND	PICKLES DILL CHIPS k	24 OZ	2.18	2.18	
34405	ROLAND	PICKLES DILL SANDWICH TOPPER k	24 OZ	2.33	2.33	
34648	ROOTCEL	BEETS HARVARD s	16 OZ JAR	4.75	4.75	
34646	ROOTCEL	PICKLES APPLE CINNAMON s	16 OZ JAR	4.75	4.75	
34647	ROOTCEL	PICKLES BREAD & BUTTER s	16 OZ JAR	4.75	4.75	
34054	ROOTCEL	PICKLES CRISPY DILL	16 OZ JAR	4.75	4.75	
34642	ROOTCEL	PICKLES CRISPY DILL HMBGR CHIP	16 OZ JAR	4.75	4.75	
34641	ROOTCEL	PICKLES SPICY DILL CHUNKS s	16 OZ JAR	4.75	4.75	
34645	ROOTCEL	PICKLES SWEET & SPICY s	16 OZ JAR	4.75	4.75	
34640	ROOTCEL	PICKLES ZESTY SWEET CHIPS s	16 OZ JAR	4.75	4.75	
34059	ROOTCEL	RATATOUILLE LITLY SPICED	15 OZ JAR	8.39	8.39	
34058	ROOTCEL	RELISH CORN	12 OZ JAR	4.75	4.75	4.28
33085	AMER SPN	RELISH RED PEPPER	9 OZ	4.89	4.89	
4056	CASCAD	RELISH SWEET PICKLE ORG	10 OZ	3.17	3.17	
40111	MARIAHS	CHOW CHOW RELISH HOT SPICY s	12 OZ	4.70	4.70	
40110	MARIAHS	CHOW CHOW RELISH SWEET MILD s	12 OZ	4.70	4.70	
35550	MEZZETTA	RELISH SWEET & HOT BELL PEPPER	12 OZ	2.74	2.74	
35549	MEZZETTA	RELISH SWEET BELL PEPPER	12 OZ	2.74	2.74	
34260	TRACKLE	RELISH PICCALILLI	10.5 OZ	4.90	4.90	
6328	EDEN	SAUERKRAUT ORGANIC jar	32 OZ	3.80	3.80	

CONDIMENTS, SALAD DRESSINGS

30189	3 ACRE	VINAIGRETTE BALSAMIC	250 ML	4.86	4.86	
30178	3 ACRE	VINAIGRETTE BALSAMIC	16.9 OZ	7.36	7.36	
31119	ANNIENA	DRESSING ARTICHOKE PARM vf	8 OZ	2.79	2.79	
4220	ANNIENA	DRESSING ASIAN SESAME ORG s Vg	8 OZ	3.29	3.29	
4248	ANNIENA	DRESSING CAESAR ORG	8 OZ	3.29	3.29	
4254	ANNIENA	DRESSING COWGIRL RANCH	8 OZ	2.79	2.79	
31361	ANNIENA	DRESSING COWGIRL RANCH gf	16 OZ	4.69	4.69	
4025	ANNIENA	DRESSING FRENCH ORG s Vg	8 OZ	3.29	3.29	
4028	ANNIENA	DRESSING GODDESS Vg	16 OZ	4.69	4.69	
4247	ANNIENA	DRESSING GODDESS Vg	8 OZ	2.79	2.79	
4020	ANNIENA	DRESSING GREEN GARLIC ORG Vg v	8 OZ	3.29	3.29	
31363	ANNIENA	DRESSING ITALIAN LITE vg gf	16 OZ	4.69	4.69	



Bittersweet Chocolate Baking Chunks 70% Cacao



Not chips, but chunks. It's the perfect chocolate chunk for cookies, cakes, you name it. The 70% cacao bittersweet chocolate has upfront notes of raspberry and cherry melting smoothly into rounder cinnamon and date flavors. The convenient form is ideal for baking and cooking - easy to measure, easy to mix, and easy to melt.

Ingredients: Cacao beans, sugar, cocoa butter, non-GMO soy lecithin, whole vanilla beans

Allergy information: Manufactured on the same equipment that processes milk

Item #31901

Semisweet Dark Chocolate Baking Chunks 62% Cacao



Not chips, but chunks. It's the perfect chocolate chunk for cookies, cakes, you name it. The 62% cacao semisweet chocolate reveals soft citrus notes and finishes with the subtle taste of honey. The convenient form is ideal for baking and cooking - easy to measure, easy to mix, and easy to melt.

Ingredients: Cacao beans, sugar, cocoa butter, non-GMO soy lecithin, whole vanilla beans

Allergy information: Manufactured on the same equipment that processes milk

Item #31902



Wicked Good Company

Wicked Natural products come from the Wicked Good Company of Bristol, Rhode Island.

Cranberry Mint Jalapeno Jelly



This elegant and spicy jelly is made with locally grown cranberries, fresh mint and jalapeno peppers. Perfect as a glaze or condiment for lamb or pork and as a dip with goat or cream cheese or on a baked good.

Great to serve or give as a gift for the Holidays!

Ingredients: Evaporated Cane Juice, Water, Vinegar, Jalapeno Pepper, Cranberry Juice, Mint, Citric Acid, Pectin

Item #21352



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CONDIMENTS, SALAD DRESSINGS - cont.						
4021	ANNIENA	DRESSING LEMON CHIVE vf	8 OZ	2.79	2.79	
4023	ANNIENA	DRESSING THOUSAND ISLAND ORG	8 OZ	3.29	3.29	
31364	ANNIENA	VINAIGRETTE BALSAMIC vg gf	16 OZ	4.69	4.69	
4242	ANNIENA	VINAIGRETTE BALSAMIC Vg	8 OZ	2.79	2.79	
4244	ANNIENA	VINAIGRETTE GINGERLY l/f s	8 OZ	2.79	2.79	
31812	ANNIENA	VINAIGRETTE HERB BALSAMC l/f s	8 OZ	2.78	2.78	2.36 2.36
4253	ANNIENA	VINAIGRETTE HONEY MUSTARD l/f	8 OZ	2.79	2.79	
31811	ANNIENA	VINAIGRETTE MANGO ff s	8 OZ	2.78	2.78	
4245	ANNIENA	VINAIGRETTE RASPBERRY l/f	8 OZ	2.79	2.79	
31810	ANNIENA	VINAIGRETTE RSPBRY BALSAMC ff s	8 OZ	2.78	2.78	
4258	ANNIENA	VINAIGRETTE RSTD RED PEPPER	8 OZ	2.79	2.79	
4024	ANNIENA	VINAIGRETTE SESAM GNDR CHAMO O	8 OZ	3.29	3.29	
4246	ANNIENA	VINAIGRETTE SHIITAKE & SESAME	8 OZ	2.79	2.79	
4029	ANNIENA	VINAIGRETTE SHIITAKE+SESAME	16 OZ	4.69	4.69	
4249	ANNIENA	VINAIGRETTE TUSCANY ITALIAN Vg	8 OZ	2.79	2.79	
5907	APPALACH	DRESSING BUTTERMILK RANCH s	12 OZ	2.69	2.69	
5905	APPALACH	DRESSING CHIPOTLE RANCH	12 OZ	2.69	2.69	
5901	APPALACH	DRESSING GINGER MISO Vg	12 OZ	2.69	2.69	
5908	APPALACH	DRESSING WILDFLOWER HONEY DIJON	12 OZ	2.69	2.69	
5909	APPALACH	VINAIGRETTE CILANTRO LIME Vg	12 OZ	2.69	2.69	
5903	APPALACH	VINAIGRETTE HONEY BALSAMIC	12 OZ	2.69	2.69	
32128	APPALACH	VINAIGRETTE POMEGRANATE	12 OZ	2.69	2.69	
30235	DREWS	DRESS/MAR BTRMILK RANCH s gf	12 OZ	2.57	2.57	2.06 2.06
4829	DREWS	DRESS/MAR CLASSIC ITALIAN gf	12 OZ	2.57	2.57	2.06 2.06
4849	DREWS	DRESS/MAR GREEK OLIV & CAPR gf	12 OZ	2.57	2.57	2.06 2.06
30237	DREWS	DRESS/MAR HONEY DIJON gf	12 OZ	2.57	2.57	2.06 2.06
41222	DREWS	DRESS/MAR POPPY SEED gf	12 OZ	2.57	2.57	2.06 2.06
30236	DREWS	DRESS/MAR RASPBERRY gf s	12 OZ	2.57	2.57	2.06 2.06
4828	DREWS	DRESS/MAR ROMANO CAESAR gf	12 OZ	2.57	2.57	2.06 2.06
4848	DREWS	DRESS/MAR ROSEMARY BALSAMIC gf	12 OZ	2.57	2.57	2.06 2.06
4847	DREWS	DRESS/MAR RSTD GARLIC&PEPCRN gf	12 OZ	2.57	2.57	2.06 2.06
4840	DREWS	DRESS/MAR SESAME/ORANGE	12 OZ	2.57	2.57	2.06 2.06
4859	DREWS	DRESS/MAR SHIITAKE GINGER	12 OZ	2.57	2.57	2.06 2.06
4843	DREWS	DRESS/MAR SMKD TOMATO gf	12 OZ	2.57	2.57	2.06 2.06
4851	DREWS	DRESS/MAR THAI SESAME LIME	12 OZ	2.57	2.57	2.06 2.06
4858	DREWS	DRESS/SAUCE LEMON GODDESS	12 OZ	2.57	2.57	2.06 2.06
4842	DREWS	hold DRESS/MAR SOY-GINGER	12 OZ	2.57	2.57	2.06 2.06
31630	DREWS	ORG DRESS/MAR AGED BALSAMIC s	8 OZ	2.86	2.86	
31634	DREWS	ORG DRESS/MAR ASIAN GINGER	8 OZ	2.86	2.86	1.90 1.90
31631	DREWS	ORG DRESS/MAR CLASSIC CAESAR	8 OZ	2.86	2.86	
31632	DREWS	ORG DRESS/MAR HARVEST FRENCH s	8 OZ	2.86	2.86	2.15 2.15
31633	DREWS	ORG DRESS/MAR PEPPRCRN RANCH s	8 OZ	2.86	2.86	
31412	DREWS	PACKETS GARLIC ITALIAN s	60/1.5 OZ	.26	15.60	
31410	DREWS	PACKETS POPPYSEED s	60/1.5 OZ	.26	15.60	
31411	DREWS	PACKETS ROMANO CAESAR s	60/1.5 OZ	.26	15.60	
31409	DREWS	PACKETS ROSEMARY BALSAMIC s	60/1.5 OZ	.26	15.60	
32406	GOOD	DRESSING BALSAMIC GOOD HEMP OIL	7.76 OZ	4.26	4.26	
32407	GOOD	DRESSING CAESAR GOOD HEMP OIL	7.76 OZ	4.26	4.26	3.83 3.83
32408	GOOD	DRESSING HONEY MUSTRD HEMP OIL	7.76 OZ	4.26	4.26	3.83 3.83
32142	RIVERGRD	DRESSING SESAME GINGER	12 OZ	3.32	3.32	
32139	RIVERGRD	DRESSING ITALIAN PARMESAN	12 OZ	3.32	3.32	
32335	RIVERGRD	VINAIGRETTE ITALIAN HERB	12 OZ	3.32	3.32	
32141	RIVERGRD	VINAIGRETTE MAPLE BALSAMIC	12 OZ	3.32	3.32	
32336	RIVERGRD	VINAIGRETTE RASPBERRY LIME	12 OZ	3.32	3.32	
32140	RIVERGRD	VINAIGRETTE SMOKED TOMATO	12 OZ	3.32	3.32	
32143	RIVERGRD	VINAIGRETTE WASABI	12 OZ	3.32	3.32	
35390	SILVRPAL	SALAD SPLASH ITALIAN ORG	8 OZ	3.19	3.19	2.32 2.32
15156	SIMPLYOG	DRESSING MIX CAESAR ORG s	1.25 OZ	1.20	1.20	
15157	SIMPLYOG	DRESSING MIX GAR VINGRT ORG s	1 OZ	1.20	1.20	
15158	SIMPLYOG	DRESSING MIX ITALIAN ORG	.7 OZ	1.20	1.20	
15159	SIMPLYOG	DRESSING MIX RANCH ORG s	1 OZ	1.20	1.20	.99 .99
22095	SOULCUBA	VINAIGRETTE HONEY BALSAMIC	12 OZ	2.80	2.80	
CONDIMENTS, SALSA						
33428	APPALACH	SALSA VERACRUZ HOT ORG LOCAL	16 OZ	3.36	3.36	
33427	APPALACH	SALSA VERACRUZ MILD ORG LOCAL	16 OZ	3.36	3.36	
33426	APPALACH	SALSA VERACRUZ MILD ORG LOCAL	16 OZ	3.36	3.36	
7118	BETFRE	SALSA CARIBBEAN s	16 OZ	2.79	2.79	2.51 2.51
7117	BETFRE	SALSA HABENERO	16 OZ	2.79	2.79	
7115	BETFRE	SALSA HOT	16 OZ	2.79	2.79	2.51 2.51
7114	BETFRE	SALSA MEDIUM	16 OZ	2.79	2.79	
7113	BETFRE	SALSA MILD	16 OZ	2.79	2.79	
73130	BETFRE	SALSA PEACH s	16 OZ	2.79	2.79	
30124	CARRILLO	SALSA ARTISAN TOM-GUAJILLO mld	16 OZ	4.04	4.04	
30099	CARRILLO	SALSA AZTEC CHIPOTLE med	16 OZ	4.04	4.04	
30696	CARRILLO	SALSA MANGO PEACH LIME med/mld	16 OZ	4.04	4.04	
30098	CARRILLO	SALSA ROASTED HABANERO hot	16 OZ	4.04	4.04	
30096	CARRILLO	SALSA ROASTED TOM-GUAJILLO med	16 OZ	4.04	4.04	
30097	CARRILLO	SALSA VERDE med	16 OZ	4.04	4.04	
34682	CROOKEDB	SALSA 3 PEPPER BLACK OLIVE	16 OZ	4.39	4.39	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
34684	CROOKEDB	SALSA BLACK BEAN CORN	16 OZ	4.39	4.39	3.95	3.95
34683	CROOKEDB	SALSA PINEAPPLE CHIPOTLE s	16 OZ	4.39	4.39	3.95	3.95
34681	CROOKEDB	SALSA TOMATO JALAPENO	16 OZ	4.39	4.39	3.95	3.95
31407	DREWS	SALSA BLK BEAN & CORN ORG	12 OZ	2.89	2.89		
4844	DREWS	SALSA CHIPOTLE LIME ORG	12 OZ	2.89	2.89		
4839	DREWS	SALSA DOUBLE ROASTED MEDIUM	12 OZ	2.89	2.89	2.29	2.29
4827	DREWS	SALSA HOT ORG	12 OZ	2.89	2.89		
4826	DREWS	SALSA MED ORG	12 OZ	2.89	2.89		
4825	DREWS	SALSA MILD ORG	12 OZ	2.89	2.89		
15314	GREENMT	GRINGO FIRE RSTD CHILE SALSA	6/16 OZ	3.19	19.14	2.39	14.34
15315	GREENMT	GRINGO FIRE RSTD GARLIC SALSA	6/16 OZ	3.19	19.14	2.39	14.34
15310	GREENMT	GRINGO SALSA Hot	6/16 OZ	3.19	19.14	2.39	14.34
15311	GREENMT	GRINGO SALSA Med	6/16 OZ	3.19	19.14	2.39	14.34
15312	GREENMT	GRINGO SALSA Mild	6/16 OZ	3.19	19.14	2.39	14.34
21146	GRINGOJK	SALSA FIRE RSTD CHILE & GARLIC	16 OZ	3.32	3.32		
21149	GRINGOJK	SALSA FRUIT MANIA APPLE & CRAN	16 OZ	3.32	3.32		
21145	GRINGOJK	SALSA JACK'S BLACK BEAN & CORN	16 OZ	3.32	3.32		
21147	GRINGOJK	SALSA TOMATILLO MANGO JALAPENO	16 OZ	3.48	3.48		
21148	GRINGOJK	SALSA TROPIC PINEAPPL HABANERO	16 OZ	3.48	3.48		
21144	GRINGOJK	SALSA TRULY RED CHIPOTLE	16 OZ	3.32	3.32		
21159	GRINGOJK	SALSA VERMONT LOCO LOCAL MED	16 OZ	3.86	3.86		
32093	HEDGIES	SALSA HOT	16 OZ	3.99	3.99		
32095	HEDGIES	SALSA MEDIUM	16 OZ	3.99	3.99		
32094	HEDGIES	SALSA MILD	16 OZ	3.99	3.99		
9028	HERDEZ	SALSA CASERA MED glass	16 OZ	2.53	2.53		
9026	HERDEZ	SALSA VERDE glass	16 OZ	2.53	2.53		
31141	JOSE GLD	SALSA ARTICHOKE GARLIC zesty	15.5 OZ	3.95	3.95	3.16	3.16
31143	JOSE GLD	SALSA GARLIC CHIPOTLE MED	15.5 OZ	3.95	3.95	3.16	3.16
31144	JOSE GLD	SALSA RST GARLIC & OLIVE zesty	15.5 OZ	3.95	3.95	3.16	3.16
20221	LAPREF	SALSA HOT ORG	16 OZ	3.12	3.12		
20220	LAPREF	SALSA MED ORG	16 OZ	3.12	3.12		
20219	LAPREF	SALSA MILD ORG	16 OZ	3.12	3.12		
1857	MIGUELS	SALSA BLACK BEAN & CORN	16 OZ	3.02	3.02		
1859	MIGUELS	SALSA MEDIUM	16 OZ	3.02	3.02		
1858	MIGUELS	SALSA MILD	16 OZ	3.02	3.02		
8328	MUIRGLEN	SALSA ORG BLACK BN/CRN Med	16 OZ	3.40	3.40	3.06	3.06
8335	MUIRGLEN	SALSA ORG CHIPOTLE MED	16 OZ	3.40	3.40	3.06	3.06
8338	MUIRGLEN	SALSA ORG GARLIC CILANTRO MED	16 OZ	3.40	3.40	3.06	3.06
31146	PAIN IS	SALSA HABANERO GARLIC	15.5 OZ	3.93	3.93	3.14	3.14
31147	PAIN IS	SALSA JAMAICAN PINEAPPLE	15.5 OZ	3.93	3.93	3.14	3.14
31148	PAIN IS	SALSA SMOKED JALAPENO	15.5 OZ	3.93	3.93	3.14	3.14
20176	PASTOR	SALSA APPLE Med	16 OZ	3.45	3.45		
20177	PASTOR	SALSA APPLE ORIGINAL k gf	16 OZ	3.45	3.45		
15880	PEMBERT	SALSA BLUEBERRY spicy	11.3 OZ	3.94	3.94		
15879	PEMBERT	SALSA SPICY MANGO	11.3 OZ	3.94	3.94		
15881	PEMBERT	SALSA SWEET MANGO	11.3 OZ	3.94	3.94		
31683	PINELAND	SALSA HARVEST MODERATE HEAT	12 OZ	3.96	3.96		
34055	ROOTCELR	SALSA CORN AND BLACK BEAN	12 OZ JAR	4.79	4.79		
33444	SHIPWRCK	SALSA BLACK BEAN & BEER	16 OZ	4.57	4.57		
33442	SHIPWRCK	SALSA BLACK PEPPER & ALE s	16 OZ	4.57	4.57		
33443	SHIPWRCK	SALSA CHERRY & BRANDY s	16 OZ	4.57	4.57		
33441	SHIPWRCK	SALSA CHIPOTLE & TEQUILA	16 OZ	4.57	4.57		
33440	SHIPWRCK	SALSA OLIVES & GIN s	16 OZ	4.57	4.57		
22093	SOULCUBA	SALSA MANGO s	16 OZ	2.66	2.66		
22094	SOULCUBA	SALSA MANGO SPICY s	16 OZ	2.66	2.66		
21350	WICKDNAT	SALSA FARMERS MARKET gf	16 OZ	3.86	3.86	3.28	3.28
33433	WICKDNAT	SALSA ISLAND FRUIT & CORN	9 OZ	3.84	3.84		

CONDIMENTS, SANDWICH SPREADS - MUSTARD

33084	AMER SPN	MUSTARD CRANBERRY	9 OZ	4.89	4.89		
4215	ANNIENA	MUSTARD DIJON ORG GF	9 OZ	3.35	3.35		
4214	ANNIENA	MUSTARD YELLOW ORG GF	9 OZ	3.35	3.35		
32131	APPALACH	MUSTARD CHIPOTLE HONEY	10 OZ	3.10	3.10		
5229	DAVES	MUSTARD HABANERO HONEY s hot	8 OZ	3.55	3.55		
30731	DRGONZOS	MUSTARD ADIRONDACK BLACKFLY	6 OZ	3.61	3.61		
30730	DRGONZOS	MUSTARD PLASTER XX	6 OZ	4.20	4.20		
6336	EDEN	MUSTARD BROWN ORG	9 OZ	2.35	2.35		
6384	EDEN	MUSTARD YELLOW ORG	9 OZ	2.49	2.49		
5448	FOX HLLW	MORE THAN A MUSTARD balsamic s	8 OZ	3.60	3.60		
36018	HALFMOON	HONEY MUST SWT & HOT jar	9 OZ	2.56	2.56		
36015	HALFMOON	HONEY MUSTARD SWEET & HOT	5 OZ	2.50	2.50		
30013	LARS	MUSTARD SWEDISH MILD YELsqueez	12 OZ	1.98	1.98		
30014	LARS	MUSTARD SWEDISH SPICY BRNsquee	12 OZ	1.98	1.98		
30309	MOTHERS	MUSTARD CLASSIC HONEY GF	7 OZ	2.38	2.38		
30190	MOTHERS	MUSTARD PEPPERCORN DIJON	7 OZ	2.38	2.38	2.14	2.14
30437	MOTHERS	MUSTARD PORTLAND BEER	7 OZ	2.38	2.38		
34393	MOTHERS	MUSTARD SPICED APPLE GF s	7 OZ	2.38	2.38		
30436	MOTHERS	MUSTARD ZESTY HONEY GF	7 OZ	2.38	2.38	2.14	2.14



Tropical Spice Hot Sauce



Ingredients: Heirloom Tomatoes, Plum Tomatoes, Apple Cider Vinegar, Red Onion, Water, Pineapple Puree (pineapple juice concentrate, filtered water, natural caramelized pineapple flavor, ascorbic acid), Red Bell Pepper, Mango Puree (mangos, cane sugar, citric acid, ascorbic acid), Banana Puree (bananas, cane sugar, citric acid, ascorbic acid), Jalapeno Peppers, Cilantro, Sea Salt, Lime Juice, Habanero Peppers, Cumin, Garlic, Black Pepper, Xanthan Gum, Guar Gum

Item #21351

Farmers Market Salsa



Ingredients: Plum Tomatoes, Red Onion, Red Bell Peppers, Lime Juice, Cilantro, Jalapeno Peppers, Apple Cider Vinegar, Sea Salt, Garlic, Cumin, Black Pepper, Xanthan Gum, Guar Gum

Item #21350



**No Milk
No Eggs
No Peanuts
No Tree Nuts!**

*** **Gluten Free & Vegan** ***



**NEW
Individual
Snack Size!**



drlucys.com

Contact info:
INFO@DRLUCYS.COM
T: 757-233-9495 • F: 757-233-9887

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CONDIMENTS, SANDWICH SPREADS - MUSTARD - cont.						
6620	NATVALUE	MUSTARD DIJON ORG	8 OZ	1.80	1.80	
6569	NATVALUE	MUSTARD HORSERADISH ORG seed	8 OZ	1.70	1.70	
6621	NATVALUE	MUSTARD STONEGROUND ORG	8 OZ	1.70	1.70	
6572	NATVALUE	MUSTARD YELLOW SQUEZ org seed	16 OZ	2.05	2.05	
39027	RAYES	MUSTARD BAR HARBOR ALE	9 OZ	3.89	3.89	3.50 3.50
15763	RAYES	MUSTARD BROWN GINGER s	4 OZ	1.77	1.77	
15766	RAYES	MUSTARD BROWN GINGER s	9 OZ	2.88	2.88	
15760	RAYES	MUSTARD COARSE HOT & SPICY	9 OZ	2.88	2.88	
15769	RAYES	MUSTARD COARSE SWEET & SPICY s	4 OZ	1.75	1.75	
15764	RAYES	MUSTARD COARSE SWEET & SPICY s	9 OZ	2.88	2.88	
15770	RAYES	MUSTARD DOWN EAST SMOOTH	9 OZ	2.88	2.88	
39035	RAYES	MUSTARD DOWN EAST squeeze btl	8.4 OZ	2.88	2.88	
15767	RAYES	MUSTARD DUNDICOTT HOT	9 OZ	2.88	2.88	2.59 2.59
41031	RAYES	MUSTARD FALL HARVEST seasonal	9 OZ	4.90	4.90	
41029	RAYES	MUSTARD LEMON PEPPER	9 OZ	3.89	3.89	
41030	RAYES	MUSTARD MAPLE HORSERADISH	9 OZ	3.89	3.89	
39030	RAYES	MUSTARD MOOSE MOLASSES	9 OZ	3.89	3.89	
15762	RAYES	MUSTARD OLD WORLD COARSE	9 OZ	2.88	2.88	
15772	RAYES	MUSTARD SPICY HORSERADISH	9 OZ	2.88	2.88	
15765	RAYES	MUSTARD SPICY HORSERADISH	4 OZ	1.75	1.75	
39031	RAYES	MUSTARD SPRING MAPLE	9 OZ	3.85	3.85	
39026	RAYES	MUSTARD TOP DOG	9 OZ	2.85	2.85	
15761	RAYES	MUSTARD WINTER GARDEN s	9 OZ	2.88	2.88	
34351	ROLAND	MUSTARD DIJON France p	13 OZ	2.90	2.90	
32044	ROLAND	MUSTARD GRAIN crock	17.6 OZ	8.22	8.22	7.40 7.40
40202	TRACKLE	MUSTARD ENGLISH BEER GF	5 OZ	3.09	3.09	
40203	TRACKLE	MUSTARD ENGLISH STRONG GF s	5 OZ	3.09	3.09	
40205	TRACKLE	MUSTARD HONEY GF	5 OZ	3.09	3.09	
40204	TRACKLE	MUSTARD HONEY SPICED GF s	5 OZ	3.09	3.09	
40207	TRACKLE	MUSTARD HORSERADISH GF	5 OZ	3.09	3.09	
40208	TRACKLE	MUSTARD LEMON GF	5 OZ	3.09	3.09	
40206	TRACKLE	MUSTARD TARRAGON GF	5 OZ	3.09	3.09	
40201	TRACKLE	MUSTARD WHOLEGRAIN GF	5 OZ	3.09	3.09	
1284	WESTBRAE	MUSTARD DIJON STYLE	8 OZ	2.22	2.22	
1281	WESTBRAE	MUSTARD STONEGROUND	8 OZ	2.05	2.05	
1277	WESTBRAE	MUSTARD YELLOW SQUEEZE	8 OZ	2.40	2.40	
CONDIMENTS, SANDWICH SPREADS - KETCHUP						
4022	ANNIENA	KETCHUP squeeze bottle ORG	24 OZ	3.65	3.65	
36011	HALFMOON	CATSUP IGUANA LIGHTNG HOT SPCY	14 OZ	2.72	2.72	2.45 2.45
4402	HEINZ	KETCHUP ORG	15 OZ	2.49	2.49	
30191	MOTHERS	CATCHUP salt free FF/GF	13 OZ	2.20	2.20	
8323	MUIRGLEN	KETCHUP TOMATO ORG squeezable	24 OZ	2.98	2.98	2.68 2.68
40216	TRACKLE	KETCHUP SWEET MUSTARD GF s	8 OZ	4.50	4.50	
40215	TRACKLE	KETCHUP TOMATO & PEPPER GF s	8 OZ	4.50	4.50	
33436	WICKDNAT	KETCHUP s	12 OZ	3.84	3.84	
33437	WICKDNAT	KETCHUP W/AGAVE	12 OZ	2.40	2.40	
CONDIMENTS, SANDWICH SPREADS - MAYO & MAYO SUBSTITUTES						
32404	GOOD	MAYONNAISE HEMP GOOD CLASSIC	7.8 OZ	4.26	4.26	
32405	GOOD	MAYONNAISE HEMP GOOD GARLIC	7.8 OZ	4.26	4.26	
6070	HAIN	MAYONNAISE SAFFLOWER	24 OZ	5.50	5.50	
9431	NASOYA	NAYONNAISE FAT FREE GF	14 OZ	2.64	2.64	
9430	NASOYA	NAYONNAISE GF	24 OZ	3.35	3.35	
9429	NASOYA	NAYONNAISE GF	64 OZ	7.95	7.95	
31640	NTDELICO	MAYONNAISE CANOLA ALL NATURAL	18 OZ	4.39	4.39	
1288	SPECTRM	MAYONNAISE CANOLA gf	32 OZ	6.25	6.25	4.69 4.69
30683	SPECTRM	MAYONNAISE ORG WASABI	12 OZ	5.39	5.39	3.99 3.99
1273	SPECTRM	MAYONNAISE SOY ORG gf	32 OZ	8.75	8.75	6.55 6.55
1272	SPECTRM	MAYONNAISE SOY ORG gf	16 OZ	4.99	4.99	3.74 3.74
COOKIES						
31624	ALEIAS	COOKIES ALMOND HORNS gf s	6/12 OZ	6.39	38.34	
31620	ALEIAS	COOKIES CHOC CHIP gf s	6/12 OZ	5.13	30.78	
31627	ALEIAS	COOKIES CHOC MACAROONS gf s	6/12 OZ	6.39	38.34	
31626	ALEIAS	COOKIES COCONUT MACAROONS gf s	6/12 OZ	6.39	38.34	
31622	ALEIAS	COOKIES GINGER SNAPS gf s	6/12 OZ	5.13	30.78	
31629	ALEIAS	COOKIES OATMEL GLDN RAISN gf s	6/12 OZ	5.13	30.78	
31621	ALEIAS	COOKIES PEANUT BUTTER gf s	6/12 OZ	5.13	30.78	
31623	ALEIAS	COOKIES SNICKERDOODLES gf s	6/12 OZ	5.13	30.78	
30418	ANNIEHG	BUNNY GRAHAMS CHOCOLATE s	12/7.5 OZ	2.79	33.48	
30419	ANNIEHG	BUNNY GRAHAMS HONEY s	12/7.5 OZ	2.79	33.48	
41375	ANNIEHG	COOKIES BUNNY GRHM FRNDS 6PK s	6/1 OZ	.66	3.96	.53 3.18
41370	ANNIEHG	COOKIES BUNNY GRHM FRNDS fam s	10 OZ	3.04	3.04	1.99 1.99
31563	AUNTGUSS	BISCTTI ITALIAN W/ OLIVE OIL s	12 OZ	3.70	3.70	2.49 2.49
31565	AUNTGUSS	COOKIES SNICKERDOODLES s	10 OZ	3.70	3.70	
7162	BARBARAS	COOKIE SNACKIMAL CHOC CHIP Vg	6/2.125 OZ	.86	5.16	
7164	BARBARAS	COOKIE SNACKIMAL VANILLA Vg	6/2.125 OZ	.86	5.16	
7082	BARBARAS	FIG BARS FF/WHOLE WHEAT Vg	6/12 OZ	3.43	20.58	
7080	BARBARAS	FIG BARS FF/WHT FREE Vg	6/12 OZ	3.43	20.58	
7093	BARBARAS	FIG BARS LF TRAD BLUEBERRY Vg	6/12 OZ	3.43	20.58	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
7081	BARBARAS	FIG BARS RASPBERRY ff/wf Vg	6/12 OZ	3.43	20.58		
3123	CARRS	COOKIES GINGER LEMON CREME s	12/7.05 OZ	4.25	51.00		
31207	DANCING	COOKIES CHOCOLATE CHIP s	6/6 OZ	2.64	15.84	2.38	14.28
31206	DANCING	COOKIES LEMON DAISY s	6/6 OZ	2.64	15.84	2.38	14.28
31204	DANCING	COOKIES TRIPLE CHOC CHIP s	6/6 OZ	2.64	15.84	2.38	14.28
31205	DANCING	SHORTBRD COOKIES MAPLE PECAN	6/6 OZ	2.64	15.84		
33465	GINGERPE	COOKIE GINGER ANZACS s	5.3 OZ	3.55	3.55	2.84	2.84
33464	GINGERPE	COOKIE GINGER SHORTBREAD s	5.3 OZ	3.55	3.55	2.84	2.84
33422	GINGERPE	COOKIE GINGER SNAP	5.3 OZ	3.55	3.55	2.84	2.84
3432	HELWA	WAFERS CHOCOLATE ORG s	12/3.5 OZ	2.10	25.20		
41235	HOMEFREE	COOKIE MINI CHOC CHIP ORG WF	5 OZ	3.35	3.35		
41236	HOMEFREE	COOKIE MINI CHOC CHOC CHP ORG	5 OZ	3.35	3.35		
41256	HOMEFREE	COOKIE MINI OTML CH CHP ORG DF	5 OZ	3.36	3.36		
41233	HOMEFREE	COOKIES CHOC CHIP ORG WF	6.3 OZ	3.35	3.35		
41234	HOMEFREE	COOKIES CHOC CHOC CHIP ORG WF	6.3 OZ	3.35	3.35		
41237	HOMEFREE	COOKIES OATMEAL ORG WF	6.3 OZ	3.35	3.35	2.49	2.49
4098	JENNIE	COOKIES MACAROON COCONUT WF/DF	8 OZ	3.16	3.16		
31401	LARS	GINGER SNAPS s	10.6 OZ	3.19	3.19		
34252	LATEJULY	SAND COOKIE CHOC SGLE SRV ORG	12/1.5 OZ	.82	9.84	.74	8.88
35251	LATEJULY	SAND COOKIE MINI WHT CHOC ORGs	5 OZ	2.84	2.84		
34250	LATEJULY	SAND COOKIE VAN SGLE SRV ORG s	12/1.7 OZ	.82	9.84		
34251	LATEJULY	SANDWICH COOKIE DK CHOC ORG s	8.3 OZ	3.45	3.45	2.76	2.76
34249	LATEJULY	SANDWICH COOKIE VANILLA ORG	9.2 OZ	3.45	3.45	2.76	2.76
34563	LUCYS	COOKIES CHOC CHIP s gf df k	8/5.25 OZ	3.99	31.92	3.19	25.52
34569	LUCYS	COOKIES CHOC CHP s gf df k 4pk	16/1.25 OZ	1.01	16.16	.81	12.96
34566	LUCYS	COOKIES CINNAMON s gf df k 4pk	16/1.25 OZ	1.01	16.16	.81	12.96
34609	LUCYS	COOKIES CINNAMON THINS s gf df	8/5.25 OZ	3.99	31.92	3.19	25.52
34576	LUCYS	COOKIES COMBO s gf df k 4pk	16/1.25 OZ	1.01	16.16	.81	12.96
34568	LUCYS	COOKIES OATMEAL s gf df k 4pk	16/1.25 OZ	1.01	16.16	.81	12.96
34565	LUCYS	COOKIES OATMEAL wf gf df k	8/5.25 OZ	3.99	31.92	3.19	25.52
34564	LUCYS	COOKIES SUGAR s gf df k	8/5.25 OZ	3.99	31.92	3.19	25.52
34567	LUCYS	COOKIES SUGAR s gf df k 4pk	16/1.25 OZ	1.01	16.16	.81	12.96
3522	MIDEL	COOKIES GINGERSNAPS s	10 OZ	3.10	3.10		
3523	MIDEL	HONEY GRAHAM CRACKERS	16 OZ	3.65	3.65		
80303	MRSCRIMB	COCONUT MACAROONS CHOC gf	12/8.8 OZ	2.27	27.24	1.82	21.84
80302	MRSCRIMB	COCONUT MACAROONS gf	12/7.4 OZ	2.10	25.20	1.68	20.16
2935	MTVIKOS	BISCUITS KRITI OLIVE OIL	12/11.3 OZ	5.95	71.40	4.75	57.00
41257	ORGRAN	COOKIES ANML CHOC BOX gf vg s	6.2OZ	3.64	3.64	3.28	3.28
41258	ORGRAN	COOKIES ANML VAN BOX gf vg s	6.2OZ	3.64	3.64	3.28	3.28
21315	ORTONBRO	COOKIE BUTTON DBL VANILLA	6 OZ	2.34	2.34		
21314	ORTONBRO	COOKIE BUTTON PNUT BUTTER	6 OZ	2.34	2.34		
21313	ORTONBRO	COOKIE BUTTON PURELY MAPLE	6 OZ	2.34	2.34		
21311	ORTONBRO	COOKIE BUTTON SNAPPY GINGER	6 OZ	2.34	2.34		
21310	ORTONBRO	COOKIE BUTTON SPICY CINNAMON	6 OZ	2.34	2.34		
21312	ORTONBRO	COOKIE BUTTON ZESTY LEMON	6 OZ	2.34	2.34		
7368	PAMELAS	COOKIES CHNKY CHOC CHIP WF/GF	6/7.25 OZ	3.45	20.70		
61413	SHABTAI	COOKIE CHOCOLATE CHIP gf v k s	6/10 OZ	5.98	35.88	5.38	32.28
61400	SHABTAI	COOKIE FLORNTNE LACE gf vg k s	6/8 OZ	4.95	29.70	4.46	26.76
61408	SHABTAI	COOKIE LADY FINGERS gf vg k s	6/4 OZ	4.69	28.14	4.22	25.32
61401	SHABTAI	COOKIE METAWAY CRUMB gf v k s	6/12 OZ	6.45	38.70	5.81	34.86
34570	SUNSTART	COOKIE BAR CARAMEL CHOC gf s	150 GM	3.40	3.40		
36033	SUNSTART	COOKIE BAR ROCKY ROAD gf s	150 GM	3.40	3.40	2.89	2.89
36031	SUNSTART	COOKIE CHOC CHIP CRUNCH gf s	150 GM	2.98	2.98		
34571	SUNSTART	COOKIE GINGER CRUNCH gf s	150 GM	2.98	2.98	2.49	2.49
36030	SUNSTART	COOKIE GOLDEN CRUNCH gf s	150 GM	2.98	2.98	2.49	2.49
34572	SUNSTART	COOKIE RASP CRUNCH gf s	150 GM	2.98	2.98		
36032	SUNSTART	COOKIES CHOC WRP GLDN CRNCH gf	150 GM	2.98	2.98	2.49	2.49
33157	WALKERS	COOKIES STEM GINGER & LEMON	5.3 OZ	3.69	3.69		
33160	WALKERS	COOKIES WHITE CHOC & RASPBRY	5.3 OZ	3.69	3.69		
5621	WALKERS	SHORTBREAD ASSORTED s	5.6 OZ	5.85	5.85		
5631	WALKERS	SHORTBREAD CHOC CHIP 2pk s	24/1.4 OZ	.81	19.44		
5652	WALKERS	SHORTBREAD FINGERS 2pk s	24/1.4 OZ	.81	19.44	.73	17.52
5456	WALKERS	SHORTBREAD FINGERS s	5.3 OZ	3.69	3.69		
5663	WALKERS	SHORTBREAD HIGHLANDER s	7 OZ	5.04	5.04	3.99	3.99
5698	WALKERS	SHORTBREAD ROUNDS 2pk s	24/1.2 OZ	.81	19.44		
5459	WALKERS	SHORTBREAD ROUNDS s	5.3 OZ	3.69	3.69		
5458	WALKERS	SHORTBREAD TRIANGLES s	5.3 OZ	3.69	3.69		
CRACKERS, BREADSTICKS & RICE CAKES							
1033	AK-MAK	CRACKER SESAME WHEAT	12/4.15 OZ	1.79	21.48		
41373	ANNIEHG	CRACKERS BUNNY BUTTER RICH ORG	6.5 OZ	2.98	2.98	2.18	2.18
41372	ANNIEHG	CRACKERS BUNNY CHEDDAR ORG	6.5 OZ	2.98	2.98		
41371	ANNIEHG	CRACKERS BUNNY SALTINE ORG	6.5 OZ	2.98	2.98		
5611	ANNIEHG	CRACKERS CHEDDAR BUNNIES	7.5 OZ	2.79	2.79		
5612	ANNIEHG	CRACKERS CHEDDAR BUNNIES	6/1.0 OZ	.56	3.36		
7172	BARBARAS	CRACKER RITE LITE ROUNDS	11 OZ	3.33	3.33		
7169	BARBARAS	CRACKER WHEATINE low/salt	9 OZ	3.22	3.22		
31670	BELLO	CROSTINI PARMESAN & PECORINO	12/7 OZ	2.92	35.04		
31671	BELLO	CROSTINI ROASTED GARLIC	12/7 OZ	2.92	35.04		
31669	BELLO	CROSTINI ROSEMARY	12/7 OZ	2.92	35.04		
31668	BELLO	CROSTINI TRADITIONAL	12/7 OZ	2.92	35.04		



Macaroons



80303

Guilt Free
Gluten Free
6 Jumbo
"To Die For"
Cookies!

Original
&
Chocolate
Dipped!



80302

- brimming with Coconut
- rich, moist texture!



The Pirate Brands Story

The Pirate Brands story began in 1987 in Sea Cliff, NY with their founder, Robert. Robert, a snack industry renegade and father of two, scoured the high-seas for a tasty treasure that would inspire people to live a little healthier and have fun while doing it. That's when Robert discovered the cheesy rice and corn puggs we know today as, Pirate's Booty.

Thanks to Robert and his tasty treasure, no longer do you have to eat "cheese" puffs dusted with neon orange powder with incomprehensible ingredients. When you buy Pitare Brands products, you are getting wholesome goodness without the guilt.

As the leader of the healthy snacking revolution, they've created products for the whole family that are healthy, all natural, baked and delicious. They've eliminated fryers and trans fats from all of their products and keep the ingredients simple. Their only additives are just food fun.

Tasty Treasures

Pirate's Booty - Sour Cream & Onion

Pirate's Booty - Veggie

Smart Puffs

Potato Flyers - Original

Potato Flyers - Sour Cream & Onion

Original Tings

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
CRACKERS, BREADSTICKS & RICE CAKES - cont.						
2052	BISCA	WATER CRACKER SESAME ORG	12/5.3 OZ	3.25	39.00	
3633	BLUESTAR	CRACKER STONED WHEAT THINS s	6/5 OZ	3.29	19.74	
3113	CARRS	CRACKER COLLECTION p	12/7.05 OZ	4.25	51.00	
3117	CARRS	CRACKERS CRACKED PEPPER	12/4.25 OZ	3.45	41.40	
3110	CARRS	WATER CRAC RSTD GAR/HER	12/4.25 OZ	3.45	41.40	
1557	CARRS	WATER CRACKER BITE SIZE	12/4.25 OZ	3.10	37.20	
32420	CRNCHMST	CRCKRS MULTISEED ORGINAL gf	12/4.5 OZ	2.38	28.56	
32422	CRNCHMST	CRCKRS MULTISEED RSMRY OO gf	12/4.5 OZ	2.38	28.56	
32421	CRNCHMST	CRCKRS MULTISEED RSTD GARLC gf	12/4.5 OZ	2.38	28.56	
32423	CRNCHMST	CRCKRS MULTISEED SWT ONION gf	12/4.5 OZ	2.38	28.56	2.09 25.08
32111	CROSTINI	CROSTINI OLIVE OIL bag	12/6 OZ	2.85	34.20	
32110	CROSTINI	CROSTINI ROSEMARY bag	12/6 OZ	2.85	34.20	
1526	DELI	MINI CRACKER SESAME WHEAT	12/8 OZ	2.15	25.80	
1525	DELI	MINI CRACKER STONED WHEAT	12/8 OZ	2.15	25.80	
34112	DIVINA	MINI CRACKER TOASTS WH WHT	6/2.8 OZ	1.89	11.34	
31803	EDWARD	RICE SNAX BARBEQUE gf vg s	2.8 OZ	1.54	1.54	1.23 1.23
31800	EDWARD	RICE SNAX LIGHTLY SALTED gf vg	2.8 OZ	1.54	1.54	
31801	EDWARD	RICE SNAX ONION GARLIC gf vg s	2.8 OZ	1.54	1.54	1.23 1.23
31802	EDWARD	RICE SNAX SALT VINEGAR gf vg s	2.8 OZ	1.54	1.54	1.23 1.23
31367	EDWARD	RICE TOAST JASMINE SPRNG ONION	2.25 OZ	1.97	1.97	1.58 1.58
31368	EDWARD	RICE TOAST PURPLE& BLK SESAME	2.25 OZ	1.97	1.97	1.58 1.58
31369	EDWARD	RICE TOAST THAI RED & FLAXSEED	2.25 OZ	1.97	1.97	1.58 1.58
5181	FINN	CRISPBREAD DARK w/CARAWAY	9/7 OZ	3.60	32.40	
15153	HAUTECUI	CRACKER BASIL&SWT PEPPER	4 OZ	2.20	2.20	1.54 1.54
15154	HAUTECUI	CRACKER ROASTED ONION	4 OZ	2.20	2.20	1.54 1.54
3939	HAUTECUI	CRACKER RST GAR & SD TOM ORG	4 OZ	2.20	2.20	1.54 1.54
15155	HAUTECUI	CRACKER SAFFRON & PEPPER	4 OZ	2.20	2.20	1.54 1.54
15150	HAUTECUI	CRACKER SEED OVERLOAD ORG	4 OZ	2.20	2.20	1.54 1.54
3838	HAUTECUI	CRACKER STONED WHT ORIG ORG	4 OZ	2.20	2.20	1.54 1.54
30246	JOHNMACY	CHEESESTICKS CHEDDAR SCALLION	4 OZ	2.65	2.65	
30245	JOHNMACY	CHEESESTICKS DIJON SWISS	4 OZ	2.65	2.65	
30243	JOHNMACY	CHEESESTICKS ORIGINAL CHEDDAR	4 OZ	2.65	2.65	
30244	JOHNMACY	CHEESESTICKS ROMANO GARLIC	4 OZ	2.65	2.65	
32242	KAME	BROWN RICE CRISPS SZECHUAN s	4/3.7 OZ	1.49	5.96	1.27 5.08
32243	KAME	BROWN RICE CRISPS TERIYAKI s	4/3.7 OZ	1.49	5.96	1.27 5.08
1550	KAME	RICE CRACKER CHEESE	12/3.5 OZ	2.34	28.08	1.99 23.88
1552	KAME	RICE CRACKER PLAIN	12/3.5 OZ	2.34	28.08	1.99 23.88
1553	KAME	RICE CRACKER SEAWEEED	12/3.5 OZ	2.34	28.08	1.99 23.88
1556	KAME	RICE CRACKER WASABI	12/3.5 OZ	2.34	28.08	1.99 23.88
1554	KAME	RICE CRACKERS SESAME	12/3.5 OZ	2.34	28.08	1.99 23.88
7918	KASHI	CRACKERS TLC COUNTRY CHEDDAR	8 OZ	3.75	3.75	
7915	KASHI	CRACKERS TLC HONEY SESAME	9 OZ	3.75	3.75	
7914	KASHI	CRACKERS TLC ORIG 7 GRAIN	9 OZ	3.75	3.75	
31255	LATEJULY	CRACKERS BITE SIZE CHEDDAR ORG	5 OZ	2.47	2.47	
31253	LATEJULY	CRACKERS CLASSIC RICH ORG	6 OZ	2.47	2.47	
31254	LATEJULY	CRACKERS ROUND SALTINE ORG	6 OZ	2.47	2.47	
31259	LATEJULY	SANDWICH CRAC MINI RICH&CH ORG	8/1.1 OZ	.76	6.08	
31257	LATEJULY	SANDWICH CRAC MINI RICH&CHS OR	5 OZ	2.98	2.98	
31256	LATEJULY	SANDWICH CRAC MINI RICH&PB ORG	5 OZ	2.98	2.98	
31258	LATEJULY	SANDWICH CRAC MINI RICH&PB ORG	8/1.1 OZ	.76	6.08	
34254	LATEJULY	SANDWICH CRAC RICH&CHS ORG	12/1.2 OZ	.68	8.16	
34253	LATEJULY	SANDWICH CRAC RICH&PB ORG	12/1.3 OZ	.68	8.16	
3280	LAVASCH	WAFER COMBO CRISP s	6 OZ	2.35	2.35	
3282	LAVASCH	WAFER DILL/GR/LC/SES CRISP s	6 OZ	2.35	2.35	
33284	LAVASCH	WAFER GARLIC/SESAME CRISP s	6 OZ	2.35	2.35	
33288	LAVASCH	WAFER ORIGNL/SESAME CRISP s	6 OZ	2.35	2.35	
31402	LEKSAND	CRISPBREAD ROUNDS	11/14 OZ	3.95	43.45	3.16 34.76
30090	LEKSAND	CRISPBREAD WEDGE	12/7 OZ	2.35	28.20	1.88 22.56
4975	LUNDBERG	RICE CAKE ORG BROWN RICE n/s	12/8 OZ	2.89	34.68	
4982	LUNDBERG	RICE CAKE ORG BROWN RICE w/s	12/8 OZ	2.89	34.68	
4977	LUNDBERG	RICE CAKE ORG SESAME TAMARI	12/9 OZ	2.89	34.68	
4976	LUNDBERG	RICE CAKE ORG TAMARI SEAWEEED	12/9 OZ	2.89	34.68	
4996	LUNDBERG	RICE CAKE ORG WILD RICE w/s	12/8 OZ	2.89	34.68	
4970	LUNDBERG	RICE CAKES APPLE CINNAMN s	12/9.5 OZ	2.45	29.40	
4960	LUNDBERG	RICE CAKES BROWN RICE n/s	12/8 OZ	2.39	28.68	
4961	LUNDBERG	RICE CAKES BROWN RICE w/s	12/8 OZ	2.39	28.68	
4971	LUNDBERG	RICE CAKES BUTTRY CARML s	12/9.5 OZ	2.39	28.68	
4972	LUNDBERG	RICE CAKES HONEY-NUT s	12/9.5 OZ	2.39	28.68	2.15 25.80
7274	MARYGONE	CRACKERS ORIGINAL ORG gf	12/1.25 OZ	.84	10.08	
7261	MARYGONE	CRACKERS BLK PEPPER ORG WF/GF	12/6.5 OZ	3.45	41.40	
7268	MARYGONE	CRACKERS CARAWAY ORG WF/GF	12/6.5 OZ	3.45	41.40	
7262	MARYGONE	CRACKERS HERB ORG WF/GF	12/6.5 OZ	3.45	41.40	
7263	MARYGONE	CRACKERS ONION ORG WF/GF	12/6.5 OZ	3.45	41.40	2.99 35.88
7267	MARYGONE	CRACKERS ORIGINAL ORG WF/GF	12/6.5 OZ	3.45	41.40	
7273	MARYGONE	STICKS & TWIGS SEA SALT ORG gf	12/1.25 OZ	.84	10.08	
7269	MARYGONE	STICKS & TWIGS SEASALT OG GF	12/8 OZ	3.45	41.40	
31604	MRSCRIMB	CHEESE BITES ORIGINAL gf	6/2.2 OZ	2.56	15.36	
31606	MRSCRIMB	CHEESE BITES SOUR CRM ONION gf	6/2.2 OZ	2.56	15.36	
31605	MRSCRIMB	CHEESE BITES TOM OLIVE OREG gf	6/2.2 OZ	2.56	15.36	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
31603	MRSCRIMB	CORN CAKES LITE SALT gf s	4.9 OZ	2.49	2.49	
31607	MRSCRIMB	CRACKERS ORIGINAL CHEESE gf	4.6 OZ	3.08	3.08	
31609	MRSCRIMB	CRACKERS ROSEMARY & ONION gf	4.6 OZ	3.08	3.08	
31608	MRSCRIMB	CRACKERS SUNDRD TOM & PESTO gf	4.6 OZ	3.08	3.08	2.46 2.46
31601	MRSCRIMB	RICE CAKES APPLE gf s	4.9 OZ	2.49	2.49	
31600	MRSCRIMB	RICE CAKES CARAMEL gf s	4.9 OZ	2.49	2.49	
31602	MRSCRIMB	RICE CAKES HONEY gf s	4.9 OZ	2.49	2.49	
3927	MTVIKOS	KRITI TOASTS OLIVE OIL	12/6.4 OZ	2.92	35.04	
3926	MTVIKOS	KRITI TOASTS OLIVE OIL RYE	12/5.64 OZ	2.92	35.04	2.19 26.28
30356	NAIRNS	OAT BISCUITS FRUIT & SPICE WF	7.14 OZ	3.57	3.57	
30354	NAIRNS	OAT BISCUITS MIXED BERRY WF	7.14 OZ	3.57	3.57	
6539	NAIRNS	OATCAKES FINE MILLED WF	8.9 OZ	2.55	2.55	
30355	NAIRNS	OATCAKES GINGER WF	7.14 OZ	3.57	3.57	
6542	NAIRNS	OATCAKES MINI WF	7.1 OZ	3.65	3.65	
6531	NAIRNS	OATCAKES ORGANIC WF	8.9 OZ	3.49	3.49	
6534	NAIRNS	OATCAKES ROUGH WF	10.7 OZ	2.55	2.55	
30420	OLDCAPE	CRACKER OYSTER s	8 OZ	2.05	2.05	1.85 1.85
30421	OLDCAPE	CRACKERS GOURMET ROUNDSs	7 OZ	2.05	2.05	1.85 1.85
30422	OLDCAPE	CRACKERS HEARTY SQUARES s	6 OZ	2.05	2.05	1.85 1.85
34296	ORTONBRO	COMMON CRACKER	7.5 OZ	2.92	2.92	
34297	ORTONBRO	COMMON CRACKER CHEDDAR	7.5 OZ	2.92	2.92	
3421	RYVITA	CRISPBREAD DARK RYE	10/8.8 OZ	2.15	21.50	
3423	RYVITA	CRISPBREAD FRUIT-SEED CRUNCH s	10/7 OZ	2.75	27.50	
3420	RYVITA	CRISPBREAD LIGHT RYE	10/8.8 OZ	2.07	20.70	
41140	RYVITA	CRISPBREAD MULTIGRAIN	10/8.8 OZ	2.75	27.50	
3422	RYVITA	CRISPBREAD SESAME	10/8.8 OZ	2.07	20.70	
2305	SESMARK	BROWN RICE THINS gf	12/3.5 OZ	2.35	28.20	
2301	SESMARK	MINI RICE CRACKERS LIGHT SALT	6/5.25 OZ	2.50	15.00	
2302	SESMARK	MINI RICE CRACKERS SES/GARLIC	6/5.25 OZ	2.50	15.00	
2300	SESMARK	RICE THINS/ SESAME gf	12/4.25 OZ	2.35	28.20	
34891	SUZIES	BREADSTICKS SPELT MULTISEED	12/4.5 OZ	2.25	27.00	
34893	SUZIES	CRACKERS ROSEMARY SESAME	12/8.8 OZ	3.29	39.48	
34899	SUZIES	FLATBREADS SPELT ITAL HERB	12/4.5 OZ	2.37	28.44	
34898	SUZIES	FLATBREADS SPELT MULTISEED	12/4.5 OZ	2.48	29.76	
34889	SUZIES	PUFFED THIN CAKES MULTIGRAIN	12/4.9 OZ	2.14	25.68	1.71 20.52
34888	SUZIES	PUFFED THIN CAKES SPELT W/FLAX	12/5.5 OZ	2.15	25.80	1.72 20.64
34770	SUZIES	PUFFED THIN CORN QUIN/SESME	12/4.9 OZ	2.56	30.72	
34886	SUZIES	PUFFED THIN RICE SALTED	12/4.9 OZ	2.14	25.68	1.71 20.52
33337	TUCKERS	CRACKER CARAMELIZED ONION	3.9 OZ	3.09	3.09	
33335	TUCKERS	CRACKER CORIANDER & BLK PEPPER	3.9 OZ	3.09	3.09	
32191	VENUS	CRAC 8 GRAIN HEARTY ORIG ORG	5 OZ	2.50	2.50	1.75 1.75
32193	VENUS	CRAC 8 GRAIN MEDITRN DLITE ORG	5 OZ	2.50	2.50	1.75 1.75
32192	VENUS	CRAC 8 GRAIN SEED CELEBRAT ORG	5 OZ	2.50	2.50	1.75 1.75
32124	VENUS	CRAC FAT FREE GARLIC & HERB	5.5 OZ	2.10	2.10	
32125	VENUS	CRAC FAT FREE MULTIGRAIN	5.5 OZ	2.10	2.10	
30366	WASA	CRISPBREAD HEARTY RYE	12/9.7 OZ	2.39	28.68	
4375	WASA	CRISPBREAD MULTIGRAIN	12/8.8 OZ	2.39	28.68	2.15 25.80
35062	WATERWH	CRISPBREAD ORIGINAL	12/3.5 OZ	2.25	27.00	
35063	WATERWH	CRISPBREAD PROVENCAL	12/3.5 OZ	2.25	27.00	
35064	WATERWH	CRISPBREAD SESAME & POPPY	12/3.5 OZ	2.35	28.20	2.09 25.08
3638	WISECRAC	ROSEMARY GARLIC L/F s	6/5 OZ	3.15	18.90	
35060	Z	CRACKERS OLIVE OIL SELGRIS	12/8 OZ	3.95	47.40	
DESSERTS & DESSERT TOPPINGS						
4376	BARHAR	PUDDING INDIAN	15.5 OZ	2.30	2.30	
31370	LETSDO	ICE CREAM CONES gf	1.2 OZ	2.90	2.90	
35041	LETSDO	ICE CREAM CONES ORG	2.3 OZ	2.50	2.50	
35050	LETSDO	SUGAR CONES gf v k	5.5 OZ	3.41	3.41	3.07 3.07
35042	LETSDO	SUGAR CONES ORG	5 OZ	3.31	3.31	
30926	WHOLLY	PIE CRUST GRAHAM s k	6 OZ	2.69	2.69	
32445	CAVIARME	SYRUP WILD BLUEBERRY	10 OZ	5.21	5.21	
7725	FIDDLERS	SYRUP BLUEBERRY ORG	8 OZ	5.33	5.33	
80208	GINGERPE	GINGER SYRUP	8 OZ	2.85	2.85	
30801	HERRELLS	SAUCE HOT FUDGE ALMOND s	10 OZ	5.50	5.50	4.95 4.95
30804	HERRELLS	SAUCE HOT FUDGE CHIPOTLE s	10 OZ	5.50	5.50	4.95 4.95
30803	HERRELLS	SAUCE HOT FUDGE COCONUT s	10 OZ	5.50	5.50	4.95 4.95
30800	HERRELLS	SAUCE HOT FUDGE ORIGINAL s	10 OZ	5.50	5.50	
30802	HERRELLS	SAUCE HOT FUDGE PEPPERMINT s	10 OZ	5.50	5.50	4.95 4.95
40144	KNIPSCHL	SAUCE BUTTERSCOTCH s	8 OZ	4.35	4.35	
40145	KNIPSCHL	SAUCE BUTTERSCOTCH W/LIME s	8 OZ	4.35	4.35	3.92 3.92
40141	KNIPSCHL	SAUCE CHOC DULCE DE LECHE s	8 OZ	4.35	4.35	
40148	KNIPSCHL	SAUCE CHOCOLATE MINT s	8 OZ	4.35	4.35	3.92 3.92
40147	KNIPSCHL	SAUCE CHOCOLATE PEANUT s	8 OZ	4.35	4.35	
40142	KNIPSCHL	SAUCE CHOCOLATE s	8 OZ	4.35	4.35	
40146	KNIPSCHL	SAUCE COCONUT CARAMEL s	8 OZ	4.35	4.35	
40140	KNIPSCHL	SAUCE CREME BRULEE s	8 OZ	4.35	4.35	
40143	KNIPSCHL	SAUCE SPICED CHOCOLATE s	8 OZ	4.35	4.35	3.92 3.92
31534	LAPAILA	DULCE DE LECHE sqz bottle	350 GR	2.80	2.80	
35617	MIMICCRM	WHIPPING CREAM SUB df gf v k	16 OZ	3.61	3.61	3.25 3.25
34540	MORNING	COFFEE SYRUP DECAF s	16 OZ	5.65	5.65	
34539	MORNING	COFFEE SYRUP s	16 OZ	5.45	5.45	



Pirate's Booty Sour Cream & Onion



Nothing makes a pirate more sour than getting marooned on a desert island, with the exception of Sour Cream and Onion Pirate's Booty. It's made from puffed rice and corn blended with zesty onion and the cool, fresh taste of sour cream.

Ingredients: Corn Meal, Rice Flour, Contains one or more of the following: Sunflower, Expeller Pressed Canola or Corn Oil, Maltodextrin, Sour Cream Powder, Cultured Non-Fat Milk, Citric Acid, Cane Sugar, Salt, Onion Powder, Garlic Powder, Pepper, Natural Flavors, Parsley. Contains Milk.

Item #73155 – 24/1 OZ
Item #73154 – 24/4 OZ

(continued on page 110)



Pirate's Booty Veggie



Pirates and anklebiters agree, they'd rather walk the plank than eat their greens...except when it comes to Veggie Booty. It's crafted from puffed rice, corn, and a medley of fresh vegetables including spinach, kale, carrots and parsley, all baked to perfection.

Ingredients: Cornmeal, rice, soy flour, rice flour, contains one or more of the following: sunflower, expeller pressed canola or corn oil, salt, spinach powder, evaporated cane syrup, broccoli powder, kale powder, carrot powder, cabbage powder, parsley powder, calcium carbonate, and sea salt. Contains soybean.

Item #73158

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
DESSERTS & DESSERT TOPPINGS - cont.						
15877	PEMBERT	DEATH BY CHOCOLATE original s	8.7 OZ	4.09	4.09	
30652	PEMBERT	DEATH BY CHOCOLATE raspberry	8.7 OZ	4.09	4.09	
41344	SUZANNES	RICEMELLOW CREME gf vg	10 OZ	3.38	3.38	
FLOUR						
2639	ARROW	CORNMEAL BLUE ORG gf	32 OZ	3.79	3.79	
3342	ARROW	CORNMEAL YELLOW ORG gf	32 OZ	2.79	2.79	
3340	ARROW	FLOUR BARLEY ORG	24 OZ	3.25	3.25	
3341	ARROW	FLOUR BUCKWHEAT ORG gf	32 OZ	4.75	4.75	
1204	ARROW	FLOUR MILLET ORG gf	32 OZ	4.39	4.39	
3312	ARROW	FLOUR OAT ORG	24 OZ	3.25	3.25	
2634	ARROW	FLOUR RICE BROWN ORG	32 OZ	4.20	4.20	
1154	ARROW	FLOUR RICE WHITE ORG	32 OZ	4.30	4.30	
3345	ARROW	FLOUR RYE ORG	30 OZ	3.05	3.05	
4421	ARROW	FLOUR SOY ORG gf	22 OZ	3.25	3.25	
6308	ARROW	FLOUR SPELT ORG	32 OZ	4.75	4.75	4.25 4.25
3348	ARROW	FLOUR UNBL WHITE WHEAT ORG	32 OZ	3.10	3.10	
3349	ARROW	FLOUR WHL WHT BREAD ORG	32 OZ	3.10	3.10	
3344	ARROW	FLOUR WHL WHT PASTRY	32 OZ	3.19	3.19	
15231	BOUCHARD	FLOUR BUCKWHEAT ACADIAN LT gf	3#	4.89	4.89	
3155	DWD&RGR	FLOUR CHESTNUT Italian WF/GF	14 OZ	6.35	6.35	
8599	ENER-G	FLOUR POTATO STARCH	16 OZ	3.63	3.63	
8600	ENER-G	FLOUR TAPIOCA WHEAT FREE	16 OZ	2.39	2.39	
41061	KINGARTH	FLOUR CAKE bleached	3 LB	5.99	5.99	
32264	LETSO	COCONUT FLOUR ORG vg gf	16 OZ	4.32	4.32	
15590	MOCHIKO	FLOUR SWEET RICE WHITE KODA gf	16 OZ	1.95	1.95	
35510	MORGANS	CORNMEAL WHOLE YELLOW ORG	24 OZ	2.25	2.25	
35511	MORGANS	FLOUR CORN WHOLE YELLOW ORG	24 OZ	2.25	2.25	
35525	MORGANS	FLOUR NINELIFE MULTIGRAIN ORG	24 OZ	3.60	3.60	
35514	MORGANS	FLOUR OAT WHOLE ORG	24 OZ	3.69	3.69	
35507	MORGANS	FLOUR PASTRY WHL WHEAT ORG	24 OZ	3.30	3.30	
35513	MORGANS	FLOUR RYE LIGHT SIFTED ORG	24 OZ	2.72	2.72	
35512	MORGANS	FLOUR RYE WHOLE DARK ORG	24 OZ	2.59	2.59	
35516	MORGANS	FLOUR SHORT BROWN RICE ORG	24 OZ	4.55	4.55	3.99 3.99
35522	MORGANS	FLOUR SPELT WHOLE ORG	24 OZ	4.25	4.25	
6123	MORGANS	FLOUR SWEET BROWN RICE ORG	24 OZ	5.95	5.95	
35521	MORGANS	FLOUR UNBLEACHED WHITE ORG	24 OZ	3.50	3.50	
6299	MORGANS	FLOUR WHL WHT GRAHAM ORG	24 OZ	3.60	3.60	
35518	MORGANS	FLOUR WHOLE WT BCKWHT ORG	24 OZ	4.70	4.70	
35508	MORGANS	FLOUR WW BREAD ORG red spring	24 OZ	3.55	3.55	
35509	MORGANS	WHEAT MEAL CRACKED ORG	24 OZ	3.54	3.54	
FRUIT, CANNED & JARS						
30310	AMER SPN	FRUIT PERFECT CHERRIES s	13.5 OZ	5.69	5.69	
30311	AMER SPN	FRUIT PERFECT PEACHES s	13.5 OZ	5.69	5.69	
22001	ASIAN BEST	JACKFRUIT IN SYRUP s	20 OZ	1.46	1.46	
22002	ASIAN BEST	LONGAN FRUIT IN SYRUP s	20 OZ	1.82	1.82	1.64 1.64
22009	ASIAN BEST	LYCHEE IN SYRUP s	20 OZ	2.09	2.09	
22003	ASIAN BEST	MANGO SLICED IN SYRUP s	15 OZ	1.21	1.21	
22004	ASIAN BEST	RAMBUTAN W/PINEAPPLE IN SYRUP s	20 OZ	1.82	1.82	
32442	CAVIARME	BLUBERRIES ME WLD mpl syrj jar	12 OZ	6.07	6.07	
32443	CAVIARME	BLUBERRIES ME WLD mpl syrj jar	25.6 OZ	12.43	12.43	
32441	CAVIARME	BLUBERRIES ME WLD frt jc jar	25 OZ	10.86	10.86	
32440	CAVIARME	BLUBERRIES ME WLD frt jce jar	7 OZ	3.86	3.86	
20260	DYNASTY	LYCHEE IN HEAVY SYRUP	15 OZ	2.65	2.65	
3802	FELIX	LINGONBERRIES SWEDISH	14.5 OZ	5.55	5.55	
5855	MARCOPL	CHERRIES PITTED SOUR s	24 OZ	3.39	3.39	
1520	MTVIKOS	FIGS GLAZED/RSTD	10 OZ	5.89	5.89	
32262	NATIVE	MANDARIN ORANGES ORG vg gf	10.75 OZ	2.44	2.44	
32030	NATIVE	MANGO CHUNKS ORG	14 OZ	2.85	2.85	
32031	NATIVE	PAPAYA CHUNKS ORG	14 OZ	2.85	2.85	
32261	NATIVE	PEACHES SLICED ORG vg gf	15 OZ	2.87	2.87	
32260	NATIVE	PEARS ASIAN SLICED ORG vg gf	15 OZ	2.87	2.87	
4986	NATIVE	PINEAPPLE CHUNKS ORG	14 OZ	2.95	2.95	
5084	NATIVE	PINEAPPLE CRUSHED ORG	14 OZ	2.95	2.95	
4994	NATIVE	PINEAPPLE SLICES ORG	15 OZ	2.95	2.95	
32032	NATIVE	TROPICAL FRUIT SALAD ORG	14 OZ	2.98	2.98	
50231	NATVALUE	n/a MANDARIN ORANGES pear juic	11 OZ	.86	.86	
34553	NATVALUE	TROPICAL FRUIT SALAD ORG	15 OZ	2.99	2.99	
4532	ROLAND	LYCHEES in heavy syrup s	20 OZ	2.27	2.27	
4358	ROLAND	MANDARIN ORANG SEGMENT/WTR	14 OZ	1.39	1.39	
4534	ROLAND	MANGO SLICED light syrup s	15 OZ	1.45	1.45	
4535	ROLAND	PAPAYA CHUNKS light syrup s	15 OZ	1.45	1.45	
4530	ROLAND	PEARS WHOLE BABY Lt syrup s	15 OZ	2.59	2.59	
4294	ROLAND	PINEAPPLE SLICED in juice	20 OZ	1.69	1.69	1.52 1.52
4537	ROLAND	WHITE PEACHES 4-6count s	15 OZ	1.95	1.95	
81031	SWAD	MANGO PULP kesar	28 OZ	2.89	2.89	
22033	ZERGUT	SOUR CHERRIES PITTED s	24 OZ	3.16	3.16	
FRUIT, CANNED & JARS - APPLESAUCE						
3665	CARLSON	APPLESAUCE CHUNKY MCINTOSH	25 OZ	2.29	2.29	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
6324	EDEN	APPLE SAUCE ORGANIC	25 OZ	2.90	2.90	2.32	2.32
20191	PASTOR	APPLE SAUCE ORGANIC no sugar	23 OZ	3.63	3.63		
20157	PASTOR	APPLE SAUCE ORGANIC Maine	23 OZ	3.63	3.63		
4624	VT VILLA	APPLE SAUCE unsweetened	24 OZ	2.15	2.15		
41412	VT VILLA	APPLESAUCE NATURAL APRICOT	24 OZ	2.12	2.12		
41413	VT VILLA	APPLESAUCE NATURAL CRANBERRY	24 OZ	2.12	2.12		
41414	VT VILLA	APPLESAUCE NATURAL MAPLE	24 OZ	2.12	2.12		
41411	VT VILLA	APPLESAUCE NATURAL RASPBERRY	24 OZ	2.12	2.12		
4330	VT VILLA	ORG APPLE SAUCE CINNAMON	24 OZ	2.73	2.73		
4326	VT VILLA	ORG APPLE SAUCE MANGO	24 OZ	2.73	2.73		
4337	VT VILLA	ORG APPLE SAUCE PEACH	24 OZ	2.73	2.73		
4329	VT VILLA	ORG APPLE SAUCE RASPBERRY	24 OZ	2.73	2.73		
4328	VT VILLA	ORG APPLE SAUCE unsweetened	24 OZ	2.73	2.73		
4317	VT VILLA	ORG APPLESCE CUP CINNAMON	4/4 OZ	.56	2.24		
4318	VT VILLA	ORG APPLESCE CUP MIXED BERRY	4/4 OZ	.56	2.24		
4316	VT VILLA	ORG APPLESCE CUP unsweetnd	4/4 OZ	.56	2.24		

FRUIT, PIE FILLINGS

32446	CAVIARME	PIE FILL WILD MAINE BLUEBERRY	25 OZ	9.71	9.71	7.99	7.99
41125	OUT ON A	PIE FILLING MAINE APLE no sug	25 OZ	6.49	6.49		
41123	OUT ON A	PIE FILLING MAINE APPLE LOW SU	25 OZ	6.49	6.49		
41124	OUT ON A	PIE FILLING ME BLBERRY low sug	25 OZ	6.49	6.49		
41126	OUT ON A	PIE FILLING ME BLUEBRY no sug	25 OZ	6.49	6.49		
41129	OUT ON A	PIE FILLING ME STRAW/RHUB l/su	25 OZ	6.49	6.49		
41297	OUT ON A	PIE FILLING RASPBERRY low sug	25 OZ	6.49	6.49		
41298	OUT ON A	PIE FILLING RASPBERRY no sug	25 OZ	6.49	6.49	5.84	5.84

FRUIT, DRIED & PACKAGED

2525	LETSDO	COCONUT SHREDDED LITE ORG	8.8 OZ	2.35	2.35		
2524	LETSDO	COCONUT SHREDDED ORG	8 OZ	2.37	2.37		
31700	AURORA	APPLE RINGS natural	4.5 OZ	2.94	2.94	2.44	2.44
31735	AURORA	APPLE RINGS ORG	4.5 OZ	3.52	3.52		
31701	AURORA	APRICOTS no So2	11 OZ	3.50	3.50		
31734	AURORA	APRICOTS ORG	11 OZ	3.90	3.90		
31702	AURORA	BANANA CHIPS s	5.5 OZ	1.54	1.54		
31703	AURORA	BLUEBERRIES DRIED s	6.5 OZ	5.44	5.44		
31704	AURORA	CANTALOUPE DRIED s	8 OZ	2.42	2.42		
31705	AURORA	CERRIES DRIED s	10 OZ	6.44	6.44		
31760	AURORA	CRANBERRIES DRIED ORG	9 OZ	5.77	5.77		
31707	AURORA	CRANBERRIES DRIED s	9.5 OZ	3.53	3.53		
31762	AURORA	DATES MEDJOL ORG	10 OZ	5.68	5.68		
31761	AURORA	DATES ORG	9 OZ	4.01	4.01		
31708	AURORA	DATES pitted	9 OZ	2.68	2.68		
31763	AURORA	DATES W/OAT FLOUR ORG	10 OZ	3.57	3.57	2.68	2.68
31764	AURORA	FIGS BLACK MISSION ORG	11 OZ	4.30	4.30		
31709	AURORA	FIGS CALIMAYRNA	10 OZ	5.33	5.33	4.26	4.26
31765	AURORA	FIGS TURKISH ORG	10 OZ	4.14	4.14		
31766	AURORA	FRUIT MEDLEY ORG	8 OZ	4.52	4.52		
31711	AURORA	GINGER CRYSTALLIZED SLICES	9 OZ	2.80	2.80		
31767	AURORA	MANGO DRIED ORG	4.5 OZ	3.74	3.74		
31712	AURORA	MANGO SLICES DRIED low sugar s	7.5 OZ	2.63	2.63		
31713	AURORA	PAPAYA CHUNKS low sugar s	10 OZ	2.71	2.71	1.99	1.99
31714	AURORA	PINEAPPLE RINGS low sugar s	8.5 OZ	2.45	2.45		
31715	AURORA	PRUNES pitted no sorbate	11 OZ	3.49	3.49		
31769	AURORA	PRUNES pitted ORG	11 OZ	5.00	5.00		
31770	AURORA	RAISINS RED FLAME ORG	11 OZ	2.84	2.84		
31716	AURORA	RAISINS THOMPSON	11 OZ	2.33	2.33	1.99	1.99
31771	AURORA	RAISINS THOMPSON ORG	11 OZ	2.70	2.70		
32448	CAVIARME	BLUEBERRIES DRIED WILD ME bag	8 OZ	8.14	8.14		
32447	CAVIARME	BLUEBERRIES DRIED WILD ME bag	5 OZ	5.43	5.43		
30805	DANIELLE	CANTALOUPE SWEET DRIED so2	12/2 OZ	2.19	26.28		
30806	DANIELLE	MANGO PAPAYA PNAPLE DRIED so2	12/2 OZ	2.19	26.28		
31311	EDEN	BLUEBERRIES WILD DRIED ORG	4 OZ	6.55	6.55	5.90	5.90
31312	EDEN	CERRIES MONTMORENCY DRIED	4 OZ	5.61	5.61		
31313	EDEN	CRANBERRIES DRIED ORG	4 OZ	3.35	3.35	2.99	2.99
32514	ELFOODS	GOJI BERRIES NINGXIA ORG vg	8 OZ	7.98	7.98		
1805	GINGERPE	GINGER CHIPS CRYSTL baker cut	7 OZ TIN	3.55	3.55		
1806	GINGERPE	GINGER CRYSTL premium cut	6.5 OZ TIN	3.79	3.79	3.39	3.39
31514	INTLHARV	APRICOT KERNELS ORG	5 OZ	3.45	3.45		
31515	INTLHARV	DATES DEGLET HMLYN NO PITS ORG	8 OZ	3.04	3.04		
41354	INTLHARV	GO MANGO SLICES ORG	4 OZ	3.49	3.49		
41358	INTLHARV	GO TURK APRICOTS JUMBO RAW ORG	6 OZ	2.35	2.35		
31509	INTLHARV	GOJI BERRIES HUNZA ORG	4 OZ	4.66	4.66		
31510	INTLHARV	GOLDEN RAISINS HUNZA ORG	8 OZ	4.25	4.25		
31511	INTLHARV	MULBERRIES HUNZA ORG	4 OZ	4.25	4.25		
31512	INTLHARV	POMEGRANATE HUNZA ORG	4 OZ	4.23	4.23		
30701	KING	temp n/a FIGS TURKISH GARLAND	8.8 OZ	1.99	1.99		
31752	LITLTDUK	APPLE BANANA frz dried ORG	12/1.1 OZ	2.59	31.08		
31751	LITLTDUK	BLUEBERRY APPLE frz dried ORG	12/1.1 OZ	2.59	31.08		
31750	LITLTDUK	STRAWBERRY MANGO frz dried ORG	12/1.1 OZ	2.59	31.08		
31823	OSKRI	APRICOTS DRIED k gf v	3.53 OZ	1.09	1.09		
31821	OSKRI	BLUEBERRIES DRIED k gf v	3.53 OZ	3.33	3.33		
31828	OSKRI	CERRIES DRIED k gf v	3.53 OZ	2.90	2.90		



Smart Puffs



No need for a cheat sheet, the formula is simple. Smart Puffs are made from the finest milled American corn and tastiest Wisconsin Cheddar.

Ingredients: Cornmeal, contains one or more of the following: sunflower, expeller pressed canola or corn oil, aged cheddar cheese (cultured milk, salt, enzymes), whey, and buttermilk. Contains dairy ingredients.

Item #73156

(continued on page 112)



Potato Flyers Original



People talk about pigs flying, but potatoes? Yep, no longer do the laws of gravity apply. These high-flying heroes are impossibly good, made from whole-some potatoes, sea salt and a hint of seasoning for potato flavor at its best.

Ingredients: Potato ingredients (Potato Flour, Potato Starch), Sunflower Oil, Rice Flour, Sea Salt, Nutritional Yeast, Garlic Powder, Citric Acid.

Item #73153 – 24/1.5 OZ

Item #73152 – 12/5.5 OZ

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
FRUIT, DRIED & PACKAGED - cont.						
31820	OSKRI	CRANBERRIES DRIED k gf v	3.53 OZ	1.45	1.45	
31822	OSKRI	DATES W/ PITS DRIED k gf v	3.53 OZ	2.39	2.39	
31824	OSKRI	GOLDEN RAISINS DRIED k gf v	3.53 OZ	1.09	1.09	
31826	OSKRI	PRUNES DRIED k gf v	3.53 OZ	1.09	1.09	
31825	OSKRI	STRAWBERRIES DRIED k gf v	3.53 OZ	3.33	3.33	
FRUIT & NUT MIXES						
31851	AURORA	MIX CRAN WALNT CLUSTER ORG s k	9 OZ	4.77	4.77	4.29 4.29
31850	AURORA	MIX FRONTER CRAN ALMND ORG s k	9.5 OZ	4.77	4.77	4.29 4.29
31719	AURORA	MIX GOJI BERRY TRAIL	10 OZ	3.88	3.88	
31852	AURORA	MIX HEARTY BLEND ORG s k	8.5 OZ	4.77	4.77	4.29 4.29
31720	AURORA	MIX HIKERS TRAIL	9.5 OZ	3.88	3.88	
31853	AURORA	MIX MAGICAL MYSTERY s k	11 OZ	3.91	3.91	3.52 3.52
31721	AURORA	MIX PACIFIC ALMOND	11 OZ	3.88	3.88	
31723	AURORA	MIX ROCKY MOUNTAIN	10 OZ	3.88	3.88	
31737	AURORA	MIX SALAD FIXINS cran/nut/seed	14 OZ	4.25	4.25	
31855	AURORA	MIX SPICY PUB s k	6.5 OZ	3.26	3.26	2.93 2.93
31856	AURORA	MIX SWEET & NUTTY s k	10.5 OZ	3.91	3.91	3.52 3.52
31722	AURORA	MIX VANILLA PASSION	11 OZ	4.15	4.15	
31307	EDEN	ALL MIXED UP FRUIT & NUT	4 OZ	2.80	2.80	
31308	EDEN	ALL MIXED UP TOO FRUIT & NUT	4 OZ	2.63	2.63	
31309	EDEN	WILD BERRY MIX ORG	4 OZ	2.63	2.63	
31517	INTLHARV	HUNZA GOJI TRAIL MIX RAW ORG	6 OZ	4.96	4.96	
41579	WILLNROS	TRAIL MIX BALANCE	6/2 OZ	2.39	14.34	
41580	WILLNROS	TRAIL MIX BALANCE	6 OZ	5.29	5.29	
41581	WILLNROS	TRAIL MIX NATIVE	6/2 OZ	2.39	14.34	
41582	WILLNROS	TRAIL MIX NATIVE	6 OZ	5.29	5.29	
41586	WILLNROS	TRAIL MIX PEACE	6 OZ	5.29	5.29	
41585	WILLNROS	TRAIL MIX PEACE	6/2 OZ	2.39	14.34	
41578	WILLNROS	TRAIL MIX STRENGTH	6 OZ	5.29	5.29	
41577	WILLNROS	TRAIL MIX STRENGTH	6/2 OZ	2.39	14.34	
41583	WILLNROS	TRAIL MIX VITALITY	6/2 OZ	2.39	14.34	
41584	WILLNROS	TRAIL MIX VITALITY	6 OZ	5.29	5.29	
GRAINS & FLAKES						
2781	ANCIENT	QUINOA FLAKES ORG	12 OZ	5.69	5.69	
2783	ANCIENT	QUINOA GRAIN ORG	12 OZ	4.59	4.59	
2770	ANCIENT	QUINOA INCA RED ORG	12 OZ	4.85	4.85	
3045	ARROW	AMARANTH SEED ORG	16 OZ	3.85	3.85	
3352	ARROW	FLAX SEED ORG	16 OZ	2.60	2.60	
3351	ARROW	QUINOA GRAIN ORG	14 OZ	4.09	4.09	
6004	D'ALLAS	BUCKWHEAT GROATS	12 OZ	2.47	2.47	
5923	D'ALLAS	COUSCOUS MIDDLE EASTERN	12 OZ	2.72	2.72	
5919	D'ALLAS	FLAX SEED GOLDEN	12 OZ	2.32	2.32	
5985	D'ALLAS	POLENTA ITALIAN STYLE	12 OZ	1.71	1.71	
30915	DARI	COUSCOUS BARLEY box	17 OZ	2.55	2.55	
30916	DARI	COUSCOUS MOROCCAN box	17 OZ	2.55	2.55	
41190	DE LA ES	POLENTA ORG	17.6 OZ	3.45	3.45	2.93 2.93
35352	EDEN	BROWN RICE FLAKES TOASTED ORG	16 OZ	3.55	3.55	
35356	EDEN	BUCKWHEAT ORG	16 OZ	2.24	2.24	1.79 1.79
35354	EDEN	KAMUT FLAKES TOASTED ORG	16 OZ	2.81	2.81	2.25 2.25
35355	EDEN	MILLET ORG	16 OZ	2.18	2.18	1.74 1.74
35350	EDEN	QUINOA ORG	16 OZ	4.55	4.55	3.64 3.64
35349	EDEN	QUINOA RED ORG	16 OZ	5.50	5.50	
35353	EDEN	SPELT FLAKES TOASTED ORG	16 OZ	3.15	3.15	2.52 2.52
31118	FAMOSO	POLENTA INSTANT Italy	17.6 OZ	3.69	3.69	
19000	GRANOATS	OATS ROLLED ORG Maine grown	3#	5.75	5.75	
31612	LUNDBERG	COUS BRN RICE MED CURRY gf vg	7 OZ	2.38	2.38	
31610	LUNDBERG	COUS BRN RICE PLAIN gf vg	10 OZ	2.38	2.38	1.68 1.68
31611	LUNDBERG	COUS BRN RICE RSTD GAR gf vg	7 OZ	2.38	2.38	1.68 1.68
4603	NIBLACK	WHEAT GERM RAW	16 OZ	1.77	1.77	1.59 1.59
4612	NIBLACK	WHEAT GERM TOASTED	16 OZ	2.27	2.27	
4917	ROLAND	COUSCOUS	17.5 OZ	2.35	2.35	2.12 2.12
4539	ROLAND	FARRO SemiPEARL WHEAT Italy	17.6 OZ	5.60	5.60	5.04 5.04
35262	SPRTREV	FLAX SPRTD GRND BLUEBRY ORG gf	16 OZ	16.26	16.26	
35261	SPRTREV	FLAX SPRTD GRND GOJI CRAN ORG	16 OZ	16.26	16.26	
34111	TIMELESS	BARLEY PURPLE ORG Montana	16 OZ	3.65	3.65	
8157	TIMELESS	FLAX SEED GOLDEN ORG	14 OZ	4.35	4.35	
30947	URBANACC	POPCORN BLACK SABLE	16 OZ	3.79	3.79	
30946	URBANACC	POPCORN RUBY RED	16 OZ	3.79	3.79	
30945	URBANACC	POPCORN WHITE GOLD	16 OZ	3.79	3.79	
35070	ARROW	POPCORN YELLOW ORG	28 OZ	2.90	2.90	
30657	NEWMAN	POPCORN MICROWAVE ORG BUTTER	3.5 OZ	2.95	2.95	2.25 2.25
30659	NEWMAN	POPCORN MICROWAVE ORG LT BTR	3 OZ	2.95	2.95	2.66 2.66
HERBS & SEASONINGS BY BRAND						
DENNY MIKE'S						
34415	DENYMIKE	RUB ALL PURPOSE PIXIE DUST	3 OZ	4.29	4.29	
34417	DENYMIKE	RUB CHICKEN CHICK MAGNET	3 OZ	4.29	4.29	
34416	DENYMIKE	RUB MEAT COW BELL HELL	3 OZ	4.29	4.29	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
34418	DENYMIKE	RUB PORK SUBLIME SWINE	3 OZ	4.29	4.29	3.86	3.86
34419	DENYMIKE	RUB SEAFOOD FINTASTIC	3 OZ	4.29	4.29		
MCFADDEN FARMS							
9864	MCFADDEN	BASIL ORG	.36 OZ	2.70	2.70		
9866	MCFADDEN	BAY LEAVES ORG	.36 OZ	3.62	3.62		
9881	MCFADDEN	CHILI FLAKES ORG	1.25 OZ	3.05	3.05		
9885	MCFADDEN	GARLIC FLAKES ORG	2.65 OZ	3.05	3.05		
9863	MCFADDEN	GARLIC POWDER ORG	2.8 OZ	3.18	3.18		
9871	MCFADDEN	GRILLING HERBS ORG	1.25 OZ	3.81	3.81		
9876	MCFADDEN	HERBS DE PROVENCE ORG	.85 OZ	4.12	4.12		
9877	MCFADDEN	ITALIAN HERBS ORG	1.1 OZ	3.84	3.84		
9882	MCFADDEN	LEMON THYME ORG	.49 OZ	3.00	3.00		
9870	MCFADDEN	MARJORAM ORG	.45 OZ	2.65	2.65		
9886	MCFADDEN	ONION FLAKES ORG	1.28 OZ	2.98	2.98		
9865	MCFADDEN	OREGANO ORG	.42 OZ	2.47	2.47		
9872	MCFADDEN	POULTRY HERBS ORG	1 OZ	3.78	3.78		
9868	MCFADDEN	ROSEMARY ORG	.53 OZ	2.47	2.47		
9869	MCFADDEN	SAGE ORG	.28 OZ	2.93	2.93		
9883	MCFADDEN	SUMMER SAVORY ORG	.74 OZ	3.04	3.04		
9884	MCFADDEN	TARRAGON ORG	.31 OZ	3.25	3.25		
9867	MCFADDEN	THYME ORG	.74 OZ	2.69	2.69		
RUB WITH LOVE							
30041	RUB LOVE	RUB BANGAL MASALA	3.5 OZ	4.49	4.49		
30037	RUB LOVE	RUB CHICKEN	3.5 OZ	4.49	4.49		
30043	RUB LOVE	RUB CHINESE 12 SPICE	3.5 OZ	4.49	4.49		
30045	RUB LOVE	RUB PIRI PIRI	3.5 OZ	4.49	4.49		
30039	RUB LOVE	RUB PORK	3.5 OZ	4.49	4.49		
30036	RUB LOVE	RUB SALMON	3.5 OZ	4.49	4.49		
30040	RUB LOVE	RUB SEAFOOD	3.5 OZ	4.49	4.49		
30042	RUB LOVE	RUB SPICY TOKYO	3.5 OZ	4.49	4.49		
30038	RUB LOVE	RUB STEAK	3.5 OZ	4.49	4.49		
SEASONED PIONEERS							
6159	SEASONED	BERBERE BLEND ETHIOPIAN hot	6/27 GR	3.73	22.38		
6161	SEASONED	CAJUN SPICE BLEND hot	6/34 GR	3.73	22.38		
6163	SEASONED	CARIBBEAN BBQ JERK RUB med	6/37 GR	3.73	22.38	3.36	20.16
6158	SEASONED	CHINESE FIVE SPICE mild	6/27 GR	3.73	22.38		
6162	SEASONED	CREOLE SPICE BLEND med	6/37 GR	3.73	22.38		
31221	SEASONED	CURRY LEAVES WHOLE	6 GR	3.16	3.16	2.84	2.84
6154	SEASONED	CURRY POWDER INDONESIAN med	6/31 GR	3.73	22.38		
6155	SEASONED	CURRY POWDER MALAY med	6/31 GR	3.73	22.38		
6156	SEASONED	CURRY POWDER S. AFRICAN med	6/31 GR	3.73	22.38		
6152	SEASONED	CURRY POWDER SRI LANKAN med	6/32 GR	3.73	22.38		
6157	SEASONED	CURRY POWDER ZANZIBAR med	6/40 GR	3.73	22.38		
6151	SEASONED	GARAM MASALA INDIAN med	6/27 GR	3.73	22.38		
6169	SEASONED	HERBS DE PROVENCE	6/13 GR	2.99	17.94		
6160	SEASONED	RAS-EL-HANOUT PWDR MOROCCO mld	6/27 GR	3.73	22.38		
6166	SEASONED	TAMARIND PASTE	6/45 GR	2.99	17.94		
6174	SEASONED	WASABI POWDER hot	6/17 GR	5.75	34.50		
6164	SEASONED	ZAHTAR SPICE MIX mild	6/37 GR	3.73	22.38		
URBAN ACCENTS							
30998	URBANACC	DRYGLAZE ATHENIAN HERB	2 OZ	2.39	2.39		
30994	URBANACC	DRYGLAZE CAYMAN CITRUS HEAT	2 OZ	2.39	2.39		
30995	URBANACC	DRYGLAZE MANDARIN GINGER	2 OZ	2.39	2.39		
30996	URBANACC	DRYGLAZE MUMBAI HONEY PEPPER	2 OZ	2.39	2.39		
30997	URBANACC	DRYGLAZE PUEBLA MOLE	2 OZ	2.39	2.39		
30992	URBANACC	DRYGLAZE SANTA FE BBQ	2 OZ	2.39	2.39		
30993	URBANACC	DRYGLAZE VERMONT GRILL	2 OZ	2.39	2.39		
30951	URBANACC	GOURMET BRINING BAG	3.2 OZ	2.81	2.81	2.11	2.11
30948	URBANACC	MULLING SPICE ROYAL TENT CARD	1.5 OZ	2.91	2.91		
30943	URBANACC	POPCORN SEASON CARAMEL CORN	3 OZ	3.17	3.17		
30941	URBANACC	POPCORN SEASON DILL PICKLE	3 OZ	3.17	3.17		
30942	URBANACC	POPCORN SEASON SMOKEY CHIPOTLE	4 OZ	3.17	3.17		
30944	URBANACC	POPCORN SEASON SWEET & SALTY	5 OZ	3.17	3.17		
30940	URBANACC	POPCORN SEASON WHITE CHEDDAR	3 OZ	3.17	3.17		
31675	URBANACC	RUB BEEF & BURGER	1.5 OZ	2.29	2.29		
31676	URBANACC	RUB CHICKEN & POULTRY	1.5 OZ	2.29	2.29		
30965	URBANACC	RUB LUSCIOUS LAMB	1.25 OZ	2.51	2.51	1.75	1.75
30967	URBANACC	RUB PERFECT PORK	1.25 OZ	2.51	2.51	1.75	1.75
31677	URBANACC	RUB PORK & BARBEQUE	1.5 OZ	2.29	2.29		
30966	URBANACC	RUB TURKEY GOURMET GOBBLER	1.25 OZ	2.51	2.51	1.88	1.88
30991	URBANACC	SPICE ARGENTINA STEAK RUB	2 OZ	4.29	4.29		
30981	URBANACC	SPICE CAJUN STREET	2.5 OZ	4.29	4.29		
30983	URBANACC	SPICE CAPE COD GRILL & BOIL	3.5 OZ	4.29	4.29		
30990	URBANACC	SPICE CASBLNCA RAS EL HANOUT	1.9 OZ	4.59	4.59		
30982	URBANACC	SPICE CHICAGO STEAK & CHOP	3.1 OZ	4.29	4.29		
30984	URBANACC	SPICE COAST TO COAST	2.7 OZ	4.29	4.29		
30961	URBANACC	SPICE CRANBERRY CRAVINGS	2 OZ	2.63	2.63	1.97	1.97
30980	URBANACC	SPICE FISHERMANS WHARF	2 OZ	4.29	4.29		
30962	URBANACC	SPICE GRAVY GOODNESS	1.25 OZ	2.63	2.63		
30986	URBANACC	SPICE HERB DE PROVENCE	.8 OZ	4.29	4.29		
30989	URBANACC	SPICE MESA ROSA CHIPOTLE	3.1 OZ	4.29	4.29		
30987	URBANACC	SPICE PUNJAB RED TANDOORI	2.9 OZ	4.29	4.29		
30985	URBANACC	SPICE ROMA	.8 OZ	4.29	4.29		



Potato Flyers Sour Cream & Onion



The days of pilots getting sour over bad in-flight snacks are over, with Sour Cream and Onion Potato Flyers. These light, crispy flyers answer to a higher calling. They're made from wholesome potatoes, blended with zesty onion and the cool, fresh taste of sour cream.

Ingredients: Potato Ingredients (Potato Flour, Potato Starch), Sunflower Oil, Maltodextrin, Sour Cream Powder, Cultured Non-Fat Milk, Citric Acid, Cane Sugar, Salt, Onion Powder, Garlic Powder, Pepper, Natural Flavors, Parsley. Contains Milk.

Item #73151 – 24/1.5 OZ

Item #73150 – 12/5.5 OZ

(continued on page 114)



Original Tings Crunchy Corn Sticks



Every Ting is gonna be alright while munching on this tasty snack. These crunchy corn sticks will take center stage, crafted from the finest milled American corn.

Ingredients: Cornmeal, contains one or more of the following: sunflower, expeller pressed canola or corn oil, nutritional yeast and salt. This product is manufactured in a facility that produces dairy products.

Item #73157

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
URBAN ACCENTS - cont.						
30963	URBANACC	SPICE SUMPTUOUS STUFFING	2 OZ	2.65	2.65	2.35 2.35
30988	URBANACC	SPICE THAI GARDEN	2.2 OZ	4.29	4.29	
30960	URBANACC	SPICE YUMMY YAMS	2 OZ	2.63	2.63	1.97 1.97
30949	URBANACC	TURKEY BRINE gf	12 OZ	4.61	4.61	3.69 3.69
30950	URBANACC	TURKEY GOURMET BRINE KIT gf	13.25 OZ	9.00	9.00	
VICTORIA GOURMET						
30331	VICTORIA	BRINING BLEND ASIAN	13.6 OZ	5.40	5.40	
30329	VICTORIA	BRINING BLEND SMOKY	12.9 OZ	5.40	5.40	
30330	VICTORIA	BRINING BLEND SPICY	12.6 OZ	5.40	5.40	
30328	VICTORIA	BRINING BLEND TRADITIONAL	12.7 OZ	5.40	5.40	
34927	VICTORIA	CINNAMON CHILE RUB s	4.7 OZ	5.15	5.15	
34263	VICTORIA	GARLIC SLICES ROASTED	3.3 OZ	5.15	5.15	
32099	VICTORIA	PEPPERCORNS PEPPER MILL MIX	4.5 OZ	5.15	5.15	
32162	VICTORIA	PEPPERCORNS TELLICHERRY	5.7 OZ	5.85	5.85	
30333	VICTORIA	SEA SALT ANGLESEY Wales	5.6 OZ	7.50	7.50	
34028	VICTORIA	SEA SALT AUSTRALIAN FLAKE pink	4.4 OZ	7.50	7.50	
30335	VICTORIA	SEA SALT CELTIC grey Brittany	8 OZ	5.15	5.15	
30332	VICTORIA	SEA SALT TRAPANI Sicily	10 OZ	5.15	5.15	
34262	VICTORIA	SESAME TOASTED w/ GINGER	5.4 OZ	5.15	5.15	
34928	VICTORIA	SMKY PAPRIKA CHIPOTLE SEASON s	5.4 OZ	5.15	5.15	
HERBS & SEASONINGS - MISCELLANEOUS						
2507	BELLS	BELLS SEASONING	1 OZ BOX	2.55	2.55	
31164	BILARDO	RUB PEPPERCORN STEAK	3.5 OZ	3.25	3.25	2.93 2.93
9013	BLUMTN	CURRY POWDER JAMAICAN	4 OZ	1.85	1.85	
32163	BULK	SAFFRON THREADS 1GR	1 GR	6.50	6.50	
34128	EMPERKIT	GARLIC CHOPPED ORG	4.5 OZ	2.40	2.40	
34127	EMPERKIT	GARLIC PUREE ORG	4.5 OZ	2.40	2.40	
34126	EMPERKIT	GARLIC ROASTED ORG	4.5 OZ	2.59	2.59	
34124	EMPERKIT	GINGER CHOPPED ORG	4.5 OZ	2.40	2.40	
34125	EMPERKIT	GINGER PUREE ORG	4.5 OZ	2.40	2.40	
32195	GOLDN GAT	SAFFRON (4/0.125 gram caps)	.5 GR	3.97	3.97	
3120	JANES	KRAZY MIXED UP SALT	4 OZ	1.69	1.69	1.44 1.44
4726	LACHINAT	PAPRIKA BITRSWT SMKD Spain	2.47 OZ	3.18	3.18	
4725	LACHINAT	PAPRIKA HOT SMKD Spain	2.47 OZ	3.18	3.18	
4724	LACHINAT	PAPRIKA SWEET SMKD Spain	2.47 OZ	3.18	3.18	
30025	LARS	ONIONS CRISPY	4 OZ	2.39	2.39	
4334	LITTLEBE	SEASONINGS TACO	1.4 OZ	1.45	1.45	
33026	MALDON	PEPPERCORNS WHOLE ORG	1.4 OZ	5.00	5.00	
4732	MANCHA	SAFFRON Spanish	.8 GR JAR	9.99	9.99	8.99 8.99
4396	MODERN	SPIKE SEASONING box	14 OZ	8.40	8.40	
4395	MODERN	SPIKE SEASONING box	7 OZ	4.60	4.60	
31174	PAIN IS	CHIPOTLE SEASONING	4.5 OZ	4.74	4.74	3.79 3.79
4281	ROLAND	CORIANDER LEAVES MINCED jar	7 OZ	2.50	2.50	
1972	VOGELS	HERBAMARE SEASONING ORG	8.8 OZ	6.95	6.95	
1976	VOGELS	TROCOMARE SEASONING ORG	8.8 OZ	6.95	6.95	
9005	WALKWD	JERK SEASON PASTE s	10 OZ	3.89	3.89	
DRIED MUSHROOMS						
5882	D'ALLAS	MUSHROOM PORCINI EXTRA A	1 OZ BAG	2.98	2.98	
5878	D'ALLAS	MUSHROOM PORTABELLA SLICED	1 OZ BAG	4.04	4.04	
5881	D'ALLAS	MUSHROOM SHIITAKE	1 OZ BAG	1.78	1.78	
15401	DYNASTY	MUSHROOM SHIITAKE	1 OZ	1.52	1.52	
30103	FUNGUS	MUSHROOMS CHANTERELLE ORG	1 OZ	5.70	5.70	
33164	FUNGUS	MUSHROOMS MAITAKE ORG	.5 OZ	5.15	5.15	
30104	FUNGUS	MUSHROOMS MEDLEY ORG	1 OZ	3.81	3.81	
30105	FUNGUS	MUSHROOMS MOREL WILD	.5 OZ	8.69	8.69	
30102	FUNGUS	MUSHROOMS PORCINI ORG	1 OZ	3.99	3.99	
30101	FUNGUS	MUSHROOMS PORTABELLO ORG	.5 OZ	4.14	4.14	
30100	FUNGUS	MUSHROOMS SHIITAKE ORG	1 OZ	4.29	4.29	
33166	FUNGUS	MUSHROOMS WOODDEAR	1 OZ	2.93	2.93	
33248	OYS CRK	MUSHROOMS BLACK TRUMPET	.5 OZ	3.43	3.43	
8165	OYS CRK	MUSHROOMS CEPE/PORCINI	.75 OZ	3.53	3.53	
8166	OYS CRK	MUSHROOMS CHANTERELLES	.5 OZ	3.53	3.53	
8167	OYS CRK	MUSHROOMS MAINE WILD MIX	.75 OZ	3.53	3.53	
8169	OYS CRK	MUSHROOMS MOREL	.5 OZ	9.08	9.08	
8173	OYS CRK	MUSHROOMS SHIITAKE caps	.75 OZ	2.98	2.98	
33247	OYS CRK	MUSHROOMS SHIITAKE SLICED	.5 OZ	2.32	2.32	
33249	OYS CRK	MUSHROOMS WOODDEAR	.5 OZ	2.07	2.07	
HERBS & SEASONINGS - SALT & SALT SUBSTITUTES						
39043	ALSOSALT	SALT SUB PACKETS sodium free	50 CT	2.36	2.36	2.12 2.12
3758	ALSOSALT	SALT SUBSTITUTE sodium free	2.5 OZ	4.00	4.00	
35110	ARORA	SEA SALT & PEPPER GRINDERS	SET	4.25	4.25	
71003	DAVES	6 SEA SALT MIX multi shaker	3.7 OZ	4.49	4.49	
30326	EDEN	SEA SALT FRENCH FINE	14 OZ	4.05	4.05	
30327	EDEN	SEA SALT PORTUGUESE FINE	16 OZ	2.79	2.79	
33346	HIMALASALT	SEA SALT & PEP TRAVEL SET ORG	3.5 OZ	4.35	4.35	3.89 3.89
33345	HIMALASALT	SEA SALT & PEPPER GRINDERS ORG	10 OZ	9.06	9.06	
33162	HIMALASALT	SEA SALT HIMALAYAN CRMIC GRNDR	2.8 OZ	14.84	14.84	13.36 13.36
33144	HIMALASALT	SEA SALT HIMALAYAN FINE SHAKER	6 OZ	5.08	5.08	4.57 4.57

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
33161	HIMALASALT	SEA SALT HIMALAYAN MINI GRINDR	4 OZ	5.60	5.60	5.04	5.04
33198	HIMALASALT	SEA SALT HIMALAYAN refill FT	7 OZ	6.66	6.66	5.99	5.99
34656	HIMALASALT	SEA SALT ZEN CUBE W/GRATER	11 OZ	11.40	11.40		
31128	LA BALNE	SEA SALT COARSE France	12/26 OZ	3.29	39.48	2.80	33.60
31127	LA BALNE	SEA SALT FINE France	12/26 OZ	3.29	39.48	2.80	33.60
6341	LIMA	SEA SALT ATLANTIC SHAKER	7.05 OZ	3.63	3.63		
9926	MAINESEA	SEA SALT APPLE WD SMKD GRINDER	4 OZ	5.50	5.50		
9923	MAINESEA	SEA SALT DULSE GRINDER	4 OZ	4.00	4.00		
9920	MAINESEA	SEA SALT GARLIC GRINDER	4 OZ	4.00	4.00		
9930	MAINESEA	SEA SALT GARLIC jar	5.5 OZ	4.00	4.00		
9924	MAINESEA	SEA SALT HERB GRINDER	4 OZ	4.00	4.00		
9925	MAINESEA	SEA SALT HICKORY SMKD GRINDER	4 OZ	5.50	5.50		
9919	MAINESEA	SEA SALT HICKORY SMKD jar	6 OZ	5.50	5.50	4.95	4.95
9921	MAINESEA	SEA SALT LEMON GRINDER	4 OZ	4.00	4.00		
9929	MAINESEA	SEA SALT LEMON jar	5.5 OZ	4.00	4.00		
6617	MAINESEA	SEA SALT MAINE coarse bag	8 OZ	3.59	3.59		
6616	MAINESEA	SEA SALT MAINE jar	6 OZ	3.99	3.99		
9918	MAINESEA	SEA SALT NATURAL coarse bag	16 OZ	6.86	6.86		
9927	MAINESEA	SEA SALT NATURAL GRINDER	4 OZ	4.00	4.00		
9922	MAINESEA	SEA SALT PEPPER GRINDER	4 OZ	4.00	4.00	3.60	3.60
2163	MALDON	SEA SALT CRYSTAL England	12/8.5 OZ	4.33	51.96		
32172	MALDON	SEA SALT CRYSTAL England	8.5 OZ	4.60	4.60		
34608	MALDON	SEA SALT SMOKED England	125 G	3.67	3.67		
21122	MATIZ	FLOR DE SAL Spain	4.4 OZ	8.37	8.37		
21124	MATIZ	SEA SALT SMOKED Spain	4.4 OZ	7.97	7.97		
21123	MATIZ	SEA SALT WITH HERBS Spain	4.4 OZ	7.97	7.97		
41152	PACIF SALT	SEA SALT SHAKER COARSE ORG	16 OZ	4.03	4.03	3.63	3.63
41151	PACIF SALT	SEA SALT SHAKER FINE ORG	16 OZ	4.03	4.03	3.63	3.63
1245	ROLAND	SEA SALT CANNISTER COARSE	12/26 OZ	2.15	25.80	1.94	23.28
1244	ROLAND	SEA SALT CANNISTER FINE	12/26 OZ	2.15	25.80	1.94	23.28
30316	TIDMANS	ROCK SALT COARSE	500 GR	2.98	2.98		
30968	URBANACC	SEA SALT GINGER SZECHWAN	5 OZ	3.99	3.99		
30999	URBANACC	SEA SALT ISLE OF CAPRI	5 OZ	3.99	3.99		
30959	URBANACC	SEA SALT MANGO MASALA	5 OZ	3.99	3.99		
30969	URBANACC	SEA SALT SPANISH SMOKED	5 OZ	3.99	3.99		
NUT & SEED BUTTERS							
31213	ARTISANA	ALMOND BUTTER ORG RAW	16 OZ	10.08	10.08	8.06	8.06
33583	ARTISANA	ALMOND BUTR ORG RAW sqz pk	10/1 OZ	1.46	14.60		
33279	ARTISANA	ALMOND BUTTER ORG RAW	8 OZ	6.40	6.40		
33584	ARTISANA	CACAO BLISS ORG RAW sqz pk	10/1 OZ	1.46	14.60		
33590	ARTISANA	CACAO BUTTER ORG RAW brick	1.8 OZ	4.72	4.72		
33582	ARTISANA	CASHEW BUTR ORG RAW sqz pk	10/1 OZ	1.46	14.60		
31209	ARTISANA	CASHEW BUTTER ORG RAW	8 OZ	6.55	6.55		
31210	ARTISANA	CASHEW BUTTER ORG RAW	16 OZ	10.70	10.70		
33581	ARTISANA	CASHINI BUTR ORG RAW sqz pk	10/1 OZ	1.46	14.60		
32148	ARTISANA	COCONT BTR CACAO BLISS ORG	8 OZ	7.25	7.25		
33580	ARTISANA	COCONUT BUTR ORG RAW sqz pk	10/1 OZ	1.46	14.60		
33278	ARTISANA	COCONUT BUTTER ORG RAW	8 OZ	5.65	5.65		
31208	ARTISANA	COCONUT BUTTER ORG RAW	16 OZ	8.50	8.50		
33588	ARTISANA	COCONUT OIL ORG RAW sqz pk	10/1 OZ	1.46	14.60		
33587	ARTISANA	MACADAMIA BUTR ORG RAW sqz pk	10/1 OZ	1.46	14.60		
5214	ARTISANA	MACADAMIA/CASHEW BTR ORG RAW	8 OZ	7.70	7.70		
33586	ARTISANA	PECAN BUTR ORG RAW sqz pk	10/1 OZ	1.46	14.60		
5223	ARTISANA	PECAN BUTTER ORG RAW w/cashew	8 OZ	7.70	7.70		
33591	ARTISANA	SATTVA ALMOND BTR LT RST ORG	16 OZ	9.96	9.96		
33593	ARTISANA	SATTVA CASHEW BTR LT RST ORG	16 OZ	7.50	7.50		
33592	ARTISANA	SATTVA TAHINI BTR LT RST ORG	16 OZ	10.69	10.69		
31211	ARTISANA	TAHINI ORG RAW	16 OZ	7.50	7.50		
33589	ARTISANA	TAHINI ORG RAW sqz pk	10/1 OZ	1.46	14.60		
33585	ARTISANA	WALNUT BUTR ORG RAW sqz pk	10/1 OZ	1.46	14.60		
5215	ARTISANA	WALNUT BUTTER ORG RAW w/cashew	8 OZ	7.70	7.70		
32431	CREAMNUT	PEANUT BUTTER CRNCHY w/salt VA	16.5 OZ	4.47	4.47		
32432	CREAMNUT	PEANUT BUTTER SMOOTH w/salt	60 OZ	13.69	13.69		
32430	CREAMNUT	PEANUT BUTTER SMOOTH w/salt VA	17 OZ	4.47	4.47		
3767	IMHEALTH	SOY NUT BUTTER CREAMY s	15 OZ	4.49	4.49		
7350	ONCEAG	ALMOND BUTTER CRNCH N/S	16 OZ	5.85	5.85		
32341	ONCEAG	ALMOND BUTTER OMEGA 3 SMTH ORG	16 OZ	9.95	9.95		
7327	ONCEAG	ALMOND BUTTER RAW ORG SMOOTH	16 OZ	9.95	9.95		
7351	ONCEAG	ALMOND BUTTER SMTH N/S	16 OZ	5.85	5.85		
32343	ONCEAG	ALMOND BUTTER SMTH OMEGA3 NAT	16 OZ	5.85	5.85		
7341	ONCEAG	CASHEW BUTTER N/S	16 OZ	5.98	5.98	4.78	4.78
32138	ONCEAG	CASHEW BUTTER ORG	16 OZ	8.37	8.37		
7328	ONCEAG	PEANUT BTR AMER CRNCHY ORG s	16 OZ	4.02	4.02		
7326	ONCEAG	PEANUT BUTTER AMER SMOOTH ORG	16 OZ	4.02	4.02		
7303	ONCEAG	PEANUT BUTTER CRNCH N/S	16 OZ	3.02	3.02	2.42	2.42
7305	ONCEAG	PEANUT BUTTER CRNCH SALTED	16 OZ	3.02	3.02	2.42	2.42
32342	ONCEAG	PEANUT BUTTER OMEGA 3 SMTH ORG	16 OZ	4.28	4.28		
7304	ONCEAG	PEANUT BUTTER SMTH N/S	16 OZ	3.02	3.02	2.42	2.42
7307	ONCEAG	PEANUT BUTTER SMTH SALTED	16 OZ	3.02	3.02	2.42	2.42
7306	ONCEAG	PEANUT BUTTER VAL ORG CRNCH N/	16 OZ	4.02	4.02		
7310	ONCEAG	PEANUT BUTTER VAL ORG SMTH N/S	16 OZ	4.02	4.02		



Artisana Raw Organic Almond Butter



Enjoy the sweet flavor of fresh, RAW almond butter. Experience the delightful texture and clean aroma of Artisana's truly raw, uniquely energizing purée.

Artisana Raw Organic Almond Butter is an excellent source of protein and is high in Vitamin E (Alpha Tocopherol), and Manganese. It's also a good source of Magnesium, Phosphorus, Copper, Riboflavin.

Artisana Raw Organic Almond Butter is a healthy way to get protein. Add to fruit shakes, cereal, confections or eat it right out of the jar... sublime!

*Ingredients: 100% Organic Raw Almonds.
Contains Absolutely No Peanuts, Gluten, Dairy or GMO's.
Made in a facility that processes tree nuts and soy*

Item #31213

matiz

GALLEGO

Organic Chestnuts



Naturally Sweet

Sweet and moist organic chestnuts from ancient groves of trees cultivated by small producers in the Galician region of Northwest Spain. Chestnuts are a highly nutritious and healthy non-fat snack, rich in vitamins, proteins, and mineral salts. They are cooked and ready to serve - perfect all year long for your stuffings, soups, casseroles, salads, and desserts.

Spain is a small yet diverse country that encompasses many traditions and a plethora of natural and unique food choices. Matiz España specializes in locating and importing specialty gourmet food products from this bountiful land.



www.matizespana.com

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
NUT & SEED BUTTERS - cont.							
31105	ONCEAG	SUNFLOWER BUTTER R/S ORG s	16 OZ	4.25	4.25	3.40	3.40
39072	PB & CO	PB BEES KNEES sqz pk s	10/1.15 OZ	.66	6.60		
39071	PB & CO	PB DK CHOC DREAM sqz pk s	10/1.15 OZ	.66	6.60		
39070	PB & CO	PB SMOOTH OPERATOR sqz pk s	10/1.15 OZ	.66	6.60		
39014	PB & CO	PNUT BUTTER BEES KNEE	16 OZ	3.95	3.95		
3929	PB & CO	PNUT BUTTER CINN RAISIN SWIRLS	16 OZ	3.95	3.95		
3932	PB & CO	PNUT BUTTER CRUNCH TIME	16 OZ	3.19	3.19		
3934	PB & CO	PNUT BUTTER DARK CHOCOLATE s	16 OZ	3.95	3.95		
3930	PB & CO	PNUT BUTTER HEAT IS ON spicy	16 OZ	3.95	3.95		
39015	PB & CO	PNUT BUTTER MIGHTY MAPLE	16 OZ	3.95	3.95		
3931	PB & CO	PNUT BUTTER SMOOTH OPERATOR	16 OZ	3.19	3.19		
3933	PB & CO	PNUT BUTTER WHITE CHOCOLATE s	16 OZ	3.95	3.95		
33700	SESAMKNG	TAHINI LIGHT ROASTED k	16 OZ	3.20	3.20	2.88	2.88
33701	SESAMKNG	TAHINI DARK ROASTED k	16 OZ	3.20	3.20	2.88	2.88
33702	SESAMKNG	TAHINI LIGHT ROASTED k	32 OZ	5.68	5.68	5.11	5.11
32136	SIMPLE	SOYNU BUTTER CHOCOLATE ORG	9 OZ	4.31	4.31		
32134	SIMPLE	SOYNU BUTTER CINN SUGAR ORG	9 OZ	3.60	3.60		
32121	SIMPLE	SOYNU BUTTER NO SUG/SALT ORG	16 OZ	5.04	5.04		
32122	SIMPLE	SOYNU BUTTER NO SUG/SALT ORG	9 OZ	3.60	3.60		
32117	SIMPLE	SOYNU BUTTER SEA SALT ORG	16 OZ	5.04	5.04		
32118	SIMPLE	SOYNU BUTTER SEA SALT ORG	9 OZ	3.60	3.60		
32120	SIMPLE	SOYNU BUTTER SLIGHT SWEET ORG	9 OZ	3.60	3.60		
2162	SUPERIOR	PEANUT BUTTER CHUNKY no salt	2.5#	6.95	6.95		
1174	SUPERIOR	PEANUT BUTTER CHUNKY w/salt	2.5#	6.95	6.95		
1333	SUPERIOR	PEANUT BUTTER SMOOTH no salt	2.5#	6.95	6.95		
1173	SUPERIOR	PEANUT BUTTER SMOOTH w/salt	2.5#	6.95	6.95		
32434	SWTELLA	PEANUT BUTTER CRUNCHY ORG salt	12.5 OZ	4.40	4.40		
32433	SWTELLA	PEANUT BUTTER SMOOTH ORG salt	13 OZ	4.40	4.40		
NUTS & SEEDS, PACKAGED							
31880	ALMA	PIGNOLIA PINE NUTS	3.5 OZ	6.76	6.76	6.08	6.08
31881	ALMA	PIGNOLIA PINE NUTS	9.5 OZ	17.75	17.75	15.98	15.98
31747	AURORA	ALMONDS MARCONA RSTD lite salt	8.25 OZ	7.13	7.13		
31772	AURORA	ALMONDS ORG raw	9.5 OZ	5.33	5.33		
31773	AURORA	ALMONDS ORG rstd no salt	9.5 OZ	5.68	5.68		
31774	AURORA	ALMONDS ORG rstd w/salt	9.5 OZ	5.68	5.68		
31724	AURORA	ALMONDS raw	9.5 OZ	4.10	4.10		
31738	AURORA	ALMONDS RSTD no salt	9.5 OZ	4.10	4.10		
31744	AURORA	ALMONDS RSTD salted	9.5 OZ	4.10	4.10	3.28	3.28
31746	AURORA	ALMONDS TAMARI salted	10 OZ	4.10	4.10		
31775	AURORA	CASHEWS ORG raw	9 OZ	5.00	5.00		
31776	AURORA	CASHEWS ORG rstd no salt	9 OZ	5.25	5.25	4.73	4.73
31777	AURORA	CASHEWS ORG rstd w/salt	9 OZ	5.25	5.25		
31725	AURORA	CASHEWS RAW	9 OZ	4.35	4.35		
31792	AURORA	CASHEWS ROASTED W/SALT	9 OZ	5.00	5.00	4.00	4.00
31739	AURORA	CASHEWS rstd no salt	9 OZ	4.69	4.69		
31788	AURORA	CORN NUTS ROASTED W/SALT	6.5 OZ	2.20	2.20		
31778	AURORA	HAZELNUTS ORG	9 OZ	5.30	5.30		
31727	AURORA	HAZELNUTS raw	9 OZ	4.67	4.67	3.50	3.50
31726	AURORA	MACADAMIA raw	8 OZ	6.50	6.50		
31740	AURORA	MIXED NUTS n/s	9 OZ	4.16	4.16		
31741	AURORA	PEANUTS n/s	10 OZ	2.44	2.44		
31779	AURORA	PECANS ORG raw	7 OZ	6.81	6.81		
31728	AURORA	PECANS raw	7 OZ	5.00	5.00		
31780	AURORA	PEPITAS ORG raw	10 OZ	3.75	3.75		
31742	AURORA	PISTACHIO MEAT n/s	9 OZ	7.50	7.50		
31731	AURORA	PISTACHIO MEAT raw	9 OZ	7.50	7.50		
31785	AURORA	SOYBEANS rstd n/s	8 OZ	1.82	1.82		
31784	AURORA	SOYBEANS rstd salted	8 OZ	1.82	1.82		
31743	AURORA	SUNFLOWER SEEDS n/s	9.5 OZ	2.44	2.44		
31782	AURORA	SUNFLOWER SEEDS ORG raw	9.5 OZ	2.51	2.51		
31732	AURORA	SUNFLOWER SEEDS raw	9.5 OZ	2.21	2.21		
31783	AURORA	WALNUTS ORG raw	7 OZ	4.80	4.80		
31733	AURORA	WALNUTS raw	6.5 OZ	3.60	3.60		
31178	BAZZINI	CASHEWS JUMBO salted	11 OZ TIN	6.76	6.76		
31179	BAZZINI	CASHEWS JUMBO unsalted	11 OZ TIN	6.76	6.76		
31180	BAZZINI	MIXED NUTS DELUXE salted	11 OZ TIN	8.25	8.25		
31182	BAZZINI	MIXED NUTS W/PEANUT salted	11 OZ TIN	6.15	6.15	5.49	5.49
31183	BAZZINI	PEANUTS salted	12 OZ TIN	3.02	3.02		
31184	BAZZINI	PISTACHIOS RAMS HEAD bag	16 OZ	8.49	8.49		
32566	BROOKFRM	MACADAMIA NUTS RSTD BUSH PEPR	3.5 OZ	5.31	5.31	4.78	4.78
32567	BROOKFRM	MACADAMIA NUTS RSTD KSHMR CHLI	3.5 OZ	5.31	5.31	4.78	4.78
32565	BROOKFRM	MACADAMIA NUTS RSTD SEA SALT	3.6 OZ	5.31	5.31	4.78	4.78
30977	CA CRNCHY	ALMONDS MAUI ONION s	10 OZ	4.52	4.52		
30976	CA CRNCHY	ALMONDS TANGY TOMATO BBQ s	10 OZ	4.52	4.52		
30975	CA CRNCHY	ALMONDS COUNTRY HERB s	10 OZ	4.52	4.52		
39042	EDEN	PISTACHIOS SHELED ORG dry rst	4 OZ	5.39	5.39		
31314	EDEN	PUMPKIN SEEDS ORG dry rst salt	4 OZ	2.50	2.50		
31315	EDEN	PUMPKIN SEEDS ORG spicy	4 OZ	2.55	2.55		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
31310	EDEN	TAMARI ALMONDS ORG	4 OZ	4.64	4.64		
32523	ELFOODS	BRAZIL NUTS WILD ORG raw vg	8 OZ	4.44	4.44		
32513	ELFOODS	PEANUTS WILD JUNGLE ORG	8 OZ	3.97	3.97		
32524	ELFOODS	PECANS MAMTH HALVES ORG vg	8 OZ	5.86	5.86		
31419	FASTACHI	MIX CRANBERRY NUT k	7 OZ	4.44	4.44		
31422	FASTACHI	MIX EXTRA NUTTY	6.5 OZ	4.59	4.59		
31423	FASTACHI	MIX SUPER NUT k	7 OZ	5.72	5.72		
34996	HUBS	PEANUTS REDSKIN salted	20 OZ	8.69	8.69	7.69	7.69
34992	HUBS	PEANUTS REDSKIN salted	12 OZ	4.52	4.52		
34995	HUBS	PEANUTS SALTED	12 OZ	4.52	4.52		
34997	HUBS	PEANUTS salted	20 OZ	8.69	8.69		
34993	HUBS	PEANUTS SINGLE SERVE salted	20/1 OZ	.36	7.20		
34998	HUBS	PEANUTS unsalted	20 OZ	8.69	8.69		
34994	HUBS	PEANUTS unsalted	12 OZ	4.52	4.52		
31508	INTLHARV	GO MAPLE NUTS DRY RSTD ORG	4 OZ	4.31	4.31	3.45	3.45
41275	MAISIEJ	ALMONDS CINNAMON GLAZED s	2.5 OZ	2.63	2.63		
41274	MAISIEJ	ALMONDS HONEY GLAZED ORG	2.5 OZ	3.43	3.43		
41278	MAISIEJ	ALMONDS TAMARI	2.5 OZ	2.63	2.63		
41273	MAISIEJ	ALMONDS TAMARI ORG	2.5 OZ	3.43	3.43		
41280	MAISIEJ	CASHEWS CURRY SPICED ORG	2.5 OZ	3.43	3.43		
41281	MAISIEJ	CASHEWS HONEY GLAZED ORG	2.5 OZ	3.43	3.43		
41279	MAISIEJ	CASHEWS NATURAL ORG	2.5 OZ	3.43	3.43		
21121	MATIZ	CHESTNUTS ORGANIC Spain	7.05 OZ	6.40	6.40		
30971	NUNES	ALMONDS HONEY CINNAMON s	10 OZ	4.07	4.07		
30970	NUNES	ALMONDS RSTD W/ SEA SALT	10 OZ	4.07	4.07		
30972	NUNES	ALMONDS SPICY COCKTAIL s	10 OZ	4.07	4.07		
30973	NUNES	ALMONDS TWIST N CRACK in shell	8 OZ	3.35	3.35		
31246	NUTIVA	HEMPSEED SHELLED ORG	8 OZ	8.18	8.18		
31267	ROLAND	CHESTNUTS MARRONS rst peeled	7.4 OZ	8.50	8.50		
31268	ROLAND	CHESTNUTS MARRONS rst/peeled	14.8 OZ	10.75	10.75		
10074	SPROUT	SEEDS SPRTNG BROCCOLI BLND ORG	8 OZ	7.75	7.75		
10073	SPROUT	SEEDS SPRTNG DAIKON RADISH ORG	8 OZ	4.50	4.50		
10077	SPROUT	SEEDS SPRTNG FRENCH LENTIL ORG	12 OZ	4.50	4.50		
10075	SPROUT	SEEDS SPRTNG RED CLOVER ORG	8 OZ	5.14	5.14		
10071	SPROUT	SEEDS SPRTNG SALAD MIX ORG	8 OZ	5.79	5.79		
10076	SPROUT	SEEDS SPRTNG SUNFLOWER ORG	6 OZ	5.14	5.14		
10072	SPROUT	SEEDS SPRTNG WHEATGRASS ORG	32 OZ	6.50	6.50		
35569	SUPRSEED	PUMPKIN SEEDS RSTD 'BIT SPICY	6 OZ	3.57	3.57	2.99	2.99
35567	SUPRSEED	PUMPKIN SEEDS RSTD CINN&SUGR s	6 OZ	3.57	3.57	2.99	2.99
35568	SUPRSEED	PUMPKIN SEEDS RSTD CURRY	6 OZ	3.75	3.75	3.19	3.19
35566	SUPRSEED	PUMPKIN SEEDS RSTD SEA SALT	6 OZ	3.57	3.57	2.99	2.99
5756	TOMEI	CHESTNUTS ROASTED PEELED China	3.6 OZ	1.65	1.65		
41565	WILLNROS	ALMONDS SOAKD SLWDRIED sea slt	6/2 OZ	2.65	15.90		
41566	WILLNROS	ALMONDS SOAKD SLWDRIED sea slt	6 OZ	5.70	5.70		
41567	WILLNROS	HAZELNTS SOAKD SLWDRIED sea slt	6/2 OZ	2.65	15.90		
41568	WILLNROS	HAZELNUTS SOAK S DRIED sea slt	6 OZ	5.70	5.70		
41570	WILLNROS	PECANS SOAKD SLWDRIED sea slt	6 OZ	5.70	5.70		
41569	WILLNROS	PECANS SOAKD SLWDRIED sea slt	6/2 OZ	2.65	15.90		
41571	WILLNROS	PUMPKN SDS SOKD SDRIED sea slt	6/2 OZ	1.99	11.94		
41572	WILLNROS	PUMPKN SDS SOKD SDRIED sea slt	6 OZ	3.56	3.56		
41573	WILLNROS	SUNFLWR SD SOKD SDRIED sea slt	6/2 OZ	1.99	11.94		
41574	WILLNROS	SUNFLWR SDS SOKD SDRIED salt	6 OZ	3.56	3.56		
41575	WILLNROS	WALNUTS SOAKD SLWDRIED sea slt	6/2 OZ	2.65	15.90		
41576	WILLNROS	WALNUTS SOAKD SLWDRIED sea slt	6 OZ	5.70	5.70		
OILS							
34381	ATLANTIC	OIL CANOLA ORG	17 OZ	4.39	4.39	3.51	3.51
41153	ATLANTIC	OIL SUNFLOWER ORG	17 OZ	5.30	5.30	4.24	4.24
32207	BOYAJIAN	OIL ASIAN CHILI	5 OZ	1.91	1.91		
32206	BOYAJIAN	OIL PEANUT	5 OZ	2.80	2.80		
32209	BOYAJIAN	OIL SPICY SESAME	5 OZ	3.75	3.75		
32208	BOYAJIAN	OIL TOASTED SESAME	5 OZ	3.75	3.75		
32557	BROOKFRM	OIL MACADAMIA LEMON MYRTLE k	8.5 OZ	10.23	10.23	9.21	9.21
32558	BROOKFRM	OIL MACADAMIA LIME CHILLI k	8.5 OZ	10.23	10.23	9.21	9.21
32556	BROOKFRM	OIL MACADAMIA NATURAL k	8.5 OZ	10.23	10.23	9.21	9.21
6382	EDEN	SAFFLOWER OIL High Oleic ORG	16 OZ	5.69	5.69		
6381	EDEN	SESAME OIL ORG	16 OZ	8.15	8.15		
32403	GOOD	OIL HEMP GOOD MILD & LIGHT	16.9 OZ	11.59	11.59		
32401	GOOD	OIL HEMP GOOD MILD & LIGHT	8.5 OZ	7.10	7.10		
32400	GOOD	OIL HEMP GOOD ORIGINAL	8.5 OZ	7.10	7.10		
32402	GOOD	OIL HEMP GOOD ORIGINAL	16.9 OZ	11.59	11.59		
6080	HAIN	CANOLA OIL	32 OZ	5.65	5.65		
6076	HAIN	SUNFLOWER OIL	32 OZ	6.69	6.69		
1177	KADOYA	SESAME OIL TOASTED	5.5 OZ	3.39	3.39		
1077	KADOYA	SESAME OIL TOASTED	11 OZ	5.35	5.35	4.82	4.82
1078	KADOYA	SESAME OIL TOASTED hot	5.5 OZ	3.69	3.69		
1326	LA TOUR	OIL COCONUT VIRGN UNREFIND ORG	14 OZ	6.06	6.06	4.55	4.55

Fiordifrutta
Organic Fruit-Spread

Fior de frutta Organic Fruit Spread Pomegranate



Made only with organic fruit. To produce a jar of **Fiordifrutta** we use more than 2 kilos of organic fruit, which one part is used for sweetener. The fruit comes only from organic crops, so it is produced without the use of any chemicals.

Has a limited amount of sugar
The sugar contents in **Fiordifrutta** come only from the fruits. 85% is Fructose and 15% is Glucose. In fact there is about 30% less calories than other jams.

Ingredients: pomegranate, apple juice*, pectin*

**from Organic farming*

Item #28230

Fior de frutta Organic Fruit Spread Rose Hip



Ingredients: Apple juice, rose hip*, pectin*

**from Organic farming*

Item #1592

Urban Accents Spiced Turkey Brine

Gluten Free



Start your seasonal festivities with the zest of sea salt, the punch of peppercorn and the citrus flavor of orange peel. Our Spiced Turkey Brine warms the holiday air with the aroma of perfect poultry.

Use when roasting whole turkeys and turkey breast... and deep-fried turkey.

Ingredients: Sea salt, sugar, orange peel, black peppercorns, white peppercorns, sage, green peppercorns, pink peppercorns, rosemary, thyme, bay

Item #30949

Urban Accents Gourmet Brining Bag



For perfect, juicy turkey every time, use this heavy-duty brining bag with Urban Accents Spiced Brine Blend (Item #30949) and Gourmet Gobbler Turkey Rub (Item #30966).

This bag can easily accommodate 17-24 lb turkeys and is made with BPA-free plastic. It is reusable -- just wash thoroughly with hot water and dish soap.

Ingredients: Made with BPA-free plastic

Item #30951

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
OILS - cont.						
1334	LA TOUR	OIL GRAPESEED tin	500 ML	5.40	5.40	4.32 4.32
1331	LA TOUR	OIL ROASTED ALMOND tin	500 ML	9.00	9.00	7.20 7.20
41285	LA TOUR	OIL ROASTED HAZELNUT tin	250 ML	4.74	4.74	3.79 3.79
1325	LA TOUR	OIL ROASTED HAZELNUT tin	500 ML	9.00	9.00	7.20 7.20
1313	LA TOUR	OIL ROASTED WALNUT tin	500 ML	6.50	6.50	5.20 5.20
41086	LA TOUR	OIL SUNFLOWER ORG tin	500 ML	4.75	4.75	3.80 3.80
30592	LA TOUR	OIL TOASTED SESAME tin	500 ML	7.50	7.50	6.00 6.00
33510	MAINENT	OIL CANOLA non-gmo unfiltered	375 ML	4.67	4.67	
33511	MAINENT	OIL MUSTARD SEED non-gmo unflt	375 ML	6.33	6.33	
41154	MARCONI	OIL SOYBEAN ORG	17 OZ	4.40	4.40	3.52 3.52
30308	MASPORTE	ARGAN OIL	8.5 OZ	17.93	17.93	
70173	NUTIVA	COCONUT OIL ORG	29 OZ	17.94	17.94	
70172	NUTIVA	COCONUT OIL ORG	15 OZ	12.22	12.22	
4629	ROLAND	AVOCADO OIL tin	8.5 OZ	6.59	6.59	
4705	ROLAND	PUMPKIN SEED OIL tin	8.5 OZ	11.95	11.95	
33220	SAM MILLS	CORN OIL EXTRA VIRGIN	34 OZ	6.55	6.55	5.24 5.24
33219	SAM MILLS	CORN OIL EXTRA VIRGIN	17 OZ	4.45	4.45	3.56 3.56
3703	SPECTRM	ALMOND OIL refined	16 OZ	8.45	8.45	
2293	SPECTRM	PEANUT OIL unrefined	16 OZ	6.50	6.50	
1243	SPECTRM	WALNUT OIL RFND	16 OZ	5.61	5.61	
34221	TERRAMED	SESAME OIL EXTRA VIRGIN	8.5 OZ	5.38	5.38	4.30 4.30
6535	TUSCAN	GRAPESEED OIL	1 LTR	5.99	5.99	
OLIVE OILS						
6008	ARIA	OLIVE OIL EXTRA VIRGIN ORGANIC	500 ML	10.07	10.07	
6005	ARIA	OLIVE OIL XTRA VIRGIN Greek	500 ML	8.07	8.07	
1095	ATHENA	OLIVE OIL X-VIRGIN Greek	1 LITER	11.50	11.50	
15289	BIONAT	OLIVE OIL X-VIRGIN ORG Italy	25.4 OZ	15.55	15.55	
15260	BIONAT	OLIVE OIL X-VIRGIN ORG Italy	17 OZ	11.25	11.25	
31523	COBRAM	OLIVE OIL X VIRGIN	12.6 OZ	9.50	9.50	
31524	COBRAM	OLIVE OIL X VIRGIN w/lemon	12.6 OZ	10.31	10.31	
1197	COLAVIT	OLIVE OIL X-VIRGIN	17 OZ	8.20	8.20	
1198	COLAVIT	OLIVE OIL X-VIRGIN	34 OZ	16.00	16.00	
31526	DAMORG	OLIVE OIL X VIRGIN ORG Portugl	16.9 OZ	13.56	13.56	
31525	DAMORG	OLIVE OIL X VIRGIN Portugal	16.9 OZ	10.35	10.35	
6641	DIVINA	OLIVE OIL X-VIRGIN Greek	500ML	8.29	8.29	
32518	ELFOODS	OLIVE OIL UNFLTRD LVING ORG vg	250 ML	6.94	6.94	
41611	GRIGNANO	OLIVE OIL EV ORG Italy	17 OZ	15.33	15.33	
41610	LAGODIGA	OLIVE OIL EV ORG Italy	17 OZ	15.33	15.33	
40301	LAS 200	OLIVE OIL EV ARBEQUINA Chilean	500 ML	6.88	6.88	
40300	LAS 200	OLIVE OIL EV PICUAL Chilean	500 ML	6.88	6.88	
41524	LESMOULIN	OLIVE OIL EV ORG Tunisia	370 ML	7.21	7.21	
41525	LESMOULIN	OLIVE OIL EV ORG Tunisia	1 LTR	14.76	14.76	
34382	MARCONI	OLIVE OIL XV ORG	17 OZ	5.99	5.99	4.79 4.79
4727	MASPORTE	OLIVE OIL X-VIRGIN ORG	17 OZ	8.45	8.45	
34761	MASTRIDI	OLIVE OIL EV DUE SICILIE	16.9 OZ	11.79	11.79	
34760	MASTRIDI	OLIVE OIL EV DUE SICILIE MGNON	3.38 OZ	4.02	4.02	
34762	MASTRIDI	OLIVE OIL EV RESERVA	16.9 OZ	15.00	15.00	
41523	MERULA	OLIVE OIL EV tin spain	500 ML	10.58	10.58	
35429	MIG&VAL	OLIVE OIL EV ARBEQUINA D.O.	17 OZ	8.49	8.49	
35430	MIG&VAL	OLIVE OIL SMOKED	8.5 OZ	8.70	8.70	
6006	MINOA	OLIVE OIL X VIRGIN BLEND medit	500 ML	4.93	4.93	4.44 4.44
22111	OLEUMVIR	OLIVE OIL XTRA VIRGIN ORG	17 OZ	17.33	17.33	
4715	PONS	OLIVE OIL EXTRA VIRG ORG Spain	17 OZ	5.96	5.96	4.77 4.77
6903	PONS	OLIVE OIL X-VIRGIN ORG ARBEQNA	16 OZ	16.50	16.50	
4722	PONS	OLIVE OIL X-VIRGIN Spain	17 OZ	5.95	5.95	
4720	PONS	OLIVE OIL X-VIRGIN Spain	34 OZ	12.88	12.88	
30055	PRIMO	OLIVE OIL X-VIRG Italy D.O.P.	25.4 OZ	22.40	22.40	
30060	PRIMO	OLIVE OIL X-VIRG ORG Italy	17 OZ	18.55	18.55	
41640	PRIORATN	OLIVE OIL EXTRA VIRGIN	350 ML	14.62	14.62	12.43 12.43
34401	RACCONTO	OLIVE OIL EXTRA VIRGIN Italy	16.9 OZ	6.05	6.05	
34400	RACCONTO	OLIVE OIL EXTRA VIRGIN Italy	33.8 OZ	8.75	8.75	
31527	RANIERIS	OLIVE OIL X VIRGIN Crete	16.9 OZ	8.39	8.39	
35371	SAIFAN	OLIVE OIL X-VIRGIN Lebanon	16.4 OZ	4.99	4.99	
35372	SAIFAN	OLIVE OIL X-VIRGIN Lebanon	28.5 OZ	9.75	9.75	
32562	SANTACHI	OIL OLIVE EVOO TAGGIASCA gold	500 ML	16.79	16.79	15.11 15.11
32560	SANTACLA	OIL OLIVE EVOO blue bottle	250 ML	9.92	9.92	8.93 8.93
32561	SANTACLA	OIL OLIVE EVOO blue bottle	500 ML	14.60	14.60	13.14 13.14
2265	SPECTRM	OLIVE OIL X-VIR ORG Mediterran	33.8 OZ	16.25	16.25	
2684	SPECTRM	OLIVE OIL X-VIRGIN ORG	25.4 OZ	14.40	14.40	
34208	TERRAMED	OLIVE OIL X-V Greece	17 OZ	10.71	10.71	8.57 8.57
34209	TERRAMED	OLIVE OIL X-V ORG Greece	17 OZ	11.97	11.97	9.58 9.58
31522	UNIO	OLIVE OIL EV DO SIURANA Spain	25.4 OZ	11.95	11.95	
6644	UNIO	OLIVE OIL X-VIRGIN Spain	500ML	8.97	8.97	
30673	YELLING	OLIVE OIL EV LIMITED Australia	500 ML	15.85	15.85	11.85 11.85
OILS, FLAVORED & SPRAYS						
34659	BOYAJIAN	OIL WASABI natural	8 OZ	2.90	2.90	
32199	BOYAJIAN	OLIVE OIL BASIL	5 OZ	3.75	3.75	
32200	BOYAJIAN	OLIVE OIL BLACK PEPPER	5 OZ	3.75	3.75	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
32197	BOYAJIAN	OLIVE OIL GARLIC	5 OZ	3.75	3.75	
32236	BOYAJIAN	OLIVE OIL HABANERO	8 OZ	5.00	5.00	
32239	BOYAJIAN	OLIVE OIL HRBS DE PROV DIPPING	8 OZ	5.00	5.00	
32238	BOYAJIAN	OLIVE OIL ITALIAN HERB DIPPING	8 OZ	5.00	5.00	
32235	BOYAJIAN	OLIVE OIL JALAPENO	8 OZ	5.00	5.00	
32201	BOYAJIAN	OLIVE OIL LEMON PEPPER	5 OZ	3.75	3.75	
34337	BOYAJIAN	OLIVE OIL MINI gar/basil/lem p	BOX	4.78	4.78	
32237	BOYAJIAN	OLIVE OIL MOROCCAN BLND DIPNG	8 OZ	5.00	5.00	
32205	BOYAJIAN	OLIVE OIL OREGANO	8 OZ	5.00	5.00	
32198	BOYAJIAN	OLIVE OIL ROASTED CHILI	5 OZ	3.75	3.75	
32202	BOYAJIAN	OLIVE OIL ROSEMARY	5 OZ	3.75	3.75	
32204	BOYAJIAN	OLIVE OIL SCALLION	8 OZ	5.00	5.00	
34672	CROOKEDB	DIP OIL RED PEPPER & GARLIC	12 OZ	5.47	5.47	
34673	CROOKEDB	DIP OIL SUN DRTOM & RSTD GRLIC	12 OZ	5.47	5.47	
35585	EUROSPRM	MISTER XVIRGIN OLIVE Oil spain	7 OZ	4.99	4.99	
34535	LA TOUR	OIL BLACK TRUFFLE INFUSED	250 ML	11.79	11.79	9.43 9.43
34536	LA TOUR	OIL WHITE TRUFFLE INFUSED	250 ML	11.67	11.67	9.34 9.34
41616	LAGODIGA	OLIVE OIL EV BASIL ORG Italy	8.5 OZ	9.39	9.39	7.98 7.98
41615	LAGODIGA	OLIVE OIL EV GARLIC HT PEP ORG	8.5 OZ	9.39	9.39	8.45 8.45
41614	LAGODIGA	OLIVE OIL EV GARLIC ORG Italy	8.5 OZ	9.39	9.39	
41612	LAGODIGA	OLIVE OIL EV LEMON ORG Italy	8.5 OZ	9.39	9.39	
41613	LAGODIGA	OLIVE OIL EV ROSMARY ORG Italy	8.5 OZ	9.39	9.39	7.98 7.98
41617	LAGODIGA	OLIVE OIL EV WHT TRUFFLE ORG	8.5 OZ	13.98	13.98	
31433	MARCONI	MINI OLIVE OIL 3 PACK	12/3 PK	5.19	62.28	3.95 47.40
31190	MASPORTE	OLIVE OIL CLEMENTINE ZEST	8.5 OZ	9.55	9.55	8.60 8.60
35165	MASPORTE	OLIVE OIL EV PIZZOLIO	17OZ	7.49	7.49	
35163	MASPORTE	OLIVE OIL EXTRA VIRGIN & BASIL	8.5OZ	8.88	8.88	
35164	MASPORTE	OLIVE OIL EXTRA VIRGIN & ROSEM	8.5OZ	8.88	8.88	
5236	MASPORTE	OLIVE OIL GARLIC X-VIRGIN	8.5 OZ	8.88	8.88	
31189	MASPORTE	OLIVE OIL LEMON ZEST	8.5 OZ	8.88	8.88	
5240	MASPORTE	OLIVE OIL WHT TRUFFLE X-VIRGIN	8.5 OZ	10.86	10.86	
30005	MASPORTE	OLIVE OIL X-VIRGIN w/CHILI	8.5 OZ	8.88	8.88	5.99 5.99
33093	O OLIVE	OLIVE OIL CLEMENTINE	8.5 OZ	12.11	12.11	
3563	O OLIVE	OLIVE OIL MEYER LEMON	8.8 OZ	12.11	12.11	
3565	O OLIVE	OLIVE OIL TAHITIAN LIME	8.8 OZ	12.11	12.11	
86014	RANIERI	OLIVE OIL BLK TRUFFLE X-VIRGIN	8.5 OZ	5.99	5.99	
86015	RANIERI	OLIVE OIL WHT TRUFFLE X-VIRGIN	8.5 OZ	5.99	5.99	
2283	SPECTRM	SPRAY CANOLA OIL BUTTER FLAVOR	6 OZ	4.99	4.99	
2282	SPECTRM	SPRAY GRAPESEED OIL	6 OZ	5.50	5.50	
2288	SPECTRM	SPRAY SUPER CANOLA	6 OZ	5.50	5.50	
2287	SPECTRM	SPRAY X-VIRGIN OLIVE OIL	6 OZ	5.75	5.75	

PASTA

34155	AL DENTE	SEMO FETTUCCINE 3 PEPPER	6/12 OZ	2.63	15.78	1.97 11.82
34151	AL DENTE	SEMO FETTUCCINE BASIL	6/12 OZ	2.63	15.78	1.97 11.82
34149	AL DENTE	SEMO FETTUCCINE EGG	6/12 OZ	2.63	15.78	1.97 11.82
34157	AL DENTE	SEMO FETTUCCINE GARLIC PARSLEY	6/12 OZ	2.82	16.92	2.11 12.66
34159	AL DENTE	SEMO FETTUCCINE LEMON CHIVE	6/12 OZ	2.63	15.78	1.97 11.82
34158	AL DENTE	SEMO FETTUCCINE RD CHILI PEPPE	6/12 OZ	2.63	15.78	1.97 11.82
34150	AL DENTE	SEMO FETTUCCINE SPINACH	6/12 OZ	2.63	15.78	1.97 11.82
34160	AL DENTE	SEMO FETTUCCINE WLD MUSHROOM	6/12 OZ	3.38	20.28	2.53 15.18
34154	AL DENTE	SEMO FIESTA TRI COLOR	6/12 OZ	2.63	15.78	1.97 11.82
34153	AL DENTE	SEMO LINGUINE ROAST GARLIC	6/12 OZ	2.63	15.78	1.97 11.82
34156	AL DENTE	SEMO LINGUINE SPICY SESAME	6/12 OZ	2.63	15.78	1.97 11.82
10238	BELLA	8 GRAIN FLAX CAPELLINI ORG	10 OZ	2.72	2.72	
10239	BELLA	8 GRAIN FLAX PENNE RIGATE ORG	10 OZ	2.72	2.72	
10240	BELLA	8 GRAIN FLAX ROTINI ORG	10 OZ	2.72	2.72	
10237	BELLA	8 GRAIN FLAX SPAGHETTI ORG	10 OZ	2.72	2.72	
34503	BELLA	WW CAPELLINI ANGEL HAIR ORG	16 OZ	2.53	2.53	
34507	BELLA	WW CAVATAPPI ORG	12 OZ	2.53	2.53	
34506	BELLA	WW FARFALLE BOW TIES ORG	12 OZ	2.53	2.53	
34504	BELLA	WW PENNE RIGATE ORG	12 OZ	2.53	2.53	
34505	BELLA	WW ROTINI ORG	12 OZ	2.53	2.53	
34502	BELLA	WW SPAGHETTI ORG	16 OZ	2.53	2.53	
15329	BIONAT	EGG PAPPARDELLE WIDE	8.8 OZ	3.15	3.15	
15328	BIONAT	EGG TAGLIATELLE	8.8 OZ	3.15	3.15	
15407	BIONAT	EGG TAGLIOLINI ORG	8.8 OZ	3.15	3.15	2.84 2.84
15333	BIONAT	GLUTEN FR PENNE RIGATE ORG gf	12 OZ	4.00	4.00	
15334	BIONAT	GLUTEN FREE ELBOWS ORG gf	12 OZ	4.00	4.00	
15332	BIONAT	GLUTEN FREE FUSILLI ORG gf	12 OZ	4.00	4.00	
15405	BIONAT	GLUTEN FREE LINGUINE ORG gf	12 OZ	4.00	4.00	
15406	BIONAT	GLUTEN FREE RIGATONI ORG gf	12 OZ	4.00	4.00	
15331	BIONAT	GLUTEN FREE SPAGHETTI ORG gf	12 OZ	4.00	4.00	
15316	BIONAT	SEMO CAPELLINI ORG Italy	16 OZ	2.55	2.55	
15266	BIONAT	SEMO CHIOCCIOLE ORG Italy	16 OZ	2.55	2.55	
15264	BIONAT	SEMO FUSILLI twist ORG Italy	16 OZ	2.55	2.55	
15330	BIONAT	SEMO LASAGNE ORG Italy	12 OZ	3.20	3.20	
15317	BIONAT	SEMO LINGUINI ORG Italy	16 OZ	2.55	2.55	
15262	BIONAT	SEMO PENNE RIGATE ORG Italy	16 OZ	2.55	2.55	
15270	BIONAT	SEMO RIGATONI ORG Italy	16 OZ	2.55	2.55	
15318	BIONAT	SEMO ROMBI ruffled noodle ORG	16 OZ	2.55	2.55	
15268	BIONAT	SEMO SPAGHETTI ORG Italy	16 OZ	2.55	2.55	



Primal Spirit Foods

Primal Strips Meatless Vegan Jerky

Voted Best New Vegetarian Snack by VegNews, Primal Strips are also the favorite of protein hungry bikers, climbers, and outdoors people. Look beyond snacking and try cutting them up in salads, stir fries, and burritos, or even served hot on sandwiches. Kids love them in their lunch boxes and as mid-day snacks.

Primal Strips are delicious, healthy, meat alternative snacks providing the positive health benefits of Soy, Seitan and Shiitake Mushrooms, all with full meaty satisfaction.

Mesquite Lime Meatless Vegan Jerky



Ingredients: Non-GMO vital gluten (wheat protein), water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, fresh lime juice, diced dill pickles, citric acid, chili, sea salt, natural vegetarian spices. No msg added.

Item #7425

(continued on page 120)

Hot & Spicy **Shitake** **Mushrooms** **Meatless Vegan Jerky**



Ingredients: Shitake mushrooms, water, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, licorice root, non-gmo vital gluten (wheat protein), seaweed extract, unrefined evaporated cane juice, non-gmo isolated high fiber soy protein, sea salt, natural vegetarian spices. no msg added.

Item #7424

Texas BBQ **Meatless Vegan Jerky**



Ingredients: Non-GMO isolated soy protein, water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), vinegar, sea salt, natural smoke flavoring, natural vegetarian spices. no MSG added.

Item #7426

Natural Meatless **Pepperoni Stick**



Ingredients: Non-GMO Isolated Soybean Protein, Non-GMO Soybean Lecithin, Non-GMO Vital Gluten (Wheat Protein), Sea Salt, Unrefined Evaporated Cane Juice, Seaweed Extract, Expeller Pressed Canola Oil, Black Pepper, Paprika, Garlic, Crushed Oregano Leaves, Fennel, Natural Hickory Flavoring, No Preservatives, No MSG Added.

Item #7428

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
PASTA - cont.						
15319	BIONAT	SEMO STELLINE stars ORG	16 OZ	2.55	2.55	
15280	BIONAT	WHL WHT CHIOCCIOLE ORG Italy	16 OZ	2.55	2.55	
15322	BIONAT	WHL WHT ELBOWS ORG Italy	16 OZ	2.55	2.55	
15321	BIONAT	WHL WHT FETTUCINE ORG Italy	16 OZ	2.55	2.55	
15278	BIONAT	WHL WHT FUSILLI ORG Italy	16 OZ	2.55	2.55	
15323	BIONAT	WHL WHT GOBBETTI spirals ORG	16 OZ	2.55	2.55	
15408	BIONAT	WHL WHT LASAGNE ORG	12 OZ	3.20	3.20	
15276	BIONAT	WHL WHT PENNE RIGATE ORG Italy	16 OZ	2.55	2.55	
15274	BIONAT	WHL WHT RIGATONI ORG Italy	16 OZ	2.55	2.55	
15272	BIONAT	WHL WHT SPAGHETTI ORG Italy	16 OZ	2.55	2.55	
15320	BIONAT	WHL WHT SPAGHETTINI ORG Italy	16 OZ	2.55	2.55	
6582	EDEN	FLAX RICE 60%WW SPIRALS ORG	12 OZ	2.84	2.84	
6370	EDEN	KAMUT SPAGHETTI ORG	14 OZ	3.27	3.27	
6598	EDEN	KAMUT SPIRALS ORG	12 OZ	2.84	2.84	
6438	EDEN	KAMUT VEGGIE SPIRAL ORG	12 OZ	3.13	3.13	
6373	EDEN	KAMUT/QUINOA TWIST ORG	12 OZ	3.28	3.28	
6599	EDEN	RYE SPIRALS ORG	12 OZ	2.31	2.31	
6560	EDEN	SEMO 60% WW SPINACH RIBBONS OR	8 OZ	2.50	2.50	
6563	EDEN	SEMO ARTICHOKE RIBBON ORG	8 OZ	2.85	2.85	
6564	EDEN	SEMO PARSLEY GARLIC RIBBON ORG	8 OZ	2.85	2.85	
6368	EDEN	SEMO VEG ALPHABETS ORG	16 OZ	3.30	3.30	
6571	EDEN	SEMO VEGETABLE SPIRALS ORG	12 OZ	3.09	3.09	
6590	EDEN	SPELT RIBBONS ORG	8 OZ	3.39	3.39	
41653	GILLIAN	BROWN RICE FETTUCCINI gf vg	16 OZ	2.40	2.40	1.92 1.92
41652	GILLIAN	BROWN RICE FUSILLI gf vg	16 OZ	2.40	2.40	1.92 1.92
41654	GILLIAN	BROWN RICE PENNE gf vg	16 OZ	2.40	2.40	1.92 1.92
41655	GILLIAN	BROWN RICE SPAGHETTI gf vg	16 OZ	2.40	2.40	1.92 1.92
30793	MISKO	ORZO GREEK	500 G	1.95	1.95	
30250	MRS LEEP	CORN ELBOWS ORG WF/GF	12 OZ	2.99	2.99	2.24 2.24
30252	MRS LEEP	CORN ROTELLI ORG	12 OZ	2.99	2.99	2.24 2.24
30249	MRS LEEP	CORN SPAGHETTI ORG WF/GF	12 OZ	2.99	2.99	2.24 2.24
30251	MRS LEEP	CORN VEG RADIATORE WF/GF	12 OZ	2.99	2.99	2.24 2.24
30256	MRS LEEP	RICE SHAPES FOR KIDS ORG WF/GF	12 OZ	2.99	2.99	2.24 2.24
30253	MRS LEEP	RICE SPAGHETTI ORG WF/GF	12 OZ	2.99	2.99	2.24 2.24
30254	MRS LEEP	RICE VEG TWISTS ORG WF/GF	12 OZ	2.99	2.99	2.24 2.24
33217	SAM MILLS	CORN PASTA CONCHILIETTE GF	16 OZ	1.60	1.60	1.28 1.28
33209	SAM MILLS	CORN PASTA CORNETTI RIGATI GF	16 OZ	1.60	1.60	1.28 1.28
33386	SAM MILLS	CORN PASTA FETTUCCINE gf	16 OZ	1.60	1.60	1.44 1.44
33208	SAM MILLS	CORN PASTA FUSILLI GF	16 OZ	1.60	1.60	1.28 1.28
33218	SAM MILLS	CORN PASTA LASAGNE CORTE GF	16 OZ	1.60	1.60	1.28 1.28
33207	SAM MILLS	CORN PASTA PENNE RIGATE GF	16 OZ	1.60	1.60	1.28 1.28
33206	SAM MILLS	CORN PASTA RIGATONI GF	16 OZ	1.60	1.60	1.28 1.28
33385	SAM MILLS	CORN PASTA SPAGHETTI gf	16 OZ	1.60	1.60	
33216	SAM MILLS	CORN PASTA TUBETTI RIGATI GF	16 OZ	1.60	1.60	1.28 1.28
41406	TNK	BRN RICE ELBOW ORG gf	12 OZ	3.15	3.15	
41407	TNK	BRN RICE LASAGNA ORG gf	10 OZ	3.35	3.35	
41405	TNK	BRN RICE PENNE ORG gf	12 OZ	3.15	3.15	
41403	TNK	BRN RICE SPAGHETTI ORG gf	12 OZ	3.15	3.15	
41404	TNK	BRN RICE SPIRALS ORG gf	12 OZ	3.15	3.15	
PASTA SAUCES						
30628	BARHAR	CLAM SAUCE RED	10.5 OZ	2.45	2.45	
30629	BARHAR	CLAM SAUCE WHITE	10.5 OZ	2.45	2.45	
34940	BOBOS	PASTA SAUCE MARINARA gf	6/25 OZ	4.60	27.60	
34941	BOBOS	PASTA SAUCE PUTTANESCA gf	6/25 OZ	4.60	27.60	
34942	BOBOS	PASTA SAUCE VODKA gf	6/25 OZ	4.60	27.60	
35037	CUCINA	PASTA SAUCE GARLIC MARINARA	25 OZ	6.35	6.35	3.99 3.99
35138	CUCINA	PASTA SAUCE PUTTANESCA	25 OZ	6.35	6.35	4.76 4.76
31471	DAVES	PASTA SAUCE BUTTERNUT SQSH s gf	25.5 OZ	5.49	5.49	
5246	DAVES	PASTA SAUCE RED HEIRLOOM s	26 OZ	5.65	5.65	
5231	DAVES	PASTA SAUCE RST GARLIC/BASIL s	26 OZ	5.65	5.65	
31472	DAVES	PASTA SAUCE SPICY HEIRLOOM s	26 OZ	5.49	5.49	
5230	DAVES	PASTA SAUCE WILD MUSHROOM	26 OZ	5.65	5.65	
4279	DELLAM	PASTA SAUCE BASIL GARLIC	16 OZ	3.94	3.94	
33096	DELLAM	PASTA SAUCE BASIL GARLIC	25 OZ	5.25	5.25	
4280	DELLAM	PASTA SAUCE ORIGINAL	16 OZ	3.94	3.94	
4282	DELLAM	PASTA SAUCE ORIGINAL	25 OZ	5.25	5.25	
4284	DELLAM	PASTA SAUCE SPICED	16 OZ	3.94	3.94	
39041	EDEN	SPAGHETTI SAUCE NO SALT ORG	25 OZ	3.89	3.89	
39040	EDEN	SPAGHETTI SAUCE ORG	25 OZ	3.89	3.89	
6468	FLOTT	CLAM SAUCE WHITE jar	9.5 OZ	4.59	4.59	
4581	MEZZETTA	PESTO BASIL	6.25 OZ	3.61	3.61	
8401	MUIRGLEN	PASTA SAUCE FIRE RSTD ORG s	25.5 OZ	3.69	3.69	
8414	MUIRGLEN	PASTA SAUCE FOUR CHEESE ORG s	25.5 OZ	4.60	4.60	
8341	MUIRGLEN	PASTA SAUCE GARDEN VEG ORG	25.5 OZ	3.69	3.69	
8393	MUIRGLEN	PASTA SAUCE ITALN HRB f/f ORG	25.5 OZ	3.69	3.69	
8345	MUIRGLEN	PASTA SAUCE PORTABELLO ORG	25.5 OZ	3.69	3.69	
8391	MUIRGLEN	PASTA SAUCE RSTD GAR f/f ORG	25.5 OZ	3.69	3.69	3.29 3.29

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
8392	MUIRGLN	PASTA SAUCE TOM BASIL f/f ORG	25.5 OZ	3.69	3.69		
8110	OLDCAPE	CLAM SAUCE WHITE	15 OZ	3.05	3.05	2.75	2.75
1495	PALMIERI	PASTA SAUCE SPAGHETTI	32 OZ	2.89	2.89		
30643	PEMBERT	PASTA SAUCE ARTCHOKE SCARPETTA	24 OZ	4.79	4.79		
34333	PEMBERT	PASTA SAUCE PUTTANESCA	24 OZ	4.79	4.79		
30644	PEMBERT	PASTA SAUCE SPICY ARRABBIATA	24 OZ	4.79	4.79		
34334	PEMBERT	PASTA SAUCE TOMATO BASIL	24 OZ	4.79	4.79		
30639	PEMBERT	PESTO TUSCAN BLACK OLIVE	7.3 OZ	4.29	4.29		
31686	PINELAND	PASTA SAUCE ARRIBIATTA SPICY	24 OZ	5.22	5.22		
31685	PINELAND	PASTA SAUCE MARINARA	24 OZ	5.22	5.22		
31684	PINELAND	PASTA SAUCE TOMATO BASIL	24 OZ	5.22	5.22		
35410	RACCONTO	PASTA SAUCE GARDEN VEGETABLE	26 OZ	2.49	2.49		
35409	RACCONTO	PASTA SAUCE MARINARA s	26 OZ	2.49	2.49		
35411	RACCONTO	PASTA SAUCE ROASTED GARLIC s	26 OZ	2.49	2.49		
30555	RICHARDS	PASTA SAUCE TOMATO BASIL s	24 OZ	3.90	3.90		
4570	ROLAND	PESTO SAUCE FROM SANREMO	6 OZ	3.79	3.79		
4565	ROLAND	PESTO SAUCE FROM SANREMO	3 OZ	2.59	2.59	2.29	2.29
35380	SILVRPAL	PASTA SAUCE FRA DIAVOLO	25 OZ	5.45	5.45	3.99	3.99
35383	SILVRPAL	PASTA SAUCE MARINARA HOMSTYLE	25 OZ	5.45	5.45		
35382	SILVRPAL	PASTA SAUCE TOMATO ALFREDO	25 OZ	5.45	5.45	3.99	3.99
35381	SILVRPAL	PASTA SAUCE TOMATO BASIL	25 OZ	5.45	5.45	3.99	3.99
35384	SILVRPAL	PASTA SAUCE VODKA	25 OZ	5.45	5.45	3.99	3.99
31109	TURTLEDV	PESTO CILANTRO GARLIC PEPPER	8.5 OZ	4.10	4.10		
31106	TURTLEDV	PESTO LEMON ARTICHOKE	8.5 OZ	4.10	4.10		
31111	TURTLEDV	PESTO RST SWEET PEPPER	8.5 OZ	4.10	4.10		
31107	TURTLEDV	PESTO SAVORY BASIL	8.5 OZ	4.10	4.10		
PIZZA CRUSTS							
60914	RUSTIC	PIZZA CRUST 12in CHEESY HERB	4 EA	3.15	12.60	2.52	10.08
34500	RUSTIC	PIZZA CRUST 12in GRT GRAIN ORG	4 EA	3.71	14.84	2.97	11.88
60911	RUSTIC	PIZZA CRUST 12in SOURDOUGH	4 EA	3.15	12.60	2.52	10.08
60910	RUSTIC	PIZZA CRUST 12in TUSCAN 6 grai	4 EA	3.15	12.60	2.52	10.08
61225	RUSTIC	PIZZA CRUST 12in WHOLE GRAIN	4 EA	3.15	12.60	2.52	10.08
60909	RUSTIC	PIZZA CRUST 7in ITAL HERB 2pk	4/9 OZ	3.15	12.60	2.52	10.08
34558	RUSTIC	PIZZA CRUST THIN CRISPY ITALAN	4/10 OZ	3.21	12.84	2.57	10.28
34557	RUSTIC	PIZZA KIT CRST & SCE 12in 3PK	51 OZ	11.56	11.56	9.25	9.25
PIZZA SAUCES							
6433	EDEN	PIZZA/PASTA SAUCE ORG	15 OZ	2.58	2.58		
8340	MUIRGLN	PIZZA SAUCE Low/Fat ORG	15 OZ	1.95	1.95		
1497	PALMIERI	PIZZA SAUCE	15.5 OZ	1.99	1.99		
33177	RUSTIC	PIZZA SAUCE OLD WORLD 3pk	6/12 OZ	2.99	17.94	2.39	14.34
PREPARED FOODS - CANNED							
4798	AMYS	CHILI BLACK BEAN ORG GF vg	14.7 OZ	2.76	2.76		
4795	AMYS	CHILI MEDIUM ORG Vg	14.7 OZ	2.76	2.76		
4796	AMYS	CHILI MEDIUM W/VEG ORG Vg	14.7 OZ	2.76	2.76		
4797	AMYS	CHILI SPICY ORG Vg	14.7 OZ	2.76	2.76		
3749	ANNIEHG	ALL STARS TOMATO/CHEESE	15 OZ	2.25	2.25		
3748	ANNIEHG	BERNIE O's TOMATO/CHEESE	15 OZ	2.25	2.25		
5605	ANNIEHG	CHEESY RAVIOLI ORG	15 OZ	2.25	2.25		
8131	ANNIEHG	PSGHETTI LOOPS W/SOY MEATBALLS	15 OZ	2.25	2.25		
31102	EDEN	RICE & CAJUN RED BEANS ORG USA	15 OZ	1.76	1.76		
31099	EDEN	RICE & CARIBB BLK BEANS ORG US	15 OZ	1.76	1.76		
39036	EDEN	RICE & CURRIED LENTILS ORG USA	15 OZ	1.76	1.76		
31101	EDEN	RICE & LENTILS ORG USA	15 OZ	1.76	1.76		
39039	EDEN	RICE & MEX BLK BEANS ORG USA	15 OZ	1.76	1.76		
39037	EDEN	RICE & MOROC GARBANZO ORG USA	15 OZ	1.76	1.76		
39038	EDEN	RICE & SPANISH PINTOS ORG USA	15 OZ	1.76	1.76	1.56	1.56
PREPARED FOODS, PACKAGED							
9092	ANNIECH	NOODLE BOWL MISO SOUP s	6/5.4 OZ	2.89	17.34	2.60	15.60
8143	ANNIEHG	DELUXE ELBOWS & FOUR CHEESE	6/12 OZ	3.10	18.60		
30874	ANNIEHG	DELUXE ELBOWS MILD CHEDDAR ORG	6/9.5 OZ	3.41	20.46	3.07	18.42
30875	ANNIEHG	DELUXE RICE PASTA CHEDDAR gf	6/11 OZ	3.43	20.58	3.09	18.54
8142	ANNIEHG	DELUXE ROTINI & WHT CHEDDAR	6/10.3 OZ	3.10	18.60		
5607	ANNIEHG	DELUXE SHELLS & WISC CHEDDAR	6/11 OZ	3.10	18.60		
30811	ANNIEHG	ELBOWS 5 GRAIN & WH CHDDR ORG	6/6 OZ	2.04	12.24		
30810	ANNIEHG	MAC & CHEESE LOW SODIUM	6/6 OZ	1.63	9.78	1.19	7.14
5601	ANNIEHG	MAC & WHT CHEESE single serve	6/5PKT	4.19	25.14		
8125	ANNIEHG	MAC & WISC CHEESE single serve	6/10.7 OZ	4.19	25.14		
5609	ANNIEHG	MLD WHITE CHED Arthur shape	6/6 OZ	1.65	9.90		
30416	ANNIEHG	RICE PASTA & CHEDDAR GF	6/6 OZ	2.39	14.34		
5603	ANNIEHG	SHELLS & AGED CHEDDAR ORG	6/6 OZ	2.05	12.30		
5610	ANNIEHG	SHELLS & CHED family size	6/10.5 OZ	2.65	15.90		
5602	ANNIEHG	SHELLS & CHEDDAR ORG fam size	6/10.5 OZ	3.35	20.10		
5604	ANNIEHG	SHELLS & WHITE CHEDDAR	6/7 OZ	1.65	9.90		
3750	ANNIEHG	SHELLS & WHITE CHEESE ORG	6/6 OZ	2.05	12.30		
8132	ANNIEHG	SHELLS ALFREDO GARL/BASIL ORG	6/6 OZ	2.05	12.30		
5608	ANNIEHG	SHELLS WHL WHT & CHED ORG	6/6 OZ	2.05	12.30		
31376	CASABLAN	COUSCOUS GARLIC & OLIVE OIL	8 OZ	1.89	1.89		
31374	CASABLAN	COUSCOUS MEDITERRANEAN s	8 OZ	1.89	1.89		
31371	CASABLAN	COUSCOUS ORIGINAL	12 OZ	1.89	1.89	1.69	1.69



Dr. McDougall's Ready to Serve Vegan Soups in Bisphenol A (BPA) Free Cartons

You are in for a treat!

Dr. McDougall's is proud to introduce new Ready To Serve Soups in seven delicious flavors ~ **Lentil, Vegetable, Black Bean, Chunky Tomato, Split Pea, Minestrone, and Roasted Pepper Tomato**. They are all natural, filling low calorie meals with fabulous flavor and convenience in Bisphenol A Free Cartons.

All flavors are vegan and not too salty. No can opener is needed. They are great to bring on-the-go or enjoy at home for a tasty, convenient meal.

Ready To Serve Black Bean Soup Gluten Free



Dr. McDougall's **Black Bean Soup** blends the flavors of black beans, roasted vegetables, brown rice, and seasonings into a delicious, hearty soup. It tastes fabulous and provides complete protein essential amino acids.

Ingredients: Filtered Water, Black Beans, Vegetables (Onion, Bell peppers, Celery, Carrots, Garlic), Organic Brown Rice, Natural flavor (non animal source), Potato Starch, Yeast Extract, Sea Salt, Organic Lime Juice, Cilantro, Spices.

Item #30883

(continued on page 122)



Ready To Serve Chunky Tomato Soup Gluten Free

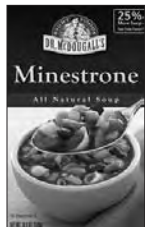


Dr. McDougall's Chunky Tomato Soup is a delicious source of lycopene. Enjoy it with a sandwich or hot crusty bread. 90 calories and 34% Vitamin C. It is a tasty way to warm up with the wonderful flavor of tomato soup.

Ingredients: Filtered Water, Vegetables (Tomatoes, Onion, Garlic), Organic Evaporated Cane Juice, Corn Starch, Sea Salt, Spices, Basil.

Item #30882

Ready To Serve Minestrone Soup Gluten Free



Dr. McDougall's Minestrone Soup is a colorful medley of savory vegetables, red kidney beans, whole grain barley, and a hint of pasta. It is a delicious beautiful soup with restaurant quality flavor that provides essential amino acids.

Ingredients: Filtered Water, Vegetables (Tomatoes, Onion, Carrots, Potatoes, Zucchini, Celery, Cabbage, Peas, Green Beans, Garlic), Red Kidney Beans, Barley, Pasta (Durum Wheat Semolina Flour), Natural Flavors (Non Animal Source), Potato Starch, Yeast Extract, Spices, Basil, Organic Evaporated Cane Juice, Sea Salt, Marjoram.

Item #30885

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
PREPARED FOODS, PACKAGED - cont.						
31373	CASABLAN	COUSCOUS PILAF VEGETABLE	8 OZ	1.89	1.89	
31375	CASABLAN	COUSCOUS SPINACH & TOMATO	8 OZ	1.89	1.89	
31372	CASABLAN	COUSCOUS WHOLE WHEAT	12 OZ	1.89	1.89	
31379	CASABLAN	KIT COUSCOUS 7 VEGETABLES	21.2 OZ	2.95	2.95	2.29 2.29
31380	CASABLAN	KIT COUSCOUS GRILL VEG W/OLV s	21.2 OZ	2.95	2.95	
31378	CASABLAN	KIT TABOULI	21.2 OZ	2.95	2.95	2.45 2.45
31377	CASABLAN	TABOULI WHOLE WHEAT	8 OZ	1.89	1.89	1.59 1.59
36439	EDWARDSN	MASHED POTATOES HOMESTL ORG gf	3.5 OZ	2.46	2.46	
36440	EDWARDSN	MASHED POTATOES RST GAR ORG gf	3.5 OZ	2.46	2.46	
8203	FANTAST	FANTASTIC FALAFIL	10 OZ	2.79	2.79	
8207	FANTAST	INSTANT BLACK BEANS GF	7 OZ	2.79	2.79	
8217	FANTAST	INSTANT HUMMUS DIP MIX GF	6 OZ	2.79	2.79	1.95 1.95
8224	FANTAST	INSTANT NATURE'S BURGER	10 OZ	2.79	2.79	
8213	FANTAST	INSTANT REFRIED PINTO BEANS GF	7 OZ	2.79	2.79	
8191	FANTAST	INSTANT SLOPPY JOE MIX	4.4 OZ	2.79	2.79	
8227	FANTAST	INSTANT TABOULI SALAD	6 OZ	2.79	2.79	
8192	FANTAST	INSTANT TACO FILLING	4.4 OZ	2.79	2.79	
8243	FANTAST	INSTANT VEGETARIAN CHILI	6.4 OZ	2.79	2.79	
3513	FOODMERC	POLENTA BASIL GARLIC ORG	18 OZ	2.95	2.95	
3517	FOODMERC	POLENTA TOMATO/GARLIC ORG	18 OZ	2.95	2.95	
3518	FOODMERC	POLENTA TRADITIONAL ORG	18 OZ	2.95	2.95	
1621	LUNDBERG	RISOTTO ALFREDO ORG GF	5.5 OZ	2.59	2.59	
5500	LUNDBERG	RISOTTO CREAMY PARMESAN GF	5.5 OZ	2.20	2.20	
1623	LUNDBERG	RISOTTO FLORANTINE ORG GF	5.75 OZ	2.59	2.59	
5501	LUNDBERG	RISOTTO GARLIC PRIMAVERA GF	5.5 OZ	2.20	2.20	
5502	LUNDBERG	RISOTTO ITALIAN HERB GF	5.5 OZ	2.20	2.20	
1624	LUNDBERG	RISOTTO TUSCAN ORG GF	5.75 OZ	2.59	2.59	
30261	MRS LEEP	DINNER ALFREDO WF/GF	7.05 OZ	3.59	3.59	2.69 2.69
30259	MRS LEEP	DINNER CHEESEBURGER WF/GF	8.32 OZ	3.59	3.59	2.69 2.69
30262	MRS LEEP	DINNER CREAMY TUNA WF/GF	7.41 OZ	3.59	3.59	2.69 2.69
30260	MRS LEEP	DINNER LASAGNA WF/GF	6.42 OZ	3.59	3.59	2.69 2.69
30281	MRS LEEP	DINNER MACARONI & CHEESE gf	11.6 OZ	3.46	3.46	
5684	ROADSEND	chREESE MIX ALFREDO STYLE GF	12/1.1 OZ	.70	8.40	
5673	ROADSEND	chREESE MIX CHEDAR STYLE Vg or	12/1.1 OZ	.74	8.88	
5674	ROADSEND	chREESE MIX CHEDR STYLE GF Vg	12/1.1 OZ	.74	8.88	
5683	ROADSEND	chREESE MIX MOZZ STYLE Vg org	12/1.1 OZ	.74	8.88	
PRESERVES & SPREADS, SWEETENED						
31018	AMER SPN	BALATON BRANDIED CHERRIES	13.5 OZ	6.25	6.25	
30203	AMER SPN	PRESERVES RED HAVEN PEACH	9.5 OZ	4.89	4.89	4.40 4.40
30202	AMER SPN	PRESERVES SOUR CHERRY	9.5 OZ	4.89	4.89	
30204	AMER SPN	PRESERVES STRAWBRY EARLY GLW	9.5 OZ	4.89	4.89	
31019	AMER SPN	WINTER COMPOTE w/brandy	13 OZ	5.69	5.69	
41155	APPALACH	SAUCE CRANBERRY LIME s Vg	8 OZ	3.99	3.99	
34349	APPALACH	SAUCE CRANBERRY ORG Cape Cod	10 OZ	3.99	3.99	
29066	BUSHABRN	CHUTNEY BANANA ORIGINAL s	12 OZ	5.49	5.49	4.94 4.94
29065	BUSHABRN	CHUTNEY SPICY FRUIT s	12 OZ	5.99	5.99	5.39 5.39
29062	BUSHABRN	JELLY GINGER PEPPER s	12 OZ	5.15	5.15	4.64 4.64
29060	BUSHABRN	JELLY HOT PEPPER ORIGINAL s	12 OZ	5.15	5.15	4.64 4.64
29063	BUSHABRN	JELLY LIME PEPPER s	12 OZ	5.15	5.15	4.64 4.64
29061	BUSHABRN	JELLY TWICE BOILED GUAVA s	12 OZ	5.15	5.15	4.64 4.64
29064	BUSHABRN	MARMALADE BURNED ORANGE s	12 OZ	5.15	5.15	4.64 4.64
8533	CROFTER	CONSERVE BLOOD ORANGE ORG s	10 OZ	2.85	2.85	
8528	CROFTER	CONSERVE BLUEBERRY ORG s	10 OZ	3.15	3.15	
8534	CROFTER	CONSERVE FOUR FRUIT ORG s	10 OZ	2.85	2.85	
8529	CROFTER	CONSERVE GOLDEN APRICOT ORG s	10 OZ	2.85	2.85	
8521	CROFTER	CONSERVE MANGO ORG s	10 OZ	2.85	2.85	2.28 2.28
8527	CROFTER	CONSERVE MORELLO CHERRY ORG s	10 OZ	2.85	2.85	
8524	CROFTER	CONSERVE RED RASPBRY ORG s	10 OZ	3.15	3.15	
8523	CROFTER	CONSERVE STRAWBERRY ORG s	10 OZ	2.85	2.85	
8526	CROFTER	CONSERVE WILD BLACKBRY ORG s	10 OZ	2.85	2.85	2.35 2.35
34370	CROFTER	FAM SIZE CONSERV RASPBRY ORG s	16.5 OZ	4.40	4.40	
34371	CROFTER	FAM SIZE CONSERVE STRAWBRY ORG	16.5 OZ	3.99	3.99	
34407	CROFTER	PREM SPRD CONCRD GRAPE ORG k s	10 OZ	3.39	3.39	3.05 3.05
34408	CROFTER	PREM SPRD POMEGRANATE ORG k s	10 OZ	3.39	3.39	3.05 3.05
33373	CROFTER	SUPERFRUIT BLUBRY CRNBRY ORG s	11 OZ	3.57	3.57	
33497	CROOKEDB	JAM APPLE PIE s	9 OZ	4.39	4.39	
33496	CROOKEDB	JAM BERRY MEDLEY s	9 OZ	4.39	4.39	
33499	CROOKEDB	JAM BLACKBERRY HONEY s	9 OZ	4.39	4.39	
33498	CROOKEDB	JAM FIG & PEAR s	9 OZ	4.39	4.39	
33495	CROOKEDB	JAM PEACH COBBLER s	9 OZ	4.39	4.39	
33493	CROOKEDB	JAM STRAWBERRY RHUBARB s	9 OZ	4.39	4.39	3.95 3.95
33494	CROOKEDB	JAM WILD BLACKBERRY s	9 OZ	4.39	4.39	3.95 3.95
30280	GINGERPE	GINGER SPREAD s	12.8 OZ	2.85	2.85	
34691	HOGANS	LEMON CURD s	11 OZ	5.39	5.39	
6246	KNUDSEN	CRANBERRY SAUCE jar s	9 OZ	3.40	3.40	
4904	LULU	PRESERVED MEYER LEMON s	6 OZ	6.45	6.45	
41543	LESMOULIN	JAM APRICOT s	240 G	5.60	5.60	5.04 5.04
41545	LESMOULIN	JAM FIG ORG s	240 G	5.07	5.07	
41542	LESMOULIN	JAM STRAWBERRY s	240 G	5.31	5.31	4.78 4.78

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
41544	LESMOULIN	JAM WILD MULBERRY s	240 G	5.96	5.96	5.36	5.36
41540	LESMOULIN	MARMALADE GRAPEFRUIT s	240 G	5.60	5.60		
41541	LESMOULIN	MARMALADE LEMON s	240 G	5.60	5.60		
30087	MARCOPOL	PRESERVES APRICOT s	13 OZ	2.19	2.19		
30095	MARCOPOL	PRESERVES FIG s	13 OZ	2.19	2.19		
30089	MARCOPOL	PRESERVES RASPBERRY s	13 OZ	2.19	2.19		
30094	MARCOPOL	PRESERVES SOUR CHERRY s	13 OZ	2.19	2.19		
30088	MARCOPOL	PRESERVES STRAWBERRY s	13 OZ	2.19	2.19		
31533	MATIN	JAM APPLE PEAR WALNUT s	13 OZ	6.21	6.21	4.99	4.99
31531	MATIN	JAM BLACK FIG s	13 OZ	6.21	6.21		
31532	MATIN	JAM PEACH APRICOT RASP s	13 OZ	6.21	6.21		
31530	MATIN	JAM TANGERINE s	13 OZ	6.21	6.21		
34391	MOTHERS	JAM BLACKBERRY PORT s	8.25 OZ	2.51	2.51		
30913	MOTHERS	JAM CRANBERRY APPLE s	8.25 OZ	2.51	2.51		
30912	MOTHERS	JAM CRANBERRY PEACH s	8.25 OZ	2.51	2.51		
30911	MOTHERS	JAM MAINE WILD BLUEBRY GINGR s	8.25 OZ	2.51	2.51		
30914	MOTHERS	JAM RASPBERRY APRICOT s	8.25 OZ	2.51	2.51		
34392	MOTHERS	JAM RASPBERRY PEACH s	8.25 OZ	2.51	2.51		
34390	MOTHERS	JAM RASPBERRY RHUBARB s	8.25 OZ	2.51	2.51		
30910	MOTHERS	JAM STRAWBERRY KIWI s	8.25 OZ	2.51	2.51	2.26	2.26
30907	MOTHERS	JELLY GREEN LIGHTNING PEPPER s	8.25 OZ	2.51	2.51		
30908	MOTHERS	JELLY ROSY RED PEPPER s	8.25 OZ	2.51	2.51		
30909	MOTHERS	JELLY RSTD GARLIC & CHIVE s	8.25 OZ	2.51	2.51		
41088	NE CRAN	CHUTNEY CRAN MANGO s	12 OZ	3.80	3.80		
41087	NE CRAN	CHUTNEY CRANBERRY s	12 OZ	3.80	3.80		
41093	NE CRAN	CRANBERRY & ORANGE SLICES s	12 OZ	3.75	3.75		
41094	NE CRAN	CRANBERRY POM SAUCE s	12 OZ	3.75	3.75		
41092	NE CRAN	CRANBERRY SAUCE s	12 OZ	3.75	3.75		
41090	NE CRAN	JELLY CRAN ONION PEPPER s	12 OZ	4.03	4.03		
41091	NE CRAN	JELLY CRAN POM PEPPER s	12 OZ	4.03	4.03		
41089	NE CRAN	JELLY CRANBERRY PEPPER	12 OZ	4.03	4.03		
31682	PINELAND	JAM BLUEBERRY s	9 OZ	3.77	3.77		
31680	PINELAND	JAM RASPBERRY s	9 OZ	3.77	3.77		
31681	PINELAND	JAM STRAWBERRY s	9 OZ	3.77	3.77		
5496	ROSEBUD	JAM RASPBERRY s	8 OZ	5.96	5.96		
5190	ROSEBUD	JAM STRAWBERRY s	8 OZ	5.71	5.71		
5486	ROSEBUD	JELLY CRANBERRY & ORANGE s	8 OZ	5.71	5.71		
5480	ROSEBUD	JELLY MINT s	8 OZ	5.86	5.86		
5483	ROSEBUD	JELLY RED CURRANT s	8 OZ	6.26	6.26		
5481	ROSEBUD	JELLY ROSEMARY s	8 OZ	5.95	5.95		
5207	ROSEBUD	MARMALADE ORANGE & WHISKEY s	8 OZ	5.96	5.96		
41340	SUZANNES	FRUIT SPRD APRICOTrice swt gf	10 OZ	3.06	3.06	2.45	2.45
41341	SUZANNES	FRUIT SPRD BLUBRY rice swtn gf	10 OZ	3.06	3.06	1.99	1.99
41342	SUZANNES	FRUIT SPRD RASBRY rice swtn gf	10 OZ	3.06	3.06	1.99	1.99
41343	SUZANNES	FRUIT SPRD STRAWBRY rice swt g	10 OZ	3.06	3.06	2.45	2.45
5598	THURSDAY	CONSERVE STEM GINGR GRAPEFRT s	16 OZ	4.97	4.97		
5575	THURSDAY	CURD LEMON s	11 OZ	4.80	4.80		
30049	THURSDAY	CURD LIME s	11 OZ	4.80	4.80		
5576	THURSDAY	JAM BLACK CURRANT s	12 OZ	4.97	4.97		
5577	THURSDAY	JAM BLUEBERRY s	12 OZ	4.97	4.97		
5578	THURSDAY	JAM GOOSEBERRY s	12 OZ	4.97	4.97		
5579	THURSDAY	JAM RASPBERRY s	12 OZ	4.97	4.97		
5593	THURSDAY	JAM STRAWBERRY s	12 OZ	4.98	4.98		
5597	THURSDAY	MARMALADE 3 FRUIT s	16 OZ	4.97	4.97		
5613	THURSDAY	MARMALADE CHNKY ORNG s	16 OZ	4.97	4.97		
5614	THURSDAY	MARMALADE LEMON s	16 OZ	4.97	4.97		
5615	THURSDAY	MARMALADE LIME LEMON s	16 OZ	4.97	4.97		
5599	THURSDAY	MARMALADE ORANGE s	16 OZ	4.97	4.97		
5616	THURSDAY	MARMALADE TANGERINE s	16 OZ	4.97	4.97		
40212	TRACKLE	CRANBERRY SAUCE W PORT GF s	9 OZ	4.30	4.30	3.44	3.44
40214	TRACKLE	JAM CHILLI GF s	9 OZ	5.40	5.40	4.32	4.32
40209	TRACKLE	JELLY MINT GF s	6 OZ	3.50	3.50	2.80	2.80
5213	TRACKLE	JELLY RED PEPPER & CHILLI s	9 OZ	4.40	4.40		
5211	TRACKLE	JELLY REDCURRANT s	9 OZ	4.40	4.40		
40210	TRACKLE	JELLY ROSEMARY GF s	6 OZ	3.55	3.55	2.84	2.84
40213	TRACKLE	RELISH CARMZD ONION MARM GF s	9 OZ	5.40	5.40	4.32	4.32
33491	WICKDNAT	JAM BLUEBERRY CHOC s	9 OZ	4.55	4.55		
33439	WICKDNAT	JAM RASPBERRY CHOC s	9 OZ	4.55	4.55		
32058	YAKAMI	MARMALADE YUZU CITRUS s	300 G	6.50	6.50		
PRESERVES & SPREADS, UNSWEETENED							
15282	BIONAT	FRUIT SPREAD APRICOT ORG Italy	9 OZ	3.45	3.45		
15285	BIONAT	FRUIT SPREAD BILBERRY Italy	9 OZ	3.85	3.85		
15284	BIONAT	FRUIT SPREAD PEACH ORG Italy	9 OZ	3.45	3.45		
15286	BIONAT	FRUIT SPREAD PLUM ORG Italy	9 OZ	3.45	3.45		
15288	BIONAT	FRUIT SPREAD STRBRY ORG Italy	9 OZ	3.45	3.45		
15287	BIONAT	FRUIT SPREAD WILD BERRY Italy	9 OZ	3.85	3.85		
32444	CAVIARME	SPREAD WILD BLUEBERRY	9 OZ	5.00	5.00		
8520	CROFTER	FRUIT SPREAD APRICOT ORG	10 OZ	3.05	3.05		
8517	CROFTER	FRUIT SPREAD BLACKBERRY ORG	10 OZ	3.05	3.05		



Ready To Serve Vegetable Soup Gluten Free



Dr. McDougall's Vegetable Soup is a delicious blend of eight vegetables, lentils, and organic brown rice in a savory broth. It tastes fabulous and provides essential amino acids.

Ingredients: Filtered Water, Vegetables (Tomatoes, Onions, Carrots, Potatoes, Zucchini, Celery, Peas, Garlic), Lentils, Organic Brown Rice, Natural Flavor (Non Animal Source), Potato

Item #30881

Ready To Serve Roasted Pepper Tomato Soup Gluten Free



Dr. McDougall's Roasted Pepper Tomato Soup is a delicious source of lycopene. Enjoy it with a sandwich or hot crusty bread. 80 calories and 65% Vitamin C. It is a tasty way to warm up with the wonderful flavor or roasted bell pepper and tomato soup.

Ingredients: Filtered Water, Tomatoes, Roasted Red Bell Peppers, Organic Evaporated Cane Juice, Corn Starch, Onion, Garlic, Sea Salt, Spices.

Item #30886

(continued on page 124)



Ready To Serve Split Pea Soup



Dr. McDougall's Split Pea Soup blends tasty split peas with whole grain barley. It is a delicious, hearty soup with the goodness of home, and it provides complete protein essential amino acids.

Ingredients: Filtered Water, Split Peas, Vegetables (Onions, Celery, Carrots, Garlic), Barley, Natural Flavor (Non Animal Source), Potato Starch, Yeast Extract, Sea Salt, Corn Starch, Organic Evaporated Cane Juice, Spices.

Item #30884

Ready To Serve Lentil Soup



Dr. McDougall's Lentil Soup blends savory lentils with brown rice and vegetables in a perfectly seasoned broth. It is a delicious, hearty soup that provides complete protein essential amino acids.

Ingredients: Filtered Water, Lentils, Vegetables (Onions, Carrots, Celery, Tomatoes, Garlic), Organic Brown Rice, Organic Wine, Natural Flavor (Non Animal Source), Yeast Extract, Potato Starch, Spices, Sea Salt

Item #30880

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
PRESERVES & SPREADS, UNSWEETENED - cont.						
8518	CROFTER	FRUIT SPREAD BLK CURRANT ORG	10 OZ	3.05	3.05	
8515	CROFTER	FRUIT SPREAD RED RASPBRY ORG	10 OZ	3.29	3.29	
8514	CROFTER	FRUIT SPREAD STRAWBERRY ORG	10 OZ	3.05	3.05	
34123	CROFTER	FRUIT SPREAD SUPER FRUITS ORG	10 OZ	3.05	3.05	
8519	CROFTER	FRUIT SPREAD WILD BLUEBRY ORG	10 OZ	3.29	3.29	
28218	FIORDIFR	JAM APRICOT ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28228	FIORDIFR	JAM BLACK CURRANT ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28227	FIORDIFR	JAM BLACKBERRY ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28226	FIORDIFR	JAM CHERRY ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28223	FIORDIFR	JAM CRANBERRY ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28229	FIORDIFR	JAM FIGS ORG Italy	9.17 OZ	3.64	3.64	2.91 2.91
28224	FIORDIFR	JAM LEMON ORG Italy	9.17 OZ	3.64	3.64	2.91 2.91
28219	FIORDIFR	JAM PEACH ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28220	FIORDIFR	JAM PLUM ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28230	FIORDIFR	JAM POMEGRANATE ORG Italy	8.82 OZ	3.64	3.64	2.73 2.73
28215	FIORDIFR	JAM RASPBERRY ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
1592	FIORDIFR	JAM ROSEHIP ORG Italy	8.82 OZ	3.64	3.64	2.73 2.73
28225	FIORDIFR	JAM SEVILLE ORANGE ORG Italy	9.17 OZ	3.64	3.64	2.91 2.91
28216	FIORDIFR	JAM STRAWBERRY ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28221	FIORDIFR	JAM WILD BERRY ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
28222	FIORDIFR	JAM WILD BLUEBRY ORG Italy	8.82 OZ	3.64	3.64	2.91 2.91
1630	SORREL	FRUIT SPREAD APRICOT	10 OZ	3.15	3.15	2.52 2.52
1631	SORREL	FRUIT SPREAD BLACK CHERRY	10 OZ	3.15	3.15	2.52 2.52
1639	SORREL	FRUIT SPREAD BLK RASPBERRY	10 OZ	3.15	3.15	2.52 2.52
1633	SORREL	FRUIT SPREAD ORANGE MARM	10 OZ	3.15	3.15	2.52 2.52
1634	SORREL	FRUIT SPREAD PEACH	10 OZ	3.15	3.15	2.52 2.52
3049	SORREL	FRUIT SPREAD PLUMGOOD	10 OZ	3.15	3.15	2.52 2.52
1636	SORREL	FRUIT SPREAD RASPBERRY	10 OZ	3.15	3.15	2.52 2.52
3037	SORREL	FRUIT SPREAD SEEDLS RASP	10 OZ	3.15	3.15	2.52 2.52
3048	SORREL	FRUIT SPREAD STRAW RHUBARB	10 OZ	3.15	3.15	2.52 2.52
1637	SORREL	FRUIT SPREAD STRAWBERRY	10 OZ	3.15	3.15	2.52 2.52
1638	SORREL	FRUIT SPREAD WILD BLUEBRY	10 OZ	3.15	3.15	2.52 2.52
PRESERVES & SPREADS, BUTTERS						
30300	AMER SPN	BUTTER APPLE	8 OZ	5.15	5.15	
30301	AMER SPN	BUTTER CHERRY	9 OZ	5.15	5.15	
31406	AMER SPN	BUTTER GINGER PEAR s	9 OZ	5.15	5.15	
30302	AMER SPN	BUTTER MANGO s	9 OZ	5.15	5.15	
30304	AMER SPN	BUTTER PUMPKIN s mpl sugar	9 OZ	5.15	5.15	
30299	AMER SPN	BUTTER RED RASPBERRY seedls	9 OZ	5.15	5.15	
31405	AMER SPN	BUTTER STRAWBERRY s	9 OZ	5.15	5.15	4.35 4.35
6374	EDEN	BUTTER APPLE ORGANIC	17 OZ	5.20	5.20	4.16 4.16
6386	EDEN	BUTTER CHERRY TART	8 OZ	8.03	8.03	6.42 6.42
6488	HIGHLAND	MAPLE BUTTER/CREAM CINNAMON	9 OZ	9.99	9.99	
6507	HIGHLAND	MAPLE BUTTER/CREAM jar	9 OZ	9.99	9.99	
20158	PASTOR	BUTTER APPLE ORG no sugar	8 OZ	3.49	3.49	
20159	PASTOR	BUTTER APPLE ORG s	8 OZ	3.49	3.49	
30451	TAP N	BUTTER APPLE	18 OZ	3.30	3.30	
41415	VT VILLA	APPLE BUTTER SPICED ORG	12.17 OZ	2.86	2.86	
RICE						
1130	ARROW	BASMATI RICE BROWN ORG	28 OZ	3.79	3.79	3.41 3.41
1136	ARROW	BASMATI RICE WHITE ORG	28 OZ	3.69	3.69	
3587	D'ALLAS	RICE BLACK China	12 OZ	3.18	3.18	
5981	D'ALLAS	RICE HIMALAYAN RED	12 OZ	2.47	2.47	
5977	D'ALLAS	RICE PURPLE STICKY	12 OZ	3.13	3.13	
34327	EIGHTH	RICE KALINGA UNOY red Philipp	16 OZ	4.57	4.57	
34325	EIGHTH	RICE TINAWON FANCY Philippines	16 OZ	4.57	4.57	
34326	EIGHTH	RICE TINAWON WHITE Philippines	16 OZ	4.57	4.57	
34328	EIGHTH	RICE ULIKAN RED Philippines	16 OZ	4.57	4.57	
35014	LOTUSFD	RICE BHUTANESE RED	15 OZ	3.39	3.39	
35019	LOTUSFD	RICE CARNAROLI	15 OZ	3.35	3.35	
35016	LOTUSFD	RICE FORBIDDEN BLACK ORG	15 OZ	3.35	3.35	
35020	LOTUSFD	RICE JADE PEARL ORG	15 OZ	4.09	4.09	
35022	LOTUSFD	RICE JASMINE BROWN ORG	32 OZ	4.45	4.45	
35021	LOTUSFD	RICE JASMINE WHITE ORG	32 OZ	4.45	4.45	
3544	LUNDBERG	ARBORIO RICE WHITE California	2#	4.85	4.85	
33406	LUNDBERG	BASMATI RICE BROWN California	2#	3.19	3.19	2.87 2.87
33412	LUNDBERG	BASMATI RICE BROWN ORG Cali	2#	4.39	4.39	3.39 3.39
33407	LUNDBERG	BASMATI RICE WHITE California	2#	3.50	3.50	3.15 3.15
33405	LUNDBERG	BROWN RICE LONG California	2#	2.69	2.69	
33410	LUNDBERG	BROWN RICE LONG ORG Cali	2#	3.75	3.75	3.38 3.38
33404	LUNDBERG	BROWN RICE SHORT California	2#	2.69	2.69	2.39 2.39
33409	LUNDBERG	BROWN RICE SHORT ORG Cali	2#	3.75	3.75	3.38 3.38
33411	LUNDBERG	BROWN SWEET RICE ORG Cali	2#	3.75	3.75	
3546	LUNDBERG	GOURMET RICE BLACK JAPONICA	6/16 OZ	2.95	17.70	
3550	LUNDBERG	GOURMET RICE CNTRY WILDRICE	6/16 OZ	2.95	17.70	
3552	LUNDBERG	GOURMET RICE JUBILEE BLEND	6/16 OZ	2.95	17.70	2.66 15.96
3556	LUNDBERG	GOURMET RICE WEHANI	6/16 OZ	2.95	17.70	2.19 13.14
3558	LUNDBERG	GOURMET RICE WILD BLEND	6/16 OZ	2.95	17.70	
3590	LUNDBERG	JASMINE BROWN RICE ORG Cali	2#	4.39	4.39	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
3542	LUNDBERG	JASMINE WHITE RICE Cali	2#	3.50	3.50	3.15	3.15
3586	LUNDBERG	JASMINE WHITE RICE ORG Cali	2#	4.95	4.95		
3541	LUNDBERG	SUSHI RICE WHITE ORG Cali	2#	4.39	4.39		
1628	LUNDBERG	WILD RICE ORG	8 OZ	5.65	5.65	5.09	5.09
1625	LUNDBERG	WILD/BASMATI BLEND QUICK ORG	8 OZ	3.45	3.45	3.11	3.11
1626	LUNDBERG	WILD/WEHANI RICE BLEND ORG	8 OZ	3.45	3.45		
31250	NISHIKI	BROWN RICE QUICK COOKING	2#	3.50	3.50		
30004	RED LAKE	WILD BITS & BASMATI RICE	12 OZ	3.00	3.00		
30003	RED LAKE	WILD RICE CULTIVATED Minnesota	12 OZ	4.10	4.10		
30006	RED LAKE	WILD RICE QUICK COOKING	12 OZ	4.35	4.35	3.89	3.89
3074	RED LAKE	WILD RICE SOUP BITS(cracked)	12 OZ	3.75	3.75	3.38	3.38
1265	VALUEN	BLACK RICE CHINESE	1#	2.85	2.85		

SEA VEGETABLES

7780	EMERCOVE	ARAME non organic	35 OZ	69.90	69.90		
7775	EMERCOVE	sub # 7780 ARAME	35 OZ	80.00	80.00		
7770	EMERCOVE	SUN-DRIED ISE WLD ARAME ORG	1.76 OZ	5.99	5.99		
3159	EMERCOVE	SUN-DRIED KOMBU	1.76 OZ	3.60	3.60		
3139	EMERCOVE	SUN-DRIED WAKAME	1.76 OZ	3.59	3.59		
3600	MECOAST	SEA VEG ALARIA ORG	2 OZ	4.19	4.19		
3604	MECOAST	SEA VEG DULSE ORG	2 OZ	4.55	4.55		
3606	MECOAST	SEA VEG DULSE ORG bulk	1#	25.75	25.75		
3622	MECOAST	SEA VEG FLAKES DULSE ORG	4 OZ	5.20	5.20		
3624	MECOAST	SEA VEG FLAKES DULSE ORG bulk	1#	17.50	17.50		
3660	MECOAST	SEA VEG FLAKES KELP ORG	2.75 OZ	5.25	5.25		
3608	MECOAST	SEA VEG KELP/KOMBU ORG	2 OZ	4.04	4.04		
3610	MECOAST	SEA VEG KELP/KOMBU ORG bulk	1#	23.75	23.75		
3611	MECOAST	SEA VEG LAVER/NORI ORG	1 OZ	3.28	3.28		
3747	MECOAST	SHAKR SEA SALT W/SEA VEG	1.5 OZ	2.50	2.50	2.00	2.00
3612	MECOAST	SHAKR SEA VEG DULSE-GARLIC ORG	1.5 OZ	2.53	2.53	2.02	2.02
15375	MECOAST	SHAKR SEA VEG GRANUL DULSE ORG	1.5 OZ	2.53	2.53	2.02	2.02
15377	MECOAST	SHAKR SEA VEG GRANUL KELP ORG	1.5 OZ	2.53	2.53	2.02	2.02
3614	MECOAST	SHAKR SEA VEG KELP W/CAYEN ORG	1.5 OZ	2.53	2.53	2.02	2.02
3746	MECOAST	SHAKR SEA VEG TRIPL BL FLK ORG	1 OZ	2.50	2.50	2.00	2.00
9134	WELPAC	DASHI KOMBU	4 OZ	2.29	2.29		
9128	WELPAC	HIJIKI	2 OZ	2.22	2.22		
23836	WELPAC	HIJIKI	1#	14.43	14.43		
9130	WELPAC	WAKAME	2 OZ	2.02	2.02		

SEAFOOD & CANNED MEATS

4422	BARHAR	CLAMS CHOPPED Maine	6.5 OZ	2.78	2.78		
30621	BARHAR	HERRING W/CABERNET	7 OZ	2.54	2.54		
30620	BARHAR	HERRING W/CRACKED PEPPER	7 OZ	2.54	2.54		
30618	BARHAR	HERRING W/MUSTARD SAUCE	6.7 OZ	2.54	2.54		
30619	BARHAR	HERRING W/TOMATO BASIL SAUCE	7 OZ	2.54	2.54		
30617	BARHAR	KIPPERS SMOKED	6.7 OZ	2.54	2.54		
30615	BARHAR	LOBSTER MEAT Maine	6.5 OZ	15.15	15.15		
30616	BARHAR	MACKEREL SMOKED	6.7 OZ	2.54	2.54		
4423	BARHAR	MUSSELS WHOLE SHELLED Maine	6.5 OZ	2.78	2.78		
35440	COLES	MACKEREL IN OLIVE OIL	4.4 OZ	3.60	3.60		
35441	COLES	MACKEREL IN PIRIPIRI	3.2 OZ	3.60	3.60		
35447	COLES	MACKEREL SMOKED	4.4 OZ	3.90	3.90		
35451	COLES	SARDINES BNLS SKNLS IN OLIVE O	3.7 OZ	3.90	3.90		
35444	COLES	SARDINES IN OLIVE OIL	4.4 OZ	3.60	3.60		
35445	COLES	SARDINES IN PIRIPIRI	4.4 OZ	3.30	3.30		
35449	COLES	SARDINES IN TOMATO SAUCE	4.4 OZ	3.30	3.30		
35446	COLES	SARDINES SMOKED	3.7 OZ	3.90	3.90		
35442	COLES	TROUT IN ESCABECHE SAUCE	3.2 OZ	4.65	4.65	4.19	4.19
35443	COLES	TROUT SMOKED IN OLIVE OIL	3.2 OZ	4.65	4.65		
35450	COLES	TUNA SKIPJACK IN OLIVE OIL	4.2 OZ	4.65	4.65		
15556	CROWN	CRAB MEAT WHITE sulfite free	6 OZ	6.00	6.00		
15550	CROWN	OYSTERS SMOKED	3 OZ	2.50	2.50		
15551	CROWN	SALMON PINK low sodium	7.5 OZ	3.15	3.15		
15553	CROWN	TUNA ALBACORE no salt	6.125 OZ	2.80	2.80		
4297	ELPESC	ANCHOVIES IN SOY OIL	2 OZ	1.50	1.50		
31203	ELVELERO	ANCHOVIES IN COARSE SALT	1.75 OZ	3.55	3.55		
31086	HENRY&LISA	ALASKAN WILD PINK SALMON	6 OZ	4.30	4.30	3.44	3.44
31085	HENRY&LISA	ALBACORE TUNA SUSHIMI GRADE	5 OZ	6.35	6.35	5.08	5.08
21139	MATIZ	SARDINES W/LEMON	4.2 OZ	2.15	2.15		
21120	MATIZ	SARDINES IN OLIVE OIL Spain	4.2 OZ	2.10	2.10		
91051	MIG&VAL	BOQUERONES white anchovies jar	3.52 OZ	4.85	4.85		
7100	NATSEA	TUNA CHUNK LIGHT N/S yellowfin	24/6 OZ	2.19	52.56		
34660	NATVALUE	n/a TUNA ALBACORE SOLID no sal	6 OZ	1.98	1.98		
6589	NATVALUE	TUNA TONGOL N/SALT	24/6 OZ	1.55	37.20		
34661	NATVALUE	TUNA YELLOWFIN CHUNK no salt	6 OZ	1.55	1.55		
30850	ORTIZ	ANCHOVY FILLETS OLIVE OIL jar	1.9 OZ	9.51	9.51		
30852	ORTIZ	TUNA BONITO IN OLIVE OIL jar	6.3 OZ	8.89	8.89		
30853	ORTIZ	TUNA BONITO IN OLIVE OIL tin	3.24 OZ	3.00	3.00		
30854	ORTIZ	TUNA BONITO OLIVE OIL oval tin	2.89 OZ	3.74	3.74		
30856	ORTIZ	TUNA VENTRESCA FILT OO	2.80Z	9.78	9.78		
30855	ORTIZ	TUNA YELLOWFIN OLIVE OIL jar	6.34 OZ	8.37	8.37		



Oskri Honey Mint Patties



Ingredients: Honey, unsweetened chocolate, oil of peppermint

Item #35692

Oskri Mini Bars

Gluten Free!
40 mini-bars per box

Sesame with Date Syrup Mini Bar



Ingredients: Sesame Seeds*, Date Syrup*, Rice Syrup*
*Organic

Item #35680

Quinoa Mini Bar



Ingredients: Rice Syrup*, Quinoa*, Sesame Seeds*, Date Syrup*
*Organic

Item #35681

(continued on page 126)



Cashew Cranberry Mini Bar



Ingredients: Cashews, Rice Syrup,
Cranberries, Pumpkin Seeds, Buck
Wheat, Rice Crisp, Honey

Item #35685

Fig Mini Bar



Ingredients: Figs

Item #35686

Fiber Bar Almonds & Cranberries



Ingredients: Chicory Root Extract,
Almonds, Cranberries, Rice Crisp, Buck
Wheat, Pumpkin Seeds

Item #35691

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
SEAFOOD & CANNED MEATS - cont.						
4289	ROLAND	ANCHOVIES IN OLIVE OIL jar	4.2 OZ	3.40	3.40	
41205	ROLAND	OYSTERS IN WATER Korea	8 OZ	2.05	2.05	
41206	ROLAND	SARDINES IN WATER S&B NO SALT	5/4.38 OZ	1.57	7.85	
35420	SHELTON	CHICKEN PREMIUM BREAST can gf	5 OZ	2.86	2.86	
SNACKS & SNACK BARS						
41438	ANNIEHG	GUMMY FRUIT BERRY ORG 18PK s	18/8 OZ	.84	15.12	.76 13.68
34710	ANNIEHG	GUMMY FRUIT BERRY ORG 5PK s	4 OZ	3.65	3.65	
41437	ANNIEHG	GUMMY FRUIT BERRY ORG s	9/2.75 OZ	1.70	15.30	1.53 13.77
41435	ANNIEHG	GUMMY FRUIT CITRUS ORG 18PK s	18/8 OZ	.84	15.12	.76 13.68
41378	ANNIEHG	GUMMY FRUIT CITRUS ORG 5PK s	4 OZ	3.65	3.65	
41436	ANNIEHG	GUMMY FRUIT STRAWBERRY ORG s	9/2.75 OZ	1.70	15.30	1.53 13.77
41377	ANNIEHG	GUMMY FRUIT STRAWBRY ORG 5PK s	4 OZ	3.65	3.65	
41439	ANNIEHG	GUMMY FRUIT STRWBRY ORG 18PK s	18/8 OZ	.84	15.12	.76 13.68
34711	ANNIEHG	GUMMY FRUIT TROPICAL ORG 5PK s	4 OZ	3.65	3.65	
31749	AURORA	EDAMAME rstd	7 OZ	1.97	1.97	
34445	BAKERY	GRANOLA BAR CRAN MAPLE GF s	5 PK	3.95	3.95	3.16 3.16
34446	BAKERY	GRANOLA BAR EXTREME TRAIL GF s	5 PK	3.95	3.95	3.16 3.16
34444	BAKERY	GRANOLA BAR PB CHOC CHIP GF s	5 PK	3.95	3.95	3.16 3.16
4039	CLIF	BAR APRICOT ORG	12/2.4 OZ	1.19	14.28	
4091	CLIF	BAR BLK CHERRY ALMOND ORG	12/2.4 OZ	1.19	14.28	
4040	CLIF	BAR CARROT CAKE ORG	12/2.4 OZ	1.19	14.28	
4041	CLIF	BAR CHOC ALMOND FUDGE ORG	12/2.4 OZ	1.19	14.28	
4043	CLIF	BAR CHOC BROWNIE ORG	12/2.4 OZ	1.19	14.28	
4042	CLIF	BAR CHOC CHIP ORG	12/2.4 OZ	1.19	14.28	
4044	CLIF	BAR CHOCCHIP PNUT CRUNCH ORG	12/2.4 OZ	1.19	14.28	
4046	CLIF	BAR COOL MINT CRISP ORG	12/2.4 OZ	1.19	14.28	
4047	CLIF	BAR CRANAPPLE CHERRY ORG	12/2.4 OZ	1.19	14.28	
4057	CLIF	BAR CRNCHY PNUT BUTTER ORG	12/2.4 OZ	1.19	14.28	
4093	CLIF	BAR PEANUT TOFFEE BUZZ ORG	12/2.4 OZ	1.19	14.28	
30760	CLIF	BAR WHITE CHOC MACADAMIA s	12/2.4 OZ	1.19	14.28	
4014	CLIF	BUILDER BAR CHOCOLATE s	12/2.4 OZ	1.79	21.48	
4013	CLIF	BUILDER BAR PEANUT BUTTER s	12/2.4 OZ	1.79	21.48	
4050	CLIF	SHOT BLOKS BLACK CHERRY s	18/2.1 OZ	1.59	28.62	
4048	CLIF	SHOT BLOKS CRAN-RAZZ s	18/2.1 OZ	1.59	28.62	
4053	CLIF	SHOT BLOKS ORANGE s	18/2.1 OZ	1.59	28.62	
4049	CLIF	SHOT BLOKS STRAWBERRY s	18/2.1 OZ	1.59	28.62	
30762	CLIF KID	TWISTED FRUIT GRAPE	18/7 OZ	.66	11.88	
30763	CLIF KID	TWISTED FRUIT MIXED BERRY	18/7 OZ	.66	11.88	
30764	CLIF KID	TWISTED FRUIT PINEAPPLE	18/7 OZ	.66	11.88	
30765	CLIF KID	TWISTED FRUIT SOUR APPLE	18/7 OZ	.66	11.88	
30761	CLIF KID	TWISTED FRUIT STRAWBERRY	18/7 OZ	.66	11.88	
30766	CLIF KID	TWISTED FRUIT TROPICAL	18/7 OZ	.66	11.88	
34731	DANIELLE	PEANUT NUGGET CHIPOTLE BBQ s	12/2 OZ	2.19	26.28	1.64 19.68
34730	DANIELLE	PEANUT NUGGET PEANUT BUTTER s	12/2 OZ	2.19	26.28	1.64 19.68
32521	ELFOODS	BAR DECADANCE RAW gf vg	16/7 OZ	.93	14.88	
32520	ELFOODS	BAR INDIGO NIGHTS RAW gf vg	16/7 OZ	.93	14.88	
32519	ELFOODS	BAR YOGA RAW gf vg	16/7 OZ	.93	14.88	
32532	ELFOODS	CACAO BEANS HEIRLOM RAW ORG vg	8 OZ	6.56	6.56	
32533	ELFOODS	CACAO NIBS HEIRLOM RAW ORG vg	8 OZ	6.56	6.56	
32522	ELFOODS	TRAIL MIX RAW SUPERFOOD ORG vg	8 OZ	7.27	7.27	
8624	FRUITABU	FRUIT ROLLS STRAWBERRY 6CT	4.4 OZ	4.00	4.00	
5838	GENISOY	BAR CHOCOLATE MINT	12/2.2 OZ	1.23	14.76	
35085	GLENNY	MARSH TRT BRN RICE VAN GF ORG	24/.85 OZ	.90	21.60	
30674	GNU FOOD	FIBER BAR BANANA WALNUT Vg	16/1.6 OZ	1.40	22.40	
30677	GNU FOOD	FIBER BAR BANANA WALNUT Vg 5pk	5/1.6 OZ	6.80	6.80	
30684	GNU FOOD	FIBER BAR CHOCLT BROWNIE Vg 5pk	5/1.6 OZ	6.80	6.80	
41032	GNU FOOD	FIBER BAR CHOCOLATE BROWNIE Vg	16/1.6 OZ	1.40	22.40	
30675	GNU FOOD	FIBER BAR CINN RAISIN Vg	16/1.6 OZ	1.40	22.40	
30678	GNU FOOD	FIBER BAR CINN RAISIN Vg 5pk	5/1.6 OZ	6.80	6.80	
30679	GNU FOOD	FIBER BAR ORANG CRANBRY Vg 5pk	5/1.6 OZ	6.80	6.80	
30676	GNU FOOD	FIBER BAR ORANGE CRANBERRY Vg	16/1.6 OZ	1.40	22.40	1.26 20.16
30688	GNU FOOD	FIBER BAR PEANUT BUTTER vg	16/1.6 OZ	1.40	22.40	
30687	GNU FOOD	FIBER BAR PEANUT BUTTER Vg 5pk	5/1.6 OZ	6.80	6.80	6.12 6.12
30614	GOLDIES	CAROB RICE CAKES	48/1.13 OZ	1.40	67.20	
36450	GOMACRO	BAR ALMND BUTTR W/CAROB vg	15/2 OZ	1.87	28.05	
36451	GOMACRO	BAR CASHEW BUTTER gf df vg	15/2 OZ	1.87	28.05	
36452	GOMACRO	BAR GRANOL W/COCNT gf df vg	15/2 OZ	1.87	28.05	
36457	GOMACRO	BAR NUTRNT BANA ALMND gf df vg	15/1.9 OZ	1.87	28.05	
36459	GOMACRO	BAR NUTRNT CASHEW MESQT gf vg	15/2.1 OZ	1.87	28.05	
36458	GOMACRO	BAR NUTRNT CHOC CRUNCH vg	15/1.9 OZ	1.87	28.05	
36453	GOMACRO	BAR PNUT BTR CHOC CHP df vg	15/2.5 OZ	1.87	28.05	
36454	GOMACRO	BAR PNUT PROTEIN gf df vg	15/2.3 OZ	1.87	28.05	
36455	GOMACRO	BAR SESAME BERRY gf df vg	15/2 OZ	1.87	28.05	
36456	GOMACRO	BAR TAHINI DATE gf df vg	15/2 OZ	1.87	28.05	
30445	GRANZOTI	ENERGY OATS ACAI BERRY s	12/2 OZ	1.43	17.16	
30449	GRANZOTI	ENERGY OATS ALMOND SPICE s	12/2 OZ	1.43	17.16	.99 11.88
30447	GRANZOTI	ENERGY OATS ALMOND WALNUT s	12/2 OZ	1.43	17.16	
30448	GRANZOTI	ENERGY OATS DOUBLE CHOCOLATE s	12/2 OZ	1.43	17.16	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
30446	GRANZOTI	ENERGY OATS MAPLE PECAN s	12/2 OZ	1.43	17.16	1.14	13.68
1611	HICKORY	SESAME GROATCAKES	24/2 OZ	.73	17.52		
7994	KASHI	BAR GOLEAN CRUNCH CHOC PNUT s	12/1.76 OZ	1.70	20.40	1.53	18.36
7917	KASHI	BAR GOLEAN+ CHOC ALMOND TOFFEE	12/2.75 OZ	1.70	20.40		
34627	KASHI	TLC CHEWY BAR CHRY DK CHOC	7.4 OZ	4.57	4.57		
41022	LARABAR	RAW BAR APPLE PIE gf vg	16/1.6 OZ	1.32	21.12		
41501	LARABAR	RAW BAR ASSORTED MINI GF Vg	12/1.78 OZ	.80	9.60		
41023	LARABAR	RAW BAR BANANA COOKIE gf vg	16/1.6 OZ	1.32	21.12		
41024	LARABAR	RAW BAR CASHEW COOKIE gf vg	16/1.6 OZ	1.32	21.12		
41025	LARABAR	RAW BAR CHERRY PIE gf vg	16/1.6 OZ	1.32	21.12		
41026	LARABAR	RAW BAR CHOC COCONUT gf vg	16/1.6 OZ	1.32	21.12		
41013	LARABAR	RAW BAR GINGER SNAP gf vg	16/1.8 OZ	1.32	21.12		
41014	LARABAR	RAW BAR LEMON gf vg	16/1.8 OZ	1.32	21.12		
41500	LARABAR	RAW BAR PB & JELLY gf vg	16/1.8 OZ	1.32	21.12		
4072	LUNA	BAR CHOC PEPPERMNT STICK Vg	15/1.69 OZ	1.19	17.85		
4063	LUNA	BAR DULCE DE LECHE s Vg	15/1.69 OZ	1.19	17.85		
4061	LUNA	BAR LEMON ZEST Vg	15/1.69 OZ	1.19	17.85		
4065	LUNA	BAR MINI ASST CARML/SMOR/NT s	18/1.7 OZ	.64	11.52		
4068	LUNA	BAR MINI ASST WHT CHOC MAC LEM	18/1.7 OZ	.64	11.52		
4064	LUNA	BAR NUTZ OVER CHOC Vg	15/1.69 OZ	1.19	17.85		
4066	LUNA	BAR S'MORES Vg	15/1.69 OZ	1.19	17.85		
30759	LUNA	BAR WHITE CHOC MACADAMIA s	15/1.41 OZ	1.19	17.85	.95	14.25
5388	MECOAST	KELP CRNCH BAR SESM GINGR ORG	12/1 OZ	1.45	17.40		
15387	MECOAST	KELP CRNCH BAR SESAME ORG	12/1 OZ	1.45	17.40		
35660	MRS MAYS	CHIPS FRUIT APPLE	12/2 OZ	1.72	20.64	1.19	14.28
35661	MRS MAYS	CHIPS FRUIT MELON	12/1.5 OZ	1.99	23.88	1.39	16.68
35662	MRS MAYS	CHIPS FRUIT PINEAPPLE	12/2 OZ	1.99	23.88	1.39	16.68
35663	MRS MAYS	CHIPS VEGGIE SWEET POTATO	12/2 OZ	1.72	20.64	1.19	14.28
35664	MRS MAYS	CHIPS VEGGIE TARO s	12/2 OZ	1.72	20.64	1.19	14.28
5564	MRS MAYS	CRUNCH ALMOND GF vg s	2 OZ	1.15	1.15		
5572	MRS MAYS	CRUNCH ALMOND GF vg s	5 OZ	2.59	2.59		
5562	MRS MAYS	CRUNCH BLACK SESAME GF vg s	2 OZ	1.15	1.15	.79	.79
5571	MRS MAYS	CRUNCH BLACK SESAME GF vg s	5.5 OZ	2.64	2.64		
5566	MRS MAYS	CRUNCH CASHEW GF vg s	2 OZ	1.15	1.15		
5574	MRS MAYS	CRUNCH CASHEW GF vg s	5 OZ	2.59	2.59		
32105	MRS MAYS	CRUNCH COCONUT ALMOND GF vg s	5.5 OZ	2.59	2.59		
34990	MRS MAYS	CRUNCH CRANBLUEBRY GF vg s	2 OZ	1.15	1.15		
34991	MRS MAYS	CRUNCH CRANTROPICAL GF vg s	2 OZ	1.15	1.15		
5565	MRS MAYS	CRUNCH PUMPKIN SEED GF vg	2 OZ	1.15	1.15	.86	.86
5573	MRS MAYS	CRUNCH PUMPKIN SEED GF vg s	5 OZ	2.64	2.64		
5561	MRS MAYS	CRUNCH SUNFLOWER GF vg s	2 OZ	1.15	1.15	.92	.92
5567	MRS MAYS	CRUNCH WALNUT GF vg s	2 OZ	1.15	1.15		
35665	MRS MAYS	FREEZE DRD CHIPS FRT APPLE	36/1.35 OZ	.79	28.44		
35668	MRS MAYS	FREEZE DRD CHIPS FRT PEAR	36/1.35 OZ	.79	28.44		
35666	MRS MAYS	FREEZE DRD CHIPS FRT PINEAPPLE	36/1.35 OZ	.79	28.44	.63	22.68
35667	MRS MAYS	FREEZE DRD CHIPS FRT STRWBRY	36/1.35 OZ	.79	28.44		
35095	MRS MAYS	ULT BAR CRUNCH CRAN GOJI vg s	12/1.4 OZ	1.15	13.80		
35096	MRS MAYS	ULT BAR PLUS BANANA BLBRY vg s	12/1.4 OZ	1.15	13.80		
35097	MRS MAYS	ULT BAR PLUS MNGO STRWBRY vg s	12/1.4 OZ	1.15	13.80		
7187	NATURCHO	CEREAL BARS APPLE LF WF	6 BARS	3.03	3.03		
7188	NATURCHO	CEREAL BARS BLUEBERRY LF WF	6 BARS	3.03	3.03		
7137	NATURCHO	CEREAL BARS CHERRY LF WF	6 BARS	3.03	3.03		
7189	NATURCHO	CEREAL BARS STRAWBERRY LF WF	6 BARS	3.03	3.03	2.73	2.73
7138	NATURCHO	CEREAL BARS TRIPLE BERRY LF WF	6 BARS	3.03	3.03		
3258	NENB	BAR GRNLA CHEWY ANTIOX ORG s	6 OZ	3.68	3.68		
3259	NENB	BAR GRNLA CHWY CHOC OMGA ORG s	6 OZ	3.68	3.68		
3279	NENB	BAR GRNLA CHWY MAPLE NUT ORG s	6 OZ	3.68	3.68		
35685	OSKRI	BAR MINI CASHEW CRNBRY gf v k	40/1.88 OZ	0.41	16.40	0.31	12.40
35688	OSKRI	BAR MINI COCONT DK CH ORG gf v	40/1.88 OZ	0.41	16.40	0.31	12.40
35682	OSKRI	BAR MINI COCONUT ORG gf vg k	40/1.78 OZ	0.41	16.40	0.31	12.40
35691	OSKRI	BAR MINI FIBER ALMND CRNBRY gf	40/1.88 OZ	0.41	16.40	0.31	12.40
35686	OSKRI	BAR MINI FIG gf v k	40/1.88 OZ	0.41	16.40	0.31	12.40
35681	OSKRI	BAR MINI QUINOA ORG gf vg k	40/1.78 OZ	0.36	14.40	0.27	10.80
35680	OSKRI	BAR MINI SESME DATE SYRP gf vg	40/1.78 OZ	0.36	14.40	0.27	10.80
8568	OSKRI	BAR BLACK SESAME ORG GF	18/1.9 OZ	.86	15.48		
31027	OSKRI	BAR CASHEW WF/GF	20/1.5 OZ	1.20	24.00		
31031	OSKRI	BAR DATE WF/GF	20/1.5 OZ	1.20	24.00		
31026	OSKRI	BAR DESERT DATES WF/GF	20/1.5 OZ	1.20	24.00	.99	19.80
34804	OSKRI	BAR FIBER ALMD CRANBRY gf	20/1.5 OZ	.86	17.20		
34805	OSKRI	BAR FIBER CASHEW CRANBRY gf	20/1.5 OZ	.86	17.20		
34806	OSKRI	BAR FIBER PECAN RAISIN gf	20/1.5 OZ	.86	17.20	.77	15.40
31030	OSKRI	BAR FIG WF/GF	20/1.5 OZ	1.20	24.00		
31029	OSKRI	BAR FLAX SEED WF/GF	20/1.5 OZ	1.20	24.00		
31024	OSKRI	BAR GRANOLA WF/GF	20/1.5 OZ	1.20	24.00	1.08	21.60
34802	OSKRI	BAR GRNLA ALMD CRAN DK CHOC s	20/1.5 OZ	1.19	23.80	.89	17.80
34803	OSKRI	BAR GRNLA NUT FREE DK CHOC s	20/1.5 OZ	1.19	23.80	.89	17.80
31028	OSKRI	BAR MIXED NUTS WF/GF	20/1.5 OZ	1.20	24.00		
31023	OSKRI	BAR MUESLI WF/GF	20/1.5 OZ	1.20	24.00		
8569	OSKRI	BAR QUINOA GF	18/1.9 OZ	.86	15.48		
31025	OSKRI	BAR TURKISH DELIGHT WF/GF	20/1.5 OZ	1.20	24.00		



Coconut with Dark Chocolate Mini Bar



Ingredients: Coconuts*, Rice Syrup*, Dark Chocolate*(Sugar*, Cocoa Liquor*, Cocoa Butter*, Soy Lecithin*, (an emulsifier), Vanilla*)
*Organic

Item #35688

Coconut Original Mini Bar



Ingredients: Coconuts*, Rice Syrup*
*Organic

Item #35682



Dr. McDougall's Asian Entrees



These Asian-inspired, all-natural meal cups from **Dr. McDougall's** make quick, hearty vegan lunches or dinners. Just microwave or add boiling water and let stand for a few minutes and they're ready to go!

No GMOs; low in fat and calories. Packaging is from paper sourced exclusively from FSC-certified sustainably managed forests and is BPA-free.

Spicy Kung Pao Noodle



Ingredients: Noodles (Wheat Flour, Starch), Vegetables (Garlic, Shallots, Chili Peppers, Carrots, Red Bell, Shitake, Cabbage, Green Onion), Organic Evaporated Cane Juice, Soy Sauce Powder (Soybeans, Wheat), Peanuts, Yeast Extract, Potato Starch, Vinegar, Spices, Sesame, Natural Flavors (Vegan), Citric Acid. *Dried*

Item #30888

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
SNACKS & SNACK BARS - cont.						
8572	OSKRI	COCONUT BAR ALMOND FLVRD ORG	18/2.2 OZ	.86	15.48	
8574	OSKRI	COCONUT BAR CHERRY FLVRD ORG	18/2.2 OZ	.86	15.48	
34800	OSKRI	COCONUT BAR DK CHOC ORG gf s	20/1.5 OZ	1.19	23.80	
8578	OSKRI	COCONUT BAR MANGO FLVRD ORG	18/2.2 OZ	.86	15.48	
8571	OSKRI	COCONUT BAR ORIGINAL ORG	18/2.2 OZ	.86	15.48	
8577	OSKRI	COCONUT BAR PINEAPPLE FLVRD OR	18/2.2 OZ	.86	15.48	
8575	OSKRI	COCONUT BAR STRAWBERRY FLVRD OR	18/2.2 OZ	.86	15.48	
31385	OSKRI	CRUNCH HNY ALMONDS	6/3.53 OZ	1.79	10.74	
31386	OSKRI	CRUNCH HNY CASHEW CRANBERRIES	6/3.53 OZ	1.79	10.74	
31387	OSKRI	CRUNCH HNY PECAN CINNAMON	6/3.53 OZ	1.79	10.74	
34472	OSKRI	JBAR ALMD CRAN LOW SUG GF	20/1.5 OZ	1.27	25.40	
34473	OSKRI	JBAR CASHW CRAN LOW SUG GF	20/1.5 OZ	1.27	25.40	
34474	OSKRI	JBAR PECN RAISN LOW SUG GF	20/1.5 OZ	1.27	25.40	
35692	OSKRI	PATTIE HONEY MINT gf v k	80/11 GM	.38	30.40	.28 22.40
8422	OSKRI	SESAME BAR DATE SYRUP GF	18/1.9 OZ	.86	15.48	
8424	OSKRI	SESAME BAR DATE/CUMIN GF	18/1.9 OZ	.86	15.48	.77 13.86
8425	OSKRI	SESAME BAR DATE/FENNEL GF	18/1.9 OZ	.86	15.48	
34801	OSKRI	SESAME BAR DK CHOC ORG gf s	20/1.5 OZ	1.19	23.80	
8426	OSKRI	SESAME BAR MOLAS/CUMIN GF	18/1.9 OZ	.86	15.48	
8427	OSKRI	SESAME BAR MOLAS/FENNEL GF	18/1.9 OZ	.86	15.48	
8423	OSKRI	SESAME BAR MOLASSES GF	18/1.9 OZ	.86	15.48	
7427	PRIMAL	MEATLESS JERKY HCKY SMOK vg k	24/1 OZ	1.05	25.20	
7424	PRIMAL	MEATLESS JERKY HT SHTK MUSH vg	24/1 OZ	1.05	25.20	.94 22.56
7425	PRIMAL	MEATLESS JERKY MESQUITE LIME v	24/1 OZ	1.05	25.20	.94 22.56
7429	PRIMAL	MEATLESS JERKY TERIYAKI vg k s	24/1 OZ	1.05	25.20	
7426	PRIMAL	MEATLESS JERKY TEXAS BBQ vg k	24/1 OZ	1.05	25.20	.94 22.56
7431	PRIMAL	MEATLESS JERKY THAI PNUT vg k	24/1 OZ	1.05	25.20	
7428	PRIMAL	MEATLESS PEPPERONI NATURAL vg	24/1.5 OZ	1.32	31.68	1.19 28.56
31323	SAHALE	KSAR BLEND Moroccan	5 OZ	4.19	4.19	
31320	SAHALE	SING BURI BLEND Thai	5 OZ	4.19	4.19	
31322	SAHALE	SOLEDAD BLEND Mediterranean	5 OZ	4.19	4.19	
31324	SAHALE	VOLDOSTA BLEND American South	5 OZ	4.19	4.19	
2986	SENSIBLE	CRUNCH DRIED FRUIT CHERRYBERRY	6/7.5 OZ	1.32	7.92	
2988	SENSIBLE	CRUNCH DRIED FRUIT ORCHARD BL	6/7.5 OZ	1.32	7.92	
2987	SENSIBLE	CRUNCH DRIED FRUIT TROPICAL BL	6/7.5 OZ	1.32	7.92	
6610	STRETCH	FRUIT LEATHER RASPBERRY	30/5 OZ	.49	14.70	
6613	STRETCH	FRUIT LEATHER *ASSORTED	30/5 OZ	.54	16.20	
6602	STRETCH	FRUIT LEATHER ABUNDANT APRICOT	30/5 OZ	.49	14.70	
6603	STRETCH	FRUIT LEATHER AUTUMN APPLE	30/5 OZ	.49	14.70	
6606	STRETCH	FRUIT LEATHER GRAPE	30/5 OZ	.49	14.70	
6609	STRETCH	FRUIT LEATHER MANGO SUNRISE	30/5 OZ	.49	14.70	
6605	STRETCH	FRUIT LEATHER ORCHARD CHERRY	30/5 OZ	.49	14.70	
6611	STRETCH	FRUIT LEATHER STRAWBERRY	30/5 OZ	.49	14.70	
6722	TIGERMLK	BAR PB & HONEY h s	24/1.25 OZ	.57	13.68	
6724	TIGERMLK	BAR PEANUT BUTTER h s	24/1.23 OZ	.57	13.68	
6726	TIGERMLK	BAR PROTEIN RICH h s	24/1.23 OZ	.57	13.68	
33601	VT NUTFR	BAR GRANOLA CH CHIP NUT FREE s	12/2.1 OZ	1.63	19.56	1.47 17.64
33602	VT NUTFR	BAR GRANOLA SWT RSIN NUT FREE	12/2.1 OZ	1.63	19.56	1.47 17.64
33600	VT NUTFR	BAR GRANOLA TRL BRY NUT FREE s	12/2.1 OZ	1.63	19.56	1.47 17.64
31571	VTSMOKE	BEEF STICK BBQ natural	24/1 OZ	1.10	26.40	
31570	VTSMOKE	BEEF/PORK STCK CRCK PEP natura	24/1 OZ	1.10	26.40	
63190	VTSMOKE	SMOKED PEPPERONI nitrates	7 OZ	4.25	4.25	3.83 3.83
63228	VTSMOKE	SUMMER SAUSAGE no nitrates	6 OZ	4.25	4.25	
36401	YOGAVIVE	APPLE CHIPS APL CINNAMON ORG	5/35 OZ	.99	4.95	
36407	YOGAVIVE	APPLE CHIPS CARAMEL ORG	12/1.76 OZ	3.59	43.08	
36402	YOGAVIVE	APPLE CHIPS CARAMEL ORG	5/35 OZ	.99	4.95	.79 3.95
36400	YOGAVIVE	APPLE CHIPS ORIGINAL ORG	5/35 OZ	.99	4.95	.79 3.95
36403	YOGAVIVE	APPLE CHIPS PEACH ORG	5/35 OZ	.99	4.95	.79 3.95
36404	YOGAVIVE	APPLE CHIPS STRAWBERRY ORG	5/35 OZ	.99	4.95	.79 3.95
SOUPS & BROTHS, CANNED & ASEPTIC						
4780	AMYS	SOUP ALPHABET ORG s vg	14.1 OZ	2.35	2.35	
4792	AMYS	SOUP BLACK BEAN VEG ORG GF vg	14.5 OZ	2.76	2.76	
4784	AMYS	SOUP CHUNKY TOM BISQUE ORG GF	14.5 OZ	2.76	2.76	
4791	AMYS	SOUP CREAM OF MUSHROOM ORG	14.1 OZ	2.76	2.76	
4787	AMYS	SOUP CREAM OF TOMATO ORG GF	14.5 OZ	2.35	2.35	
35463	AMYS	SOUP CREAM TOMATO ORG l/s gf k	14.5 OZ	2.35	2.35	
50257	AMYS	SOUP CURRIED LENTIL vg	14.1 OZ	2.76	2.76	
4788	AMYS	SOUP LENTIL ORG GF vg	14.5 OZ	2.35	2.35	
4783	AMYS	SOUP LENTIL VEG ORG GF vg	14.5 OZ	2.35	2.35	
35460	AMYS	SOUP LENTIL VEG ORG l/s gf vg	14.5 OZ	2.35	2.35	
4786	AMYS	SOUP MINESTRONE ORG vg	14.1 OZ	2.35	2.35	
4789	AMYS	SOUP NO CHICKEN NOODLE vg	14.1 OZ	2.35	2.35	
4830	AMYS	SOUP PASTA & 3 BEAN ORG	14.1 OZ	2.35	2.35	
4793	AMYS	SOUP SPLIT PEA ORG GF vg	14.1 OZ	2.35	2.35	
50256	AMYS	SOUP SUMMER CORN & VEG ORG	14.5 OZ	2.76	2.76	2.39 2.39
33001	AMYS	SOUP THAI COCONUT vg	14.1 OZ	2.76	2.76	
35464	AMYS	SOUP TOMATO CHUNKY ORG l/s gf	14.5 OZ	2.76	2.76	
33002	AMYS	SOUP TUSCAN BEAN & RICE ORG vg	14.1 OZ	2.76	2.76	
35462	AMYS	SOUP VEG CHUNKY ORG gf vg	14.3 OZ	2.35	2.35	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
35461	AMYS	SOUP VEG FIRE RSTD ORG gf vg	14.3 OZ	2.76	2.76	
4790	AMYS	SOUP VEGETABLE BARLEY ORG vg	14.1 OZ	2.35	2.35	
36441	BARHAR	CHOWDER CHERRYSTONE CLAM Me	15 OZ	2.75	2.75	
30625	BARHAR	CHOWDER CORN	15 OZ	2.75	2.75	
30624	BARHAR	CHOWDER FISH	15 OZ	2.75	2.75	
30622	BARHAR	CHOWDER LOBSTER	15 OZ	5.35	5.35	
30623	BARHAR	CHOWDER MAINE SALMON	15 OZ	2.75	2.75	
36442	BARHAR	CHOWDER MANHATTAN CLAM	15 OZ	2.75	2.75	
4387	BARHAR	CHOWDER NEW ENGLAND CLAM	15 OZ	2.75	2.75	
35073	BARHAR	STOCK CLAM	15 OZ	2.07	2.07	
35071	BARHAR	STOCK FISH	15 OZ	2.07	2.07	
35072	BARHAR	STOCK LOBSTER	15 OZ	2.07	2.07	
35074	BARHAR	STOCK SEAFOOD	15 OZ	2.07	2.07	
30888	DR MCDGL	ASIAN NOODLE KUNG PAO vg	2 OZ	1.66	1.66	1.39
30890	DR MCDGL	ASIAN NOODLE PAD THAI vg	2 OZ	1.66	1.66	1.39
30891	DR MCDGL	ASIAN NOODLE RSTD PEANUT vg	1.9 OZ	1.66	1.66	1.39
30892	DR MCDGL	ASIAN NOODLE SOY GINGER vg	1.9 OZ	1.66	1.66	1.39
30893	DR MCDGL	ASIAN NOODLE SZECHUAN vg	2 OZ	1.66	1.66	1.39
30894	DR MCDGL	ASIAN NOODLE TERIYAKI vg	1.9 OZ	1.66	1.66	1.39
30887	DR MCDGL	ASIAN PILAF CURRY LENTIL	2.5 OZ	1.66	1.66	1.39
30889	DR MCDGL	ASIAN PILAF MASALA LENTIL vg	2.6 OZ	1.66	1.66	1.39
30883	DR MCDGL	SOUP BLACK BEAN RTS gf vg	18.3 OZ	2.61	2.61	2.19
30882	DR MCDGL	SOUP CHUNKY TOMATO RTS gf vg	17.7 OZ	2.61	2.61	2.19
30880	DR MCDGL	SOUP LENTIL RTS gf vg	18.2 OZ	2.61	2.61	2.19
30885	DR MCDGL	SOUP MINESTRONE RTS gf vg	18 OZ	2.61	2.61	2.19
30886	DR MCDGL	SOUP RSTD PEP TOM RTS gf vg	18 OZ	2.61	2.61	2.19
30884	DR MCDGL	SOUP SPLIT PEA RTS gf vg	18.2 OZ	2.61	2.61	2.19
30881	DR MCDGL	SOUP VEGETABLE RTS gf vg	18 OZ	2.61	2.61	2.19
5504	HEINZ	SOUP TOMATO	400 GR	2.47	2.47	1.85
3780	IMAGINE	BROTH CHICKEN FREE-RNG ORG	16 OZ	2.35	2.35	
3756	IMAGINE	BROTH NO CHICKEN ORG	32 OZ	3.55	3.55	
3782	IMAGINE	BROTH VEGETABLE ORG	16 OZ	2.35	2.35	
3759	IMAGINE	BROTH VEGETABLE ORG	32 OZ	3.55	3.55	
3784	IMAGINE	SOUP CRMY BROCCOLI ORG GF Vg	16 OZ	2.75	2.75	
3787	IMAGINE	SOUP CRMY BUTTRNUT ORG GF Vg	16 OZ	2.75	2.75	
3789	IMAGINE	SOUP CRMY POTATO LEEK OG GF Vg	15 OZ	2.75	2.75	
3786	IMAGINE	SOUP CRMY TOMATO ORG GF Vg	16 OZ	2.75	2.75	2.09
35396	KITCHENB	STOCK BEEF ALL NATURAL	32 OZ	2.69	2.69	
35397	KITCHENB	STOCK CHICKEN ALL NATURAL	32 OZ	2.49	2.49	
35398	KITCHENB	STOCK CHICKEN ALL NATURAL	8 OZ	.79	.79	
35400	KITCHENB	STOCK SEAFOOD ALL NATURAL	32 OZ	2.65	2.65	
35401	KITCHENB	STOCK TURKEY ALL NATURAL	32 OZ	2.49	2.49	
35403	KITCHENB	STOCK VEGETABLE ALL NATURAL	32 OZ	2.65	2.65	
35404	KITCHENB	STOCK VEGETABLE ALL NATURAL	8 OZ	.79	.79	
8100	OLDCAPE	CHOWDER NEW ENGLAND CLAM	15 OZ	2.19	2.19	1.97
30581	PACIFIC	BROTH BEEF NATURAL	32 OZ	2.92	2.92	
30583	PACIFIC	BROTH CHICKEN ORGANIC	32 OZ	3.19	3.19	
30582	PACIFIC	BROTH CHICKEN ORGANIC	4/8 OZ	.87	3.48	
5690	PACIFIC	BROTH NAT FREE-RANGE CHICK	32 OZ	2.90	2.90	
5691	PACIFIC	BROTH ORGANIC VEGETABLE	32 OZ	3.19	3.19	
30584	PACIFIC	BROTH VEGETABLE ORG	4/8 OZ	.87	3.48	
SOUPS & BROTHS, CUPS & DRY MIXES						
30541	DR MCDGL	BIG CUP SOUP BLACK BEAN LIME	6/3.4 OZ	1.81	10.86	
30563	DR MCDGL	BIG CUP SOUP CHICK RICE PASTA	6/2.7 OZ	1.81	10.86	1.44
30499	DR MCDGL	BIG CUP SOUP CHICKEN RAMEN	6/2.1 OZ	1.81	10.86	8.64
30537	DR MCDGL	BIG CUP SOUP HOT & SOUR	6/1.9 OZ	1.81	10.86	
30538	DR MCDGL	BIG CUP SOUP INDIAN RICE CURRY	6/3.4 OZ	1.81	10.86	
30542	DR MCDGL	BIG CUP SOUP MINESTRONE	6/2.3 OZ	1.81	10.86	
30536	DR MCDGL	BIG CUP SOUP MISO GINGER	6/1.9 OZ	1.81	10.86	
30535	DR MCDGL	BIG CUP SOUP PAD THAI	6/2.0 OZ	1.81	10.86	
30540	DR MCDGL	BIG CUP SOUP SPLIT PEA BARLEY	6/2.5 OZ	1.81	10.86	
30694	DR MCDGL	BIG CUP SOUP SPRING ONION	6/1.9 OZ	1.81	10.86	
35167	FRN SOUP	CHOWDER MIX RED PPR CORN FL SU	6 OZ	4.09	4.09	
31445	FRN SOUP	HEARTY CHILI CA WHITE BEAN	15 OZ	5.29	5.29	
31449	FRN SOUP	HEARTY CHILI MI SKI COUNTRY	15 OZ	5.29	5.29	
31447	FRN SOUP	HEARTY CHOWDER IL CORN	7 OZ	5.29	5.29	
31455	FRN SOUP	HEARTY SOUP IN SAUSAGE LENTIL	16 OZ	5.29	5.29	
31450	FRN SOUP	HEARTY SOUP MN 11-BEAN	18 OZ	5.29	5.29	
31451	FRN SOUP	HEARTY SOUP NB GREEN PEA	16 OZ	5.29	5.29	
31453	FRN SOUP	HEARTY SOUP NY MINESTRONE	15 OZ	5.29	5.29	4.29
31454	FRN SOUP	HEARTY SOUP TX BLACKBEAN	15 OZ	5.29	5.29	
31456	FRN SOUP	HEARTY SOUP WI WILD RICE	6 OZ	5.29	5.29	
31446	FRN SOUP	HEARTY STEW DK BEEF BRLY BEAN	14 OZ	5.29	5.29	4.29
31452	FRN SOUP	HEARTY STEW NE FISHERMAN	10 OZ	5.29	5.29	
35170	FRN SOUP	SOUP MIX BROCC CHDR VIRG BLU RD	4.25 OZ	4.49	4.49	
35166	FRN SOUP	SOUP MIX CHCKN NOODLE CT COTTA	4.5 OZ	4.09	4.09	3.68
35168	FRN SOUP	SOUP MIX FRNCH ONI CHCAGO BSTR	4.75 OZ	4.09	4.09	
35180	FRN SOUP	SOUP MIX ITALIAN WEDDING	5 OZ	4.09	4.09	
35172	FRN SOUP	SOUP MIX NEW ORLN CREOLE JMBLY	6 OZ	4.09	4.09	
35169	FRN SOUP	SOUP MIX POTA LEEK IDAHO OUTPO	4 OZ	4.09	4.09	2.99



Pad Thai Noodle



Ingredients: Rice Noodles (Rice Flour, Starch), Wheat Free Soy Sauce Powder (Fermented Soybeans), Vegetables (Garlic, Shallots, Cabbage, Cilantro, Chili Pepper, Green Onion, Chives), Peanuts, Organic Evaporated Cane Juice, Vegan Natural Flavors (Yeast Extract, Extracts Of Tamarind, Turmeric And Paprika), Spices, Potato Starch, Lime Juice Powder, Tofu, Sea Salt. *Dried*

Item #30890

Roasted Peanut Noodle



Ingredients: Noodles (Wheat Flour, Starch), Peanuts, Organic Evaporated Cane Juice, Vegetables (Garlic, Onion, Green Onion, Chili Peppers), Yeast Extract, Potato Starch, Soy Sauce* (Soybeans, Wheat), Lime Juice*, Natural Flavor (Vegan), Sea Salt, Lemongrass, Ginger, Spices, Sesame Extract. *Dried*

Item #30891

(continued on page



Soy Ginger Noodle



Ingredients: Noodles (Wheat Flour, Starch), Organic Evaporated Cane Juice, Teriyaki Sauce (Soy Sauce (Fermented Soybeans, Wheat), Vegetables* (Garlic, Shallot, Green Onion), Potato Starch, Yeast Extract, Natural Flavor (Vegan), Vinegar*, Ginger, Spices, Sesame, Citric Acid. *Dried*

Item #3089

Spicy Szechuan Noodle



Ingredients: Noodles (Wheat Flour, Starch), Soy Sauce Powder (Soybeans, Wheat), Dehydrated Vegetables (Garlic, Shallot, Carrot, Shitake, Cabbage, Green Onion), Organic Evaporated Cane Juice, Potato Starch, Black Bean Paste* (Fermented Black Soybeans), Yeast Extract, Natural Flavor (Vegan), Chillies, Spices, Vinegar, Citric Acid, Sesame, Ginger, *Dried*

Item #30893

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
SOUPS & BROTHS, CUPS & DRY MIXES - cont.						
35171	FRN SOUP	SOUP MIX TORTILLA SOUTH BORDR	4.5 OZ	4.09	4.09	
40423	NORTHBAY	SOUP MIX 32 BEAN 8 VEGETABLES	16 OZ	4.83	4.83	
40425	NORTHBAY	SOUP MIX WW ABC VEGETABLE	16 OZ	4.64	4.64	3.29 3.29
SOY PRODUCTS						
1270	MORINU	SILKEN TOFU extra firm	12/12 OZ	1.39	16.68	
1271	MORINU	SILKEN TOFU firm	12/12 OZ	1.39	16.68	
SWEETENERS, SUGAR						
9534	BILLNGTN	SUGAR DARK BROWN MOLASSES	16 OZ	2.17	2.17	
9536	BILLNGTN	SUGAR DEMERARA	16 OZ	2.17	2.17	
9537	BILLNGTN	SUGAR GOLDEN Coffee Lover's	16 OZ	2.47	2.47	
9533	BILLNGTN	SUGAR LIGHT BROWN MUSCOVADO	16 OZ	2.17	2.17	
9535	BILLNGTN	SUGAR MILLED GOLDEN CANE	16 OZ	2.17	2.17	
9073	FLORIDA	SUGAR MILLED CANE bag	32 OZ	3.25	3.25	
31538	LAMEDINA	SUGAR CUBES BROWN s	13 OZ	3.73	3.73	
31539	LAMEDINA	SUGAR CUBES WHITE CANE s	14 OZ	3.71	3.71	
33176	LARS	SUGAR BELGIAN PEARL large	8 OZ	3.20	3.20	
33175	LARS	SUGAR SWEDISH PEARL small	10 OZ	3.35	3.35	
1986	RAPUNZEL	SUGAR RAPADURA ORG FT	24 OZ	5.49	5.49	
1901	ROLAND	SUGAR CUBES DEMERARA	17.5 OZ	3.38	3.38	
9053	WHL SME	SUCANAT ORG resealable FT	2#	5.79	5.79	5.21 5.21
30188	WHL SME	SUGAR BROWN DARK ORG FT	1.5#	3.99	3.99	
30187	WHL SME	SUGAR BROWN LIGHT ORG FT	1.5#	3.99	3.99	
9042	WHL SME	SUGAR ORGANIC resealable FT	2#	4.60	4.60	4.14 4.14
1421	WHL SME	SUGAR POWDERED ORG reseal FT	1#	3.49	3.49	
30279	WHL SME	SUGAR RAW CANE Fair Trade	24 OZ	3.70	3.70	
9052	WHL SME	SUGAR TURBINADO ORG	24 OZ	3.70	3.70	
32170	WHL SME	SUGAR ZERO ORG	12 OZ	10.90	10.90	9.81 9.81
32171	WHL SME	SUGAR ZERO ORG packets	35 CT	7.95	7.95	
SWEETENERS, GRAIN						
6321	EDEN	MALT SYRUP BARLEY ORG	20 OZ	4.90	4.90	
1889	LUNDBERG	BROWN RICE SYRP SWT DRM ORG gf	21 OZ	5.25	5.25	
1838	LUNDBERG	BROWN RICE SYRUP SWET DREAM gf	21 OZ	4.25	4.25	
1776	SUZANNES	RICE NECTAR CHOCOLATE gf vg	16 OZ	3.21	3.21	2.89 2.89
1775	SUZANNES	RICE NECTAR JUST LIKE HONEY gf	16 OZ	3.45	3.45	2.76 2.76
1772	SUZANNES	RICE NECTAR MAPLE ORG gf vg	16 OZ	3.57	3.57	2.17 2.17
2619	SWEETCLO	MALT BARLEY ORG	16 OZ	6.36	6.36	
1837	SWEETCLO	RICE SYRUP ORG	16 OZ	6.79	6.79	
SWEETENERS, HONEY						
33380	BEERAW	HONEY COLORADO STAR THISTLE	10.5 OZ	7.64	7.64	
33377	BEERAW	HONEY COLORADO SWEET CLOVER	10.5 OZ	6.85	6.85	
33378	BEERAW	HONEY FLORIDA ORANGE BLOSSOM	10.5 OZ	6.85	6.85	
33375	BEERAW	HONEY MAINE BLUEBERRY	10.5 OZ	6.85	6.85	
33379	BEERAW	HONEY MAINE WILD RASPBERRY	10.5 OZ	6.85	6.85	
33381	BEERAW	HONEY NEW YORK BASSWOOD	10.5 OZ	7.64	7.64	
32166	CHAMP AP	HONEY CRYSTAL RAW pail	2.5 #	11.99	11.99	
32165	CHAMP AP	HONEY CRYSTAL RAW squat jar	1 #	5.15	5.15	
32164	CHAMP AP	HONEY LIQUID squat jar	1 #	5.15	5.15	
41149	COMVITA	HONEY MANUKA 10+ active	1.1 #	24.00	24.00	21.60 21.60
41148	COMVITA	HONEY MANUKA active	1 #	16.50	16.50	
41150	COMVITA	HONEY MANUKA BLEND 50/50	1.1 #	14.94	14.94	
41323	CRYSTALS	HONEY ALL NATURAL	17 OZ	5.52	5.52	
41324	CRYSTALS	HONEY CHUNKY	17 OZ	4.23	4.23	
41322	CRYSTALS	HONEY CRANBERRY	17 OZ	4.50	4.50	
41321	CRYSTALS	HONEY MAINE BLUEBERRY	17 OZ	4.50	4.50	
41320	CRYSTALS	HONEY NEW YORK'S OWN	17 OZ	3.96	3.96	
41325	CRYSTALS	HONEY SOUTHERN WILDFLOWER	17 OZ	3.96	3.96	
1370	DAWES	RAW HONEY CLOVER	16 OZ	4.79	4.79	4.31 4.31
1371	DAWES	RAW HONEY WILDFLOWER	16 OZ	4.79	4.79	
2868	FIORDIMI	HONEY ACACIA ORG Italy	14.11 OZ	7.67	7.67	6.14 6.14
2869	FIORDIMI	HONEY CHESTNUT ORG Italy	14.11 OZ	7.67	7.67	6.14 6.14
2867	FIORDIMI	HONEY FOREST ORG Italy	14.11 OZ	7.67	7.67	6.14 6.14
2877	FIORDIMI	HONEY LIME FLWR ORG Italy	14.11 OZ	7.67	7.67	6.14 6.14
2874	FIORDIMI	HONEY ORANGE ORG Italy	14.11 OZ	7.67	7.67	6.14 6.14
6033	GRANJASF	HONEY MULTIFLORA no drip Spain	12.3 OZ	4.64	4.64	3.94 3.94
15615	HONEYGAR	HONEY RAW/UNFLT	16 OZ	7.25	7.25	
35455	HONEYLAN	HONEY COMB ROUND new zealand	7.9 OZ	7.84	7.84	6.84 6.84
30820	HONIBE	HONEY DROPS indiv wrap	20 CT	6.95	6.95	
30821	HONIBE	HONEY DROPS W/LEMON indiv wrap	20 CT	6.95	6.95	4.95 4.95
4927	LULU	HONEY LAVENDER	9 OZ	6.31	6.31	
1383	MCLURES	HONEY BLUEBERRY	16 OZ	5.19	5.19	4.15 4.15
1438	MCLURES	HONEY BUCKWHEAT	16 OZ	5.19	5.19	
1378	MCLURES	HONEY CLOVER	2.5#	11.25	11.25	
1387	MCLURES	HONEY ORANGE BLOSSOM	16 OZ	4.99	4.99	
1392	MCLURES	HONEY RASPBERRY	16 OZ	5.19	5.19	4.15 4.15
1395	MCLURES	HONEY TUPELO	16 OZ	6.25	6.25	
2188	MCLURES	HONEY WILDFLOWER	16 OZ	4.99	4.99	
1382	MOORLND	HONEY CANADIAN CREAMED	2.5#	11.45	11.45	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
3169	MOORLND	HONEY CANADIAN CREAMED	16 OZ	5.39	5.39	
1375	MOORLND	HONEY CLOVER	16 OZ	5.09	5.09	
15624	MOORLND	HONEY COMB	10 OZ	7.99	7.99	
30306	MOTHERS	HONEY MAINE WILD FLOWER	9 OZ	2.84	2.84	
30303	MOTHERS	HONEY ORANGE BLOSSOM	9 OZ	2.84	2.84	
30307	MOTHERS	temp n/a HONEY STAR THISTLE	9 OZ	2.84	2.84	
7471	REALLYRA	HONEY RAW jar	2LB 10 OZ	20.89	20.89	2.56 2.56
7470	REALLYRA	HONEY RAW jar	16 OZ	8.69	8.69	
15660	SWAN'S	HONEY BEARS	12 OZ	3.49	3.49	
15636	SWAN'S	HONEY LTLY HEATED sqz bottle	1.5#	5.15	5.15	
21221	SWAN'S	HONEY MAINE RAW UNFILTERED	2.5#	11.60	11.60	
15686	SWAN'S	HONEY MAINE RAW UNFILTERED	16 OZ	5.45	5.45	
15683	SWAN'S	HONEY MAINE WILD BLUEBERRY	3#	11.60	11.60	
15685	SWAN'S	HONEY MAINE WILD RASPBERRY	3#	9.45	9.45	
15677	SWAN'S	HONEY MAINE WILDFLOWER	2#	7.25	7.25	
15681	SWAN'S	HONEY MAINE WILDFLOWER	3#	9.45	9.45	
15721	SWAN'S	HONEY ORANGE BLOSSOM flip top	16 OZ	4.15	4.15	
15421	SWAN'S	HONEY STRAWS ASSORTED FLAVORS	150 CNT	.18	27.00	
15687	SWAN'S	HONEY WILD BLUEBERRY flip top	16 OZ	4.15	4.15	
15691	SWAN'S	HONEY WILD RASPBERRY flip top	16 OZ	5.00	5.00	
15679	SWAN'S	HONEY WILDFLOWER flip top	16 OZ	4.15	4.15	
33350	WHL SME	HONEY AMBER ORG FT	16 OZ	7.39	7.39	5.49 5.49
33352	WHL SME	HONEY ORG FT squeeze btl	16 OZ	7.39	7.39	5.49 5.49
33351	WHL SME	HONEY RAW ORG FT	16 OZ	7.39	7.39	5.49 5.49

SWEETENERS, MAPLE

32007	BROWN	MAPLE SYRUP DARK AMBER	8.45 OZ	11.00	11.00	
32006	COOMBS	MAPLE SUGAR ORG	1.9#	20.50	20.50	
6505	HIGHLAND	MAPLE SUGAR GRANULATED	8 OZ	8.15	8.15	
6511	HIGHLAND	MAPLE SYRP GR A MED ORG gl/hnd	8 OZ	5.99	5.99	
6480	HIGHLAND	MAPLE SYRP GRADE B glass jug	16 OZ	9.95	9.95	
6491	HIGHLAND	MAPLE SYRP GRD A MED	32 OZ JUG	21.89	21.89	
6483	HIGHLAND	MAPLE SYRP GRD A MED COLLECTOR	34 OZ	23.50	23.50	21.15 21.15
6484	HIGHLAND	MAPLE SYRP GRD A MED COLLECTOR	8 OZ	8.99	8.99	
6485	HIGHLAND	MAPLE SYRP GRD A MED gl cabin	8.4 OZ	7.96	7.96	
6489	HIGHLAND	MAPLE SYRP GRD A MED gl leaf	8.4 OZ	8.99	8.99	
6500	HIGHLAND	MAPLE SYRP LEAF NIP	1.7 OZ	2.90	2.90	
6515	HIGHLAND	MAPLE SYRP ROUND CRUET	10 OZ	9.99	9.99	
30368	HIGHLAND	MAPLE SYRUP AMBER APPLE	12 OZ	9.95	9.95	
6475	HIGHLAND	MAPLE SYRUP INFUSED w/CINAMON	8 OZ	8.99	8.99	
6474	HIGHLAND	MAPLE SYRUP INFUSED w/VANILLA	8 OZ	8.99	8.99	

SWEETENERS, MOLASSES

1439	PLANTAT	BARBADOS MOLASSES unsulf	15 OZ	4.40	4.40	3.52 3.52
1430	PLANTAT	BARBADOS MOLASSES unsulf	31 OZ	6.80	6.80	5.44 5.44
1433	PLANTAT	BLACKSTRAP MOLASSES ORG	15 OZ	5.25	5.25	4.20 4.20
1426	PLANTAT	BLACKSTRAP MOLASSES unsulf	15 OZ	4.15	4.15	3.32 3.32
1427	PLANTAT	BLACKSTRAP MOLASSES unsulf	31 OZ	6.25	6.25	5.00 5.00
1782	SUZANNES	MOLASSES BLACKSTRAP ORG	16 OZ	3.09	3.09	1.99 1.99
1429	WHL SME	BLACKSTRAP MOLASSES ORG FT	32 OZ	6.50	6.50	

SWEETENERS, OTHERS

32512	ELFOODS	AGAVE NECTAR DARK ORG vg	12 OZ	4.98	4.98	
32511	ELFOODS	AGAVE NECTAR LIGHT ORG vg	12 OZ	4.98	4.98	
32510	ELFOODS	COCONT SUGR PALM FLOWER ORG vg	8 OZ	3.73	3.73	
1574	MADHAHA	AGAVE NECTAR AMBER ORG	23.5 OZ	5.04	5.04	
1569	MADHAHA	AGAVE NECTAR AMBER ORG	11.75 OZ	3.28	3.28	
1583	MADHAHA	AGAVE NECTAR LIGHT ORG	11.75 OZ	3.28	3.28	
31047	MADHAHA	AGAVE NECTAR LIGHT ORG	23.5 OZ	5.04	5.04	
8439	OSKRI	DATE SYRUP	9.6 OZ	5.39	5.39	
34965	STASH	AGAVE NECTAR STICKS	20 CT	3.33	3.33	2.66 2.66
3791	STEVITA	STEVIA CLEAR LIQUID squeez btl	1.35 OZ	3.32	3.32	
3798	STEVITA	STEVIA SIMPLY	.7 OZ	5.70	5.70	
3795	STEVITA	STEVIA SPOONABLE jar	2.8 OZ	4.97	4.97	
3796	STEVITA	STEVIA SPOONABLE 50 pkts	1.8 OZ	4.24	4.24	
3792	STEVITA	STEVIA SUPREME	5.4 OZ	7.88	7.88	
3790	STEVITA	STEVIA SUPREME 50pkt/box	1.8 OZ	4.34	4.34	

TEA

9440	CANARINO	LEMON BEVERAGE ITALIAN	20 CNT	5.15	5.15	
2587	CELEST	GREEN TEA ANTIOXIDANT	6/20 CNT	2.59	15.54	2.20 13.20
2589	CELEST	GREEN TEA AUTHENTIC	40 CNT	3.92	3.92	
2574	CELEST	GREEN TEA AUTHENTIC	6/20 CNT	2.59	15.54	2.20 13.20
2588	CELEST	GREEN TEA DECAFFEINATED	6/20 CNT	2.59	15.54	2.20 13.20
2586	CELEST	GREEN TEA HONEY LEMN GINS	6/20 CNT	2.59	15.54	2.20 13.20
30274	CELEST	ICED TEA COOLBREW PEACH	40 CNT	3.50	3.50	
30275	CELEST	ICED TEA COOLBREW RASPBRY	40CNT	3.50	3.50	
31487	CELEST	IND WRAP TEA BLACK CHERRY	6/25 CT	3.19	19.14	2.55 15.30
31482	CELEST	IND WRAP TEA CHAMOMILE	6/25 CT	3.19	19.14	2.69 16.14
31486	CELEST	IND WRAP TEA EARL GREY	6/25 CT	3.19	19.14	2.55 15.30
31485	CELEST	IND WRAP TEA ENGLISH BREAKFAST	6/25 CT	3.19	19.14	
31480	CELEST	IND WRAP TEA LEMON ZINGER	6/25 CT	3.19	19.14	
31483	CELEST	IND WRAP TEA MNDRIIN ORNGE SPIC	6/25 CT	3.19	19.14	



Teriyaki Noodle



Ingredients: Noodles (Wheat Flour, Starch), Organic Evaporated Cane Juice, Teriyaki Sauce (Fermented Soybeans, Wheat), Vegetables* (Garlic, Shallot, Carrot, Green Onion), Potato Starch, Yeast Extract, Natural Flavor (Vegan), Ginger, Sesame. *Dried*

Allergy Note: Manufactured in a facility that uses peanuts.

Item #30894

Lentil Curry Pilaf



Ingredients: Brown Rice, Lentils, Vegetables (Tomato, Garlic, Shallots, Onion, Cilantro), White Rice, Wild Rice, Almonds, Yeast Extract, Spices, Potato Starch, Natural Flavors (Vegan), Sea Salt. *Dried*

Item #30887

Masala Lentil Pilaf



Ingredients: Brown Rice, White Rice, Lentils, Raisins, Vegetables (Tomato, Garlic, Onion, Shallots, Green Onion, Cilantro), Sea Salt, Masala Spices, Potato Starch, Organic Evaporated Cane Juice, Yeast Extract, Natural Flavor (Vegan), Turmeric. *Dried*

Item #30889



Vermont Nut Free

Tanabar Chewy Granola Bars

Tanabar has the perfect combination of all natural nut free ingredients that make this bar not only safe for our tree nut and peanut allergic customers but also good for you and delicious!



Chocolate Chip Tanabar

Ingredients: rolled oats, honey, sunflower seed, dehydrated cane juice, salt & natural mixed tocopherols to preserve freshness, brown sugar, chocolate chips (sugar, chocolate liquor, dextrose, cocoa butter, soya lecithin, vanilla extract), wheat germ (wheat germ, vitamin E acetate, folic acid), crisp rice (milled rice, sugar, salt, barley malt), soybeans, vanilla extract, cinnamon.

Contains: wheat & soy. Processed on shared dairy equipment.

Item #33601

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
TEA - cont.							
31481	CELEST	IND WRAP TEA PEPPERMINT	6/25 CT	3.19	19.14	2.55	15.30
31484	CELEST	IND WRAP TEA RED ZINGER	6/25 CT	3.19	19.14	2.69	16.14
2558	CELEST	TEA BENGAL SPICE	6/20 CNT	2.59	15.54	2.20	13.20
2554	CELEST	TEA BLACKCHERRY BERRY	6/20 CNT	2.59	15.54	2.20	13.20
2576	CELEST	TEA CAFFEINE FREE	40 CNT	3.92	3.92		
2556	CELEST	TEA CHAMOMILE	6/20 CNT	2.59	15.54	2.20	13.20
2563	CELEST	TEA CINNAMON APPLE	6/20 CNT	2.59	15.54	2.20	13.20
2550	CELEST	TEA COUNTRY PEACH PASSION	6/20 CNT	2.59	15.54	2.20	13.20
2638	CELEST	TEA CRANBERRY APPLE ZINGER	6/20 CNT	2.59	15.54	2.20	13.20
9218	CELEST	TEA HONEY/VANILLA CHAMOMILE	6/20 CNT	2.59	15.54	2.20	13.20
9212	CELEST	TEA LEMON ZINGER	6/20 CNT	2.59	15.54	2.20	13.20
2559	CELEST	TEA MANDARIN ORANGE SPICE	6/20 CNT	2.59	15.54	2.20	13.20
2552	CELEST	TEA MINT MAGIC	6/20 CNT	2.59	15.54	2.20	13.20
1532	CELEST	TEA MORNING THUNDER	6/20 CNT	2.59	15.54	2.20	13.20
9151	CELEST	TEA ORIG INDIAN SPICE	6/20 CNT	2.59	15.54	2.20	13.20
2560	CELEST	TEA PEPPERMINT	6/20 CNT	2.59	15.54	2.20	13.20
3017	CELEST	TEA RASPBERRY ZINGER	6/20 CNT	2.59	15.54	2.20	13.20
2561	CELEST	TEA RED ZINGER	6/20 CNT	2.59	15.54	2.20	13.20
9214	CELEST	TEA ROASTAROMA	6/20 CNT	2.59	15.54	2.20	13.20
2562	CELEST	TEA SLEEPYTIME	6/20 CNT	2.59	15.54	2.20	13.20
9211	CELEST	TEA TANGERINE ORANGE ZINGER	6/20 CNT	2.59	15.54	2.20	13.20
9230	CELEST	TEA TENSION TAMER	6/20 CNT	2.59	15.54	2.20	13.20
9215	CELEST	TEA WILD BERRY ZINGER	6/20 CNT	2.59	15.54	2.20	13.20
2551	CELEST	WELLNESS TEA ECHINAC COMPLETE	20 CNT	3.19	3.19	2.71	2.71
9220	CELEST	WELLNESS TEA GINSENG ENERGY	20 CNT	3.19	3.19	2.71	2.71
2553	CELEST	WELLNESS TEA SLEEPYTIME EXTRA	20 CNT	3.19	3.19	2.71	2.71
2557	CELEST	WELLNESS TEA THROAT SOOTHERS25	20CNT	3.19	3.19	2.71	2.71
9224	CELEST	WELLNESS TEA TUMMY MINT	20 CNT	3.19	3.19	2.71	2.71
8976	CHOICE	DECAF TEA EARL GREY ORG FT	16 CNT	3.82	3.82		
8971	CHOICE	DECAF TEA GREEN W/PEACH ORG FT	16 CNT	3.82	3.82		
8977	CHOICE	DECAF TEA MANGO CEYLON ORG FT	16 CNT	3.82	3.82		
8969	CHOICE	GREEN TEA JASMINE ORG FT	20 CNT	4.22	4.22		
8987	CHOICE	GREEN TEA PREMIUM JAPANESE ORG	16 CNT	3.82	3.82		
8959	CHOICE	GREEN TEA W/ PEACH ORG FT	20 CNT	4.22	4.22		
8983	CHOICE	TEA BLACK ORG FT	16 CNT	3.40	3.40		
8958	CHOICE	TEA CELTIC BREAKFAST ORG FT	20 CNT	4.22	4.22		
8968	CHOICE	TEA CHAM SPRMINT W/BERGAMOT OR	20 CNT	4.22	4.22		
8985	CHOICE	TEA CHAMOMILE HERB ORG	16 CNT	3.40	3.40		
8978	CHOICE	TEA EARL GREY ORG FT	16 CNT	3.40	3.40		
8956	CHOICE	TEA EARL GREY W/LAVENDER ORG F	20 CNT	4.22	4.22		
8984	CHOICE	TEA ENGLISH BREAKFAST ORG	16 CNT	3.40	3.40		
8960	CHOICE	TEA LIQUORICE PEPPERMINT ORG	20 CNT	4.22	4.22		
8957	CHOICE	TEA MANGO CEYLON W/VAN ORG FT	20 CNT	4.22	4.22		
8970	CHOICE	TEA NORTHWEST BLACKBERRY ORG	20 CNT	4.22	4.22	3.80	3.80
8979	CHOICE	TEA ORANGE SPICE ORG FT	16 CNT	3.40	3.40		
34258	DRAGON	TEA ROOIBOS BRKFST BLEND ORG	20 CT	3.17	3.17		
34259	DRAGON	TEA ROOIBOS CHAI ORG	20 CT	3.17	3.17		
34257	DRAGON	TEA ROOIBOS EARL GREY ORG	20 CT	3.17	3.17		
34256	DRAGON	TEA ROOIBOS VANILLA ORG	20 CT	3.17	3.17	2.85	2.85
35651	DRSTUART	TEA APPLE GINGER s	20 CT	4.29	4.29		
35674	DRSTUART	TEA BLUEBERRY ACAI	20 CT	4.00	4.00		
35647	DRSTUART	TEA CHAMOMILE	20 CT	3.14	3.14		
35652	DRSTUART	TEA CRANBERRY & RASPBERRY	20 CT	4.29	4.29		
35657	DRSTUART	TEA DETOX	20 CT	4.29	4.29		
35675	DRSTUART	TEA ECHINACEA PLUS	20 CT	4.29	4.29		
35656	DRSTUART	TEA GINGER LEMONGRASS	15 CT	4.00	4.00		
35670	DRSTUART	TEA GINKO PLUS	20 CT	4.29	4.29		
35655	DRSTUART	TEA HIBISCUS GINGER GOJI BERY	15 CT	4.00	4.00		
35671	DRSTUART	TEA LAX PLUS	20 CT	4.29	4.29		
35654	DRSTUART	TEA LICORICE FENNEL ORANGE	15 CT	4.29	4.29		
35645	DRSTUART	TEA LIVER DETOX	20 CT	4.29	4.29		
35648	DRSTUART	TEA PEPPERMINT	20 CT	3.14	3.14		
35676	DRSTUART	TEA SKIN PURIFY	20 CT	4.29	4.29		
35673	DRSTUART	TEA SLIM PLUS	20 CT	4.29	4.29		
35650	DRSTUART	TEA THROAT RELIEF	20 CT	4.29	4.29		
35649	DRSTUART	TEA TRANQUILITY	20 CT	4.29	4.29		
35659	DRSTUART	TEA TRIPLE GINSENG PLUS	20 CT	4.29	4.29		
35653	DRSTUART	TEA VALERIAN PLUS	20 CT	4.29	4.29		
35646	DRSTUART	TEA WILD FENNEL	20 CT	3.14	3.14		
35658	DRSTUART	TEA WILD NETTLE	20 CT	3.14	3.14		
35672	DRSTUART	TEA WINTER EASE	20 CT	4.29	4.29	3.59	3.59
30593	ECOTEAS	YERBA MATE ORGANIC bags	24 CNT	3.89	3.89		
30594	ECOTEAS	YERBA MATE ORGANIC loose	16 OZ	6.73	6.73		
6330	EDEN	TEA GENMAICHA ORG	16 CNT	2.90	2.90		
35368	EDEN	TEA HOJICHA CHAI RST GREEN ORG	16 CT	3.49	3.49		
6346	EDEN	TEA KUKICHA TWIG	1.75 OZ	3.38	3.38		
35369	EDEN	TEA SENCHA MINT GRN ORG	16 CT	3.21	3.21		
35370	EDEN	TEA SENCHA ROSE GRN ORG	16 CT	2.90	2.90		
8402	EQUALX	TEA EARL GRAY ORG	25 CNT	3.24	3.24	2.27	2.27

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
8404	EQUALX	TEA ENGLISH BREAKFAST OR	25 CNT	3.24	3.24	2.27	2.27
8405	EQUALX	TEA GREEN ORG	25 CNT	3.24	3.24	2.27	2.27
3248	GUAYAKI	YERBA MATE	25 CNT	5.79	5.79	5.21	5.21
3241	GUAYAKI	YERBA MATE CHAI ORG	16 CNT	5.79	5.79	5.21	5.21
3243	GUAYAKI	YERBA MATE MINT ORG	16 CNT	5.79	5.79	5.21	5.21
3240	GUAYAKI	YERBA MATE ORG loose	8 OZ	7.39	7.39	6.65	6.65
3161	HAIKU	ORG GRN TEA HOJICHA RSTD	16 CNT	3.20	3.20		
2575	HAIKU	ORG GRN TEA SENCHA	16 CNT	3.60	3.60		
2564	HAIKU	ORG TWIG TEA JAPANESE	16 CNT	3.20	3.20		
31460	HAMPSTED	TEA ASSAM ORG FT	25 CT	4.29	4.29	3.65	3.65
31335	HAMPSTED	TEA BIOCHAI ORG FT	25 CT	4.29	4.29	3.65	3.65
31346	HAMPSTED	TEA BIOCHAI TIN ORG FT	4.38 OZ	6.05	6.05	5.14	5.14
31463	HAMPSTED	TEA BLACK SAFFRON ORG FT	25 CT	6.41	6.41	4.99	4.99
31330	HAMPSTED	TEA DARJEELING ORG FT	25 CT	4.29	4.29	3.65	3.65
31344	HAMPSTED	TEA DARJEELING TIN ORG FT	4.3 OZ	6.05	6.05	5.14	5.14
31332	HAMPSTED	TEA EARL GREY ORG FT	25 CT	4.29	4.29	3.65	3.65
31345	HAMPSTED	TEA EARL GREY TIN ORG FT	4.3 OZ	6.05	6.05	5.14	5.14
31334	HAMPSTED	TEA ENGLISH BREAKFAST ORG FT	25 CT	4.29	4.29	3.65	3.65
31343	HAMPSTED	TEA ENGLISH BRKFST TIN ORG FT	3.53 OZ	6.05	6.05	5.14	5.14
31338	HAMPSTED	TEA FENNEL LIQUORICE ORG FT	20 CT	4.29	4.29	3.65	3.65
31333	HAMPSTED	TEA GREEN GINGER ORG FT	25 CT	4.29	4.29	3.65	3.65
31336	HAMPSTED	TEA GREEN MINT ORG FT	25 CT	4.29	4.29	3.65	3.65
31331	HAMPSTED	TEA GREEN ORG FT	25 CT	4.29	4.29	3.65	3.65
31347	HAMPSTED	TEA GREEN TIN ORG FT	3.53 OZ	6.05	6.05	5.14	5.14
31461	HAMPSTED	TEA JASMINE GREEN ORG FT	25 CT	4.29	4.29	3.65	3.65
31340	HAMPSTED	TEA LEMON GINGER ORG FT	20 CT	4.29	4.29	3.65	3.65
31339	HAMPSTED	TEA LEMON VALERIAN ORG FT	20 CT	4.29	4.29	3.65	3.65
31462	HAMPSTED	TEA LIME GREEN ORG FT	25 CT	4.29	4.29	3.65	3.65
31341	HAMPSTED	TEA PEPPERMINT ORG FT	20 CT	4.29	4.29	3.65	3.65
31337	HAMPSTED	TEA ROSEHIP HIBISCUS ORG FT	20 CT	4.29	4.29	3.65	3.65
31342	HAMPSTED	TEA ROYAL CHAMOMILE ORG FT	20 CT	4.29	4.29	3.65	3.65
5378	NUMI	TEA BLK CHINESE BREAKFAST ORG	18 CNT	5.45	5.45		
5392	NUMI	TEA BLK DARJEELING BERRY OG FT	16 CNT	5.45	5.45		
5377	NUMI	TEA BLK EARL GREY AGED OG FT	18 CNT	5.45	5.45		
5393	NUMI	TEA BLK MORN RISE BRKFST OR FT	18 CNT	5.45	5.45		
5369	NUMI	TEA CHAI GOLD SPCE ASSAM OG FT	18 CNT	5.45	5.45		
5367	NUMI	TEA CHAM/MYRTLE SWT MEADW ORG	18 CNT	5.45	5.45		
33421	NUMI	TEA DCF GRN GING SUN LEM OG FT	16 CNT	5.45	5.45		
33420	NUMI	TEA DECAF BLK VAN INDIAN OG FT	16 CNT	5.45	5.45		
5421	NUMI	TEA FLOWERING JEWEL white	92 GR	15.75	15.75	14.18	14.18
33417	NUMI	TEA GRN GENMAI CHA TST RICE OG	18 CNT	5.45	5.45		
5361	NUMI	TEA GRN GUNPWDR TMPL OF HVN OG	18 CNT	5.45	5.45		
5360	NUMI	TEA GRN JASMN MNKY KING OG FT	18 CNT	5.45	5.45		
5390	NUMI	TEA GRN LEM MYRTLE MATE ORG FT	18 CNT	5.45	5.45		
5363	NUMI	TEA HNYBUSH BUSHMANS BREW OG	18 CNT	5.45	5.45		
5364	NUMI	TEA MINT MOROCCAN SIMPLY ORG	18 CNT	5.45	5.45		
5362	NUMI	TEA NUMI COLLECTN 8 flavors OG	18 CNT	5.45	5.45		
33487	NUMI	TEA PUERH CHOC BLACK BLND ORG	16 CT	6.32	6.32	5.69	5.69
33486	NUMI	TEA PUERH EMER BLCK BLND ORG	16 CT	6.32	6.32		
33488	NUMI	TEA PUERH MAGNOL GRN BLND ORG	16 CT	6.32	6.32	4.95	4.95
33489	NUMI	TEA PUERH MINT GRN BLND ORG FT	16 CT	6.32	6.32	4.74	4.74
5395	NUMI	TEA ROOIBOS GREEN AFRICAN ORG	18 CNT	5.45	5.45		
5394	NUMI	TEA ROOIBOS RUBY CHAI ORG FT	18 CNT	5.45	5.45		
5366	NUMI	TEA ROOIBOS RED MELLOW BUSH OG	18 CNT	5.45	5.45		
33123	NUMI	TEA SAMPLER FLOWERING	4 CNT	5.45	5.45		
33122	NUMI	TEA SAMPLR ENDLESS JRNEY OG FT	8 CNT	2.85	2.85		
5425	NUMI	TEA TREASURE CHEST DARK ASST	18 CNT	9.25	9.25		
5391	NUMI	TEA WHITE ORANGE SPICE ORG FT	16 CNT	5.45	5.45		
33419	NUMI	TEA WHITE ROSE VLVLT GRDN OG FT	16 CNT	5.45	5.45	4.91	4.91
51013	NUMI	TEAPOT GLASS teahouse	EACH	14.75	14.75	13.28	13.28
2567	ONEWRLD	TEA ORG EARL GREY	16 CNT	2.45	2.45		
2568	ONEWRLD	TEA ORG ENG BREAKFAST	16 CNT	2.45	2.45		
30063	PG TIPS	TEA BLACK DECAF PYRAMID BAGS	40 CNT	4.66	4.66		
1417	PG TIPS	TEA BLACK LOOSE	8.8 OZ	6.70	6.70		
30064	PG TIPS	TEA BLACK PYRAMID 80 cnt	80 CNT	6.50	6.50		
30177	PG TIPS	TEA BLACK PYRAMID BAGS	40 CNT	3.25	3.25		
41661	RUNA	GUAYUSA TEA AMAZON SPICE ORG	15CT	6.94	6.94	6.25	6.25
41662	RUNA	GUAYUSA TEA RAINFST MINT ORG	15CT	6.94	6.94	6.25	6.25
41660	RUNA	GUAYUSA TEA TRADITIONAL ORG	15CT	6.94	6.94	6.25	6.25
41663	RUNA	GUAYUSA TEA TROPICL GINGER ORG	15CT	6.94	6.94	6.25	6.25
3958	STASH	BLACK TEA CHAI SPICE	20 CNT	2.37	2.37	1.90	1.90
3959	STASH	BLACK TEA DBLE BERGAMOTE GREY	18 CNT	2.37	2.37	1.90	1.90
3956	STASH	BLACK TEA DOUBLE SPICE CHAI	18 CNT	2.37	2.37	1.90	1.90
3957	STASH	BLACK TEA EARL GREY	20 CNT	2.37	2.37	1.90	1.90
3946	STASH	BLACK TEA ENGLISH BREAKFAST	20 CNT	2.37	2.37	1.90	1.90
3947	STASH	BLACK TEA ORANGE SPICE	20 CNT	2.37	2.37	1.90	1.90
3972	STASH	BLACK TEA SAMPLER	18 CNT	2.37	2.37	1.90	1.90
3982	STASH	CHANAKARA ASSORTED BOX	18 CNT	3.63	3.63	2.90	2.90
3979	STASH	CHANAKARA BLUE GINGER TEA	18 CNT	3.63	3.63	2.90	2.90
3980	STASH	CHANAKARA DRAGONFRUIT TEA	18 CNT	3.63	3.63	2.90	2.90
3983	STASH	CHANAKARA GUANABANA TEA	18 CNT	3.63	3.63	2.90	2.90



Vermont Nut Free

Triple Berry Tanabar

Ingredients: rolled oats, honey, sunflower seed, dehydrated cane juice, salt & natural mixed tocopherols to preserve freshness, brown sugar, soybeans, crisp rice (milled rice, sugar, salt, barley malt), wheat germ (wheat germ, vitamin E acetate, folic acid), cranberries, sugar, citric acid, natural raspberry flavor with other natural flavors, elderberry juice concentrate, blueberry juice from concentrate, grape juice concentrate, sunflower oil, vanilla extract, cinnamon.

Contains: Wheat and Soy. Processed on shared dairy equipment.

Item #33600

Sweet Raisin Tanabar

Ingredients: rolled oats, honey, sunflower seed, dehydrated cane juice, salt & natural mixed tocopherols to preserve freshness, brown sugar, raisins, soybeans, crisp rice (milled rice, sugar, salt, barley malt), wheat germ (wheat germ, vitamin E acetate, folic acid), , vanilla extract, cinnamon.

Contains: Wheat and Soy. Processed on shared dairy equipment. 2.1 oz

Item #33602



Carmelina Brands®

Carmelina Brands & Carmelina 'e... San Marzano Organic Italian Tomatoes

Manufactured and imported by **Mangia, Inc.** in Viejo, California. For generations **Carmelina 'e... San Marzano** and **Carmelina Brands Tomatoes** have been a family affair and will continue in the traditional Italian way for generations to come.

Their products have been meticulously inspected for quality and packed in the Italian tradition requiring pure ingredients and NO chemical additives of any kind. This allows the superior flavor of **Carmelina Brands** products to stand out.

Carmelina tomatoes come from the fields of Italy's tomato heartland, the Agro Nocerino Sarnese region. These San Marzano tomatoes have been cultivated to live up to the high standards set in Italian kitchens. Now, it is possible to do it exactly as the Italians do. Your recipes will astound your family and friends, as they have the opportunity to taste tomato flavor like they have never experienced before.

The San Marzano tomato taste is nothing like any other tomato. After trying these rare fruits, any old tomato just won't do when you compare the results. With supreme flavor and no added preservatives or sodium, not only is it possible to create the best tasting dishes, but also the healthiest.

About Their Brands

Inspired by the Italian passion for good food and family, the **Carmelina** and **Carmelina 'e... San Marzano** brands were founded on the principal of bringing traditional, high-quality, all-natural and fresh packed canned ingredients to North America from Italy.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
TEA - cont.						
3978	STASH	CHANAKARA MELON GREEN TEA	18 CNT	3.63	3.63	2.90 2.90
3977	STASH	CHANAKARA RED BERRY ROOIBOS	18 CNT	3.63	3.63	2.90 2.90
3981	STASH	CHANAKARA VANILLA HONEYBUSH	18 CNT	3.63	3.63	2.90 2.90
3984	STASH	CHANAKARA WHITE LOTUS TEA	18 CNT	3.63	3.63	2.90 2.90
3962	STASH	DECAF TEA CHAI SPICE	18 CNT	2.37	2.37	1.90 1.90
3963	STASH	DECAF TEA EARL GREY	18 CNT	2.37	2.37	1.90 1.90
3968	STASH	DECAF TEA ENGLISH BREAKFAST	18 CNT	2.37	2.37	1.90 1.90
3966	STASH	DECAF TEA GREEN PREMIUM	18 CNT	2.37	2.37	1.90 1.90
3967	STASH	DECAF TEA VANILLA NUT CREME	18 CNT	2.37	2.37	1.90 1.90
36003	STASH	FUSION TEA BRKFST W/MATCHA	18CT	2.37	2.37	1.90 1.90
3960	STASH	FUSION TEA GREEN AND WHITE	18 CNT	2.37	2.37	1.90 1.90
36004	STASH	FUSION TEA RED & WHITE	18CT	2.37	2.37	1.90 1.90
3965	STASH	GREEN TEA CHAI	20 CNT	2.37	2.37	1.90 1.90
36005	STASH	GREEN TEA GING PEACH W/MATCHA	18CT	2.37	2.37	1.90 1.90
36006	STASH	GREEN TEA GOJI W/MATCHA	18CT	2.37	2.37	1.90 1.90
3961	STASH	GREEN TEA MOROCCAN MINT	20 CNT	2.37	2.37	1.90 1.90
36008	STASH	GREEN TEA PMNGT RASP W/MATCHA	18CT	2.37	2.37	1.90 1.90
3964	STASH	GREEN TEA PREMIUM	20 CNT	2.37	2.37	1.90 1.90
3971	STASH	GREEN TEA SAMPLER	18 CNT	2.37	2.37	1.90 1.90
3950	STASH	HERBAL TEA BLUEBERRY	20 CNT	2.37	2.37	1.90 1.90
36041	STASH	HERBAL TEA CASCADE MINT ORG	18 CT	2.59	2.59	2.07 2.07
3951	STASH	HERBAL TEA CHAMOMILE	20 CNT	2.37	2.37	1.90 1.90
36042	STASH	HERBAL TEA HONEYBUSH ORG	18 CT	2.59	2.59	2.07 2.07
3948	STASH	HERBAL TEA LEMON GINGER	20 CNT	2.37	2.37	1.90 1.90
3949	STASH	HERBAL TEA LICORICE SPICE	20 CNT	2.37	2.37	1.90 1.90
3954	STASH	HERBAL TEA MANGO PASSIONFRUIT	20 CNT	2.37	2.37	1.90 1.90
3955	STASH	HERBAL TEA PEPPERMINT	20 CNT	2.37	2.37	1.90 1.90
3970	STASH	HERBAL TEA SAMPLER	18 CNT	2.37	2.37	1.90 1.90
3953	STASH	HERBAL TEA WILD RASPBERRY	20 CNT	2.37	2.37	1.90 1.90
36001	STASH	TEA HERBAL ACAI BERRY	18CT	2.37	2.37	1.90 1.90
36002	STASH	TEA HERBAL WILD BLACKCURRANT	20CT	2.37	2.37	1.90 1.90
3976	STASH	TEA OF INDIA SAMPLER	18 CNT	2.82	2.82	2.26 2.26
36040	STASH	TEA SAMPLER ORG	18 CT	2.59	2.59	2.07 2.07
6003	TAYLORS	TEA YORKSHIRE GOLD	40 CNT	4.03	4.03	
33019	TAYLORS	TEA YORKSHIRE GOLD 80ctn	80 CNT	8.06	8.06	
33020	TAYLORS	TEA YORKSHIRE RED	40 CNT	3.22	3.22	
8046	TICKTOCK	TEA ROOIBUS ORG	20 CNT	3.28	3.28	
3480	TRADMED	TEA BREATHE EASY	16 CNT	4.33	4.33	
3483	TRADMED	TEA EASY NOW	16 CNT	4.33	4.33	
3485	TRADMED	TEA EATER'S DIGEST	16 CNT	4.33	4.33	
3484	TRADMED	TEA ECHINACEA PLUS ORG	16 CNT	4.33	4.33	
3520	TRADMED	TEA EVERYDAY DETOX	16 CNT	4.33	4.33	
3486	TRADMED	TEA FEMALE TONER	16 CNT	4.33	4.33	
3509	TRADMED	TEA GINGER YERBA MATE	16 CNT	4.33	4.33	
3490	TRADMED	TEA GYPSY COLD CARE	16 CNT	4.33	4.33	
34810	TRADMED	TEA HEARTBURN SOOTHER ORG	16 CNT	4.33	4.33	
3510	TRADMED	TEA ORG CALIFORNIA CHAI	16 CNT	4.33	4.33	3.90 3.90
3532	TRADMED	TEA ORG CHAMOMILE	16 CNT	3.63	3.63	
34811	TRADMED	TEA ORG CHAMOMILE W/ LAVENDER	16 CNT	4.33	4.33	
3482	TRADMED	TEA ORG COLD CARE PM	16 CNT	4.33	4.33	
3519	TRADMED	TEA ORG CRAN AID	16 CNT	4.33	4.33	3.46 3.46
3526	TRADMED	TEA ORG ECHINACEA ELDER	16 CNT	4.33	4.33	
3501	TRADMED	TEA ORG GINGER AID	16 CNT	4.33	4.33	
3527	TRADMED	TEA ORG GOLDEN GINGER	16 CNT	4.33	4.33	
3528	TRADMED	TEA ORG GREEN GINGER FT	16 CNT	4.33	4.33	
3497	TRADMED	TEA ORG GREEN GOLDEN FT	16 CNT	4.33	4.33	
3492	TRADMED	TEA ORG MOTHER'S MILK	16 CNT	4.33	4.33	3.46 3.46
34814	TRADMED	TEA ORG NETTLE	16 CNT	4.33	4.33	
3494	TRADMED	TEA ORG NIGHTY NIGHT	16 CNT	4.33	4.33	
3478	TRADMED	TEA ORG PEPPERMINT	16 CNT	3.73	3.73	
3498	TRADMED	TEA ORG PREGNANCY	16 CNT	4.33	4.33	3.46 3.46
3599	TRADMED	TEA ORG RASPBERRY LEAF	16 CNT	4.33	4.33	3.46 3.46
34812	TRADMED	TEA ORG RELAXATION SAMPLER	16 CNT	4.33	4.33	
3502	TRADMED	TEA ORG SMOOTH MOVE	16 CNT	4.33	4.33	
3506	TRADMED	TEA ORG THROAT COAT	16 CNT	4.33	4.33	
3487	TRADMED	TEA ORG THROAT COAT LEM-ECHINA	16 CNT	4.33	4.33	
3595	TRADMED	TEA PAU d' ARCO	16 CNT	4.33	4.33	
3496	TRADMED	TEA PMS	16 CNT	4.33	4.33	3.46 3.46
3477	TRADMED	TEA ST JOHN'S WORT/GOOD MOOD	16 CNT	4.33	4.33	
34813	TRADMED	TEA THINK O-2	16 CNT	4.33	4.33	
9112	TWININGS	DECAF TEA EARL GREY	20 CNT	2.85	2.85	2.28 2.28
9113	TWININGS	DECAF TEA ENGLISH BREAKFAST	20 CNT	2.85	2.85	2.28 2.28
9114	TWININGS	DECAF TEA IRISH BREAKFAST	20 CNT	2.85	2.85	2.28 2.28
32017	TWININGS	GREEN TEA	20 CNT	2.85	2.85	2.28 2.28
32019	TWININGS	GREEN TEA CHAMOMILE	20 CNT	2.85	2.85	2.28 2.28
32020	TWININGS	GREEN TEA DECAF	20 CNT	2.85	2.85	2.28 2.28
32018	TWININGS	GREEN TEA JASMINE	20 CNT	2.85	2.85	2.28 2.28
9115	TWININGS	TEA BLENDERS VARIETY	20 CNT	2.85	2.85	2.28 2.28
9109	TWININGS	TEA CEYLON ORANGE PEKOE	20 CNT	2.85	2.85	2.28 2.28
9116	TWININGS	TEA DARJEELING	20 CNT	2.85	2.85	2.28 2.28

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
9117	TWININGS	TEA EARL GREY	20 CNT	2.85	2.85	2.28	2.28
32023	TWININGS	TEA EARL GREY 50ct	50 CNT	5.30	5.30		
9110	TWININGS	TEA EARL GREY tin	100 GR	4.45	4.45		
9118	TWININGS	TEA ENGLISH BREAKFAST	20 CNT	2.85	2.85	2.28	2.28
32022	TWININGS	TEA ENGLISH BREAKFAST 50 ct	50 CNT	5.30	5.30		
9111	TWININGS	TEA ENGLISH BREAKFAST tin	100 GR	4.45	4.45		
32021	TWININGS	TEA INDIAN SPICED CHAI	20 CNT	2.85	2.85	2.28	2.28
9119	TWININGS	TEA IRISH BREAKFAST	20 CNT	2.85	2.85	2.28	2.28
32015	TWININGS	TEA LADY GREY	20 CNT	2.85	2.85	2.28	2.28
32016	TWININGS	TEA PRINCE OF WALES	20 CNT	2.85	2.85	2.28	2.28
34356	WHITEHRN	TEA AMERICAN BREAKFAST ORG FT	4 OZ	7.55	7.55		
34357	WHITEHRN	TEA ASSAM TGFOF ORG FT	4 OZ	8.28	8.28		
34368	WHITEHRN	TEA CRANBERRY APPLE GINGER ORG	5 OZ	9.20	9.20		
34358	WHITEHRN	TEA DARJEELING AUTUMNAL ORG FT	3.4 OZ	9.38	9.38		
34367	WHITEHRN	TEA DAYBRK MASALA CHAI ORG F	4 OZ	8.09	8.09	7.28	7.28
34359	WHITEHRN	TEA EARL GREY ORG FT	4 OZ	9.20	9.20		
34361	WHITEHRN	TEA GUNPOWDER GREEN ORG FT	5 OZ	7.23	7.23		
34362	WHITEHRN	TEA JASMINE GREEN ORG FT	3.4 OZ	7.48	7.48		
34363	WHITEHRN	TEA NEPALI HIMALAYA GRN ORG FT	3.4 OZ	9.57	9.57		
34360	WHITEHRN	TEA NEW ENGLISH BREAKFAST ORG	4 OZ	7.97	7.97		
34369	WHITEHRN	TEA SPICY LICORICE MINT ORG	3.4 OZ	8.28	8.28		
34364	WHITEHRN	TEA WHITE JASMINE ORG	1.4 OZ	7.17	7.17		
34365	WHITEHRN	TEA WHITE MELON ORG	1.4 OZ	7.17	7.17		
34366	WHITEHRN	TEA WHITE PEONY ORG FT	1.4 OZ	7.17	7.17		
3742	YAMA	TEA GENMAI	6/16 CNT	1.84	11.04		
3741	YAMA	TEA GREEN	6/16 CNT	1.84	11.04		
30769	YOGITEA	GREEN TEA ACTIVE BODY	16 CNT	3.63	3.63		
30770	YOGITEA	GREEN TEA COLLECTION 4 kinds	16 CNT	3.63	3.63		
1963	YOGITEA	GREEN TEA ENERGY	16 CNT	3.63	3.63		
30771	YOGITEA	GREEN TEA GOJI BERRY	16 CNT	3.63	3.63		
30772	YOGITEA	GREEN TEA LEMON GINGER	16 CNT	3.29	3.29		
30773	YOGITEA	GREEN TEA POMEGRANATE	16 CNT	3.63	3.63		
1951	YOGITEA	GREEN TEA REJUVENATION	16 CNT	3.63	3.63		
30774	YOGITEA	GREEN TEA SLIM LIFE	16 CNT	3.63	3.63		
2019	YOGITEA	GREEN TEA SUPER ANTIOXIDANT	16 CNT	3.63	3.63	3.27	3.27
2021	YOGITEA	GREEN TEA TRIPLE ECHINACEA	16 CNT	3.63	3.63		
1949	YOGITEA	GREEN TEA w/KOMBUCHA	16 CNT	3.63	3.63		
2018	YOGITEA	GREEN TEA w/KOMBUCHA DECAF	16 CNT	3.63	3.63		
1964	YOGITEA	TEA BEDTIME ORG	16 CNT	3.63	3.63		
30767	YOGITEA	TEA BERRY ANTI-OXIDANT	16 CNT	3.63	3.63		
30768	YOGITEA	TEA BERRY DETOX	16 CNT	3.63	3.63		
1931	YOGITEA	TEA BREATHE DEEP ORG	16 CNT	3.63	3.63		
1994	YOGITEA	TEA CALMING	16 CNT	3.63	3.63		
2029	YOGITEA	TEA COCOA SPICE	16 CNT	3.29	3.29		
1933	YOGITEA	TEA COLD SEASON ORG	16 CNT	3.63	3.63		
1935	YOGITEA	TEA DE-TOX	16 CNT	3.63	3.63		
1937	YOGITEA	TEA ECHINACEA IMMUNE ORG	16 CNT	3.63	3.63		
1934	YOGITEA	TEA EGYPTIAN LICORICE MINT ORG	16 CNT	3.29	3.29	2.96	2.96
1954	YOGITEA	TEA EGYPTIAN LICORICE ORG	16 CNT	3.29	3.29		
1996	YOGITEA	TEA FASTING	16 CNT	3.63	3.63		
1945	YOGITEA	TEA GINGER ORG	16 CNT	3.63	3.63		
1947	YOGITEA	TEA GINGKO I.Q. ORG	16 CNT	3.63	3.63		
1939	YOGITEA	TEA GINSENG ROYAL VITALITY	16 CNT	3.63	3.63		
2023	YOGITEA	TEA GREEN PURE GREEN ORG	16 CNT	3.29	3.29		
30777	YOGITEA	TEA HIMALAYAN APPLE SPICE	16 CNT	3.29	3.29		
1929	YOGITEA	TEA JOINT COMFORT	16 CNT	3.63	3.63		
1960	YOGITEA	TEA KAVA STRESS RELIEF	16 CNT	3.63	3.63		
1941	YOGITEA	TEA LEMON GINGER	16 CNT	3.63	3.63		
30780	YOGITEA	TEA MEXICAN SWEET CHILI	16 CNT	3.29	3.29		
30778	YOGITEA	TEA MOROCCAN ORANGE SPICE	16 CNT	3.29	3.29		
1952	YOGITEA	TEA ORIG CLASSIC INDIA	16 CNT	3.29	3.29		
2015	YOGITEA	TEA PEACH DETOX	16 CNT	3.63	3.63		
2024	YOGITEA	TEA PURE GREEN DECAF ORG	16 CNT	3.29	3.29		
30775	YOGITEA	TEA RELAXED MIND	16 CNT	3.63	3.63	3.27	3.27
30776	YOGITEA	TEA REST & RELAX SAMPLE 4 kind	16 CNT	3.63	3.63		
1932	YOGITEA	TEA ROOIBOS SWEET PEACH	16 CNT	3.29	3.29		
1999	YOGITEA	TEA STOMACH EASE	16 CNT	3.63	3.63		
30779	YOGITEA	TEA SWEET THAI DELIGHT	16 CNT	3.29	3.29		
30781	YOGITEA	TEA THROAT COMFORT HONEY LEMON	16 CNT	3.63	3.63		
1943	YOGITEA	TEA THROAT COMFORT ORG	16 CNT	3.63	3.63		
1956	YOGITEA	TEA VANILLA/HAZELNUT	16 CNT	3.29	3.29		
2013	YOGITEA	TEA WOMAN'S ENERGY OG	16 CNT	3.63	3.63		
2014	YOGITEA	TEA WOMAN'S MOON CYCLE ORG	16 CNT	3.63	3.63		

TEA CONCENTRATES

5380	OREGCHAI	CHAI LATTE CONC ORIGINAL s	6/32 OZ	3.89	23.34
5384	OREGCHAI	CHAI LATTE ORIGINAL concent s	1.5 GAL	24.23	24.23

VEGETABLES

34724	CUTONE	MUSHROOM PORTBEL MARNTD SLCD s	8 OZ	3.31	3.31
34727	CUTONE	MUSHROOMS BABY BELLA MRNTD WHL	32 OZ	8.10	8.10
34723	CUTONE	MUSHROOMS BALSMIC MARNTD WHL s	8 OZ	2.45	2.45
34721	CUTONE	MUSHROOMS GARLIC MARNTD WHOLE	8 OZ	2.45	2.45

Carmelina Brands®

About Their Brands

continued

Carmelina 'e...San Marzano Italian Tomato products feature an elongated, full-bodied tomato, that is sweeter and less acidic than other canned tomato products. Their tomatoes are packed without any added preservatives or sodium – simply the best Italian tomatoes and tomato puree – that's it! Once you try **Carmelina 'e...San Marzano Italian Tomatoes** in your favorite sauce recipe, there's no turning back!

They hope you will enjoy their products as true Italians have for years. Buon appetito!

Carmelina 'e...San Marzano Organic Italian Tomatoes

Organic Italian Whole Tomatoes in Puree



Carmelina 'e...San Marzano Italian Whole Peeled Tomatoes – Packed with flavor this is Carmelina in her most natural state – pomodoro perfection! Full-bodied, silky red San Marzano tomatoes are steam peeled and packed in their own succulent puree. There is no basil added to disguise the taste of our tomatoes.

Carmelina 'e...San Marzano Italian Whole Peeled Tomatoes are a sweeter, less acidic tomato with a meatier pulp. Sauté these tomatoes with a little olive oil, garlic, and salt and pepper to taste, garnish with parmesan and fresh basil, and you'll have an easy-to-make, mouthwatering pomodoro sauce in minutes. Also great for soups, sauces and stews.

Ingredients: Organic peeled tomatoes, organic tomato puree.

Item #31911

(continued on page 136)

Carmelina Brands®

Organic Italian Chopped Tomatoes in Puree



Carmelina 'e... San Marzano Italian Chopped Tomatoes - For kitchens where speed, ease and quality are of equal concern, our customers turn to Carmelina 'e San Marzano Chopped Tomatoes. One of our most versatile and time saving products, ripe San Marzano tomatoes are coarsely chopped and packed in puree with no added preservatives or salt. A perfect time saving ingredient when preparing eggplant parmesan or tossed with your favorite pasta.

Ingredients: Organic chopped tomatoes, organic tomato puree.

Item #31910

Carmelina Brands Imported Italian Whole Tomatoes in Puree



Ingredients: Peeled tomatoes, tomato puree

Item #31912

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
VEGETABLES - cont.						
34722	CUTONE	MUSHROOMS HOT ITL MARNTD WHOLE	8 OZ	2.45	2.45	
34720	CUTONE	MUSHROOMS ITALIAN MARNTD WHOLE	8 OZ	2.45	2.45	
34725	CUTONE	MUSHROOMS ITALIAN MARNTD WHOLE	32 OZ	5.95	5.95	
34726	CUTONE	MUSHROOMS PORTABL MARNTD SLICD	32 OZ	8.10	8.10	
4540	DESTINO	ARTICHOKE HEARTS 8-10cnt can	14 OZ	2.40	2.40	
3771	FARM MKT	PUMPKIN ORG can	15 OZ	2.79	2.79	2.23 2.23
3773	FARM MKT	PUMPKIN PIE MIX ORG can	15 OZ	2.95	2.95	2.36 2.36
3775	FARM MKT	SWEET POTATO PUREE ORG can	15 OZ	2.79	2.79	2.23 2.23
21126	MATIZ	ARTICHOKE HEARTS DOP Spain	13.2 OZ	7.68	7.68	
2515	NATIVE	ARTICHOKE HEARTS QUARTERED	14.12 OZ	3.11	3.11	
2516	NATIVE	ARTICHOKE HEARTS WHOLE	9.9 OZ	3.14	3.14	
15117	NATIVE	HEARTS OF PALM ORG	14 OZ	3.99	3.99	
34669	NATVALUE	CORN GOLDEN ORG	12/14.5 OZ	1.35	16.20	
34670	NATVALUE	CORN WHITE ORG	12/14.5 OZ	1.35	16.20	
34666	NATVALUE	GREEN BEANS CUT ORG	12/14.5 OZ	1.35	16.20	
34667	NATVALUE	GREEN BEANS FRENCH CUT ORG	12/14.5 OZ	1.35	16.20	
34668	NATVALUE	PEAS SWEET ORG s	12/14.5 OZ	1.35	16.20	.95 11.40
41207	ROLAND	ARTICHOKE BOTTOMS 5-7 ct	13.75 OZ	2.69	2.69	
41214	ROLAND	HEARTS OF PALM pre cut	14 OZ	2.09	2.09	
4366	ROLAND	MUSHROOMS BUTTON SLICED	16 OZ	3.39	3.39	
4365	ROLAND	MUSHROOMS BUTTON WHOLE	4 OZ	1.29	1.29	
32038	ROLAND	MUSHROOMS WILD FOREST jar	6.5 OZ	4.50	4.50	
41209	ROLAND	PETIS POIS GRN PEAS jar s Belg	12 OZ	1.45	1.45	
33204	TILLEN	GREEN BEANS VERTICAL PACK	15 OZ	1.62	1.62	.99 .99
5515	WESTBRAE	CORN CANNED ORG	15.25 OZ	1.96	1.96	
5516	WESTBRAE	GRN BEAN CANNED Blue Lake ORG	14.5 OZ	1.96	1.96	1.64 1.64
5517	WESTBRAE	PEAS SWEET CANNED ORG	15 OZ	1.96	1.96	
34120	DIVINA	PEPPERS MIXED W/GARLIC	13 OZ	4.99	4.99	
34118	DIVINA	PEPPERS RST RED	13 OZ	4.65	4.65	
VEGETABLES, PEPPERS						
35637	GREEKGOU	PEPPERS RED ROASTED	13.4 OZ	3.44	3.44	
35639	GREEKGOU	PEPPERS RED YELLOW ROASTED	13.4 OZ	3.63	3.63	
35638	GREEKGOU	PEPPERS YELLOW ROASTED	13.4 OZ	3.63	3.63	
5832	MARCO POL	PEPPERS ROASTED w/ GARLIC	19 OZ	2.95	2.95	
4809	MEDORG	PEPPERS ORG RSTD RED+YELLOW	16 OZ	5.51	5.51	
35539	MEZZETTA	PEPPERS JALPENO EN ESCBCH TAME	16 OZ	2.36	2.36	
35541	MEZZETTA	PEPPERS MARINATED RST RED&YEL	16 OZ	3.45	3.45	
35540	MEZZETTA	PEPPERS RST RED BELL DELI SLCD	16 OZ	3.45	3.45	
31665	OLYMPUS	STUFFED ARTICHOKE FETA tray	8 OZ	4.39	4.39	
31664	OLYMPUS	STUFFED MUSHROOMS FETA tray	8 OZ	4.39	4.39	
31666	OLYMPUS	STUFFED PEPPERS FETA tray	8 OZ	4.39	4.39	
31667	OLYMPUS	STUFFED SDRIED TOMAT FETA tray	8 OZ	4.39	4.39	
34115	PEPPADEW	PEPPERS HOT SOUTH AFRICAN s	14.75 OZ	4.35	4.35	
34114	PEPPADEW	PEPPERS MILD SOUTH AFRICAN s	14.75 OZ	4.35	4.35	
VEGETABLES, TOMATOES						
30012	BELLA	TOMATOES SAN MARZANO ORG	12/28 OZ	2.82	33.84	2.26 27.12
15341	BIONAT	TOMATO PASTE ORG Italy jar	7 OZ	2.20	2.20	
15339	BIONAT	TOMATOES CRUSHED ORG Italy	12/28.2 OZ	2.60	31.20	
15338	BIONAT	TOMATOES DICED ORG Italy	12/28.2 OZ	2.60	31.20	
15336	BIONAT	TOMATOES DICED ORG Italy	12/14.1 OZ	1.80	21.60	
15340	BIONAT	TOMATOES STRAINED ORG Italy	6/24 OZ	2.99	17.94	
15337	BIONAT	TOMATOES WHL PEELED ORG Italy	12/28.2 OZ	2.60	31.20	
15335	BIONAT	TOMATOES WHL PEELED ORG Italy	12/14.1 OZ	1.80	21.60	1.59 19.08
31541	CALVALLS	TOMATO PASTE ORG	8.8 OZ	3.30	3.30	2.97 2.97
31540	CALVALLS	TOMATOES WHL PEELED ORG	24 OZ	4.29	4.29	3.86 3.86
31542	CALVALLS	TOMATO PUREE ORG	14.1 OZ	2.86	2.86	2.57 2.57
31915	CARMELIN	TOMATOES CHERRY	14.28 OZ	1.32	1.32	1.08 1.08
31910	CARMELIN	TOMATOES CHOPD SAN MRZNO ORG	14.28 OZ	1.45	1.45	1.08 1.08
31913	CARMELIN	TOMATOES CHOPPED	28 OZ	2.29	2.29	1.72 1.72
31914	CARMELIN	TOMATOES PASSATA PUREE glass	24.28 OZ	2.13	2.13	1.60 1.60
31912	CARMELIN	TOMATOES WHOLE PEELED	28 OZ	2.29	2.29	1.72 1.72
31911	CARMELIN	TOMATOES WHOLE SAN MRZNO ORG	14.28 OZ	1.45	1.45	.99 .99
30631	EDEN	TOMATOES CRUSHED ROMA ORG	28 OZ	2.78	2.78	
30630	EDEN	TOMATOES CRUSHED ROMA ORG	15 OZ	1.95	1.95	
30632	EDEN	TOMATOES DICED ROMA ORG	14.5 OZ	1.95	1.95	
30633	EDEN	TOMATOES DICED W/GRN CHILES OG	14.5 OZ	2.16	2.16	
30634	EDEN	TOMATOES WHL PEELED ROMA ORG	28 OZ	2.75	2.75	
30635	EDEN	TOMATOES WHL PEELED W/BASIL OG	28 OZ	2.75	2.75	
4544	FAMOSO	TOMATOES SAN MARZANO Italy	12/28 OZ	3.25	39.00	
3431	FAMOSO	TOMATOES w/basil Italy	12/28 OZ	2.25	27.00	
8349	MUIRGLEN	ORG FIRE RSTD TOMATO CRUSHED	12/28 OZ	2.76	33.12	
8327	MUIRGLEN	ORG FIRE RSTD TOMATO CRUSHED	12/14.5 OZ	1.95	23.40	
8350	MUIRGLEN	ORG FIRE RSTD TOMATO DICED	12/14.5 OZ	1.95	23.40	
8330	MUIRGLEN	ORG FIRE RSTD TOMATO DICED	12/28 OZ	2.76	33.12	
8352	MUIRGLEN	ORG TOM DICED W/BASIL&GARLIC	12/14.5 OZ	1.78	21.36	1.58 18.96
8343	MUIRGLEN	ORG TOMATO CRUSHED W/BASIL	12/28 OZ	2.55	30.60	
8344	MUIRGLEN	ORG TOMATO DICED	12/14.5 OZ	1.78	21.36	
8334	MUIRGLEN	ORG TOMATO DICED	12/28 OZ	2.55	30.60	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
8342	MUIRGLN	ORG TOMATO PASTE	6 OZ	1.11	1.11	
4250	MUIRGLN	ORG TOMATO PEELED GRD	12/28 OZ	2.55	30.60	
4252	MUIRGLN	ORG TOMATO PEELED WHL	12/28 OZ	2.55	30.60	
8346	MUIRGLN	ORG TOMATO PUREE	12/28 OZ	2.55	30.60	
8347	MUIRGLN	ORG TOMATO SAUCE CHUNKY	12/28 OZ	2.55	30.60	
8348	MUIRGLN	ORG TOMATO SAUCE N/S	12/15 OZ	1.78	21.36	
VINEGARS, BALSAMIC						
15261	BIONAT	BALSAMIC VINEGAR ORG Italy	8.5 OZ	4.00	4.00	
21085	EMILIANA	WHITE BALSAMIC VINEGAR #12	3.3 OZ	9.40	9.40	
31650	FRANCESC	BALSAMIC VINEGAR 2 LEAF	16.9 OZ	3.16	3.16	
31652	FRANCESC	BALSAMIC VINEGAR 3 LEAF 5YR	8.45 OZ	6.24	6.24	
31651	FRANCESC	BALSAMIC VINEGAR WHITE	16.9 OZ	3.16	3.16	
40112	LAMASIA	BALSAMIC VINEGAR RIOJA	375 ML	7.10	7.10	
4921	LULU	BALSAMIC VINEGAR CHERRY	6.76 OZ	7.43	7.43	
4919	LULU	BALSAMIC VINEGAR FIG	6.76 OZ	7.36	7.36	
4910	LULU	BALSAMIC VINEGAR FIG/MEYER LMN	6.76 OZ	7.36	7.36	
6904	MASPORTE	BALSAMIC GLAZE REDUCTION s	8.5 OZ	9.99	9.99	
1610	MONARI	BALSAMIC VINEGAR	17 OZ	3.67	3.67	
5056	O OLIVE	BALSAMIC VINEGAR	200 ML	7.87	7.87	
33092	O OLIVE	BALSAMIC VINEGAR white	6.8 OZ	7.87	7.87	6.30 6.30
3649	ROLAND	BALSAMIC VINEGAR ORG	17 OZ	5.10	5.10	
3648	ROLAND	BALSAMIC VINEGAR ORG	8.5 OZ	3.49	3.49	
2289	SPECTRM	BALSAMIC VINEGAR	16.9 OZ	6.88	6.88	
34210	TERRAMED	BALSAMIC VINEGAR	17 OZ	7.06	7.06	5.65 5.65
VINEGARS						
32210	BOYAJIAN	VINEGAR MAPLE	8 OZ	4.55	4.55	
32241	BOYAJIAN	VINEGAR POMEGRANATE	8 OZ	4.49	4.49	
32240	BOYAJIAN	VINEGAR SWEET CIDER	8 OZ	4.17	4.17	
32211	BOYAJIAN	VINEGAR SWEET PLUM	8 OZ	3.94	3.94	
9243	BRAGG	VINEGAR APPLE CIDER unflt ORG	32 OZ	4.95	4.95	3.96 3.96
1840	COLAVIT	VINEGAR RED WINE	17 OZ	2.75	2.75	
1841	COLAVIT	VINEGAR WHITE WINE	17 OZ	2.75	2.75	
15251	COLUME	VINEGAR SHERRY 30yr Spanish	12.7 OZ	7.60	7.60	
31653	DOMAINE	VINEGAR CHAMPANGE	16.9 OZ	3.91	3.91	
31654	DOMAINE	VINEGAR RASPBERRY	16.9 OZ	3.58	3.58	
31655	DOMAINE	VINEGAR RED WINE	16.9 OZ	3.58	3.58	
31656	DOMAINE	VINEGAR TARRAGON	16.9 OZ	3.58	3.58	
31657	DOMAINE	VINEGAR WHITE WINE	16.9 OZ	3.58	3.58	
6364	EDEN	VINEGAR APPLE CIDER ORG	32 OZ	4.15	4.15	
6363	EDEN	VINEGAR APPLE CIDER ORG	16 OZ	2.72	2.72	
6365	EDEN	VINEGAR RED WINE	32 OZ	3.30	3.30	
40113	LAMASIA	VINEGAR SHERRY	375 ML	7.07	7.07	
30007	MASPORTE	VINEGAR MERLOT	17 OZ	11.36	11.36	
30011	O OLIVE	VINEGAR CASSIS black currant	6.8 OZ	7.87	7.87	6.69 6.69
3569	O OLIVE	VINEGAR CHAMPAGNE	6.8 OZ	7.87	7.87	
5047	O OLIVE	VINEGAR RICE YUZU	200 ML	7.87	7.87	
3570	O OLIVE	VINEGAR ZINFANDEL	6.8 OZ	7.87	7.87	
30654	SOLERA	VINEGAR SHERRY aged min 2 year	12.7 OZ	4.35	4.35	
2259	SPECTRM	VINEGAR APPLE CIDER ORG UNFIL	32 OZ	4.79	4.79	
2266	SPECTRM	VINEGAR APPLE CIDER ORG UNFIL	16 OZ	2.99	2.99	
8117	SPECTRM	VINEGAR BROWN RICE ORG UNFIL	12.7 OZ	3.95	3.95	
8121	SPECTRM	VINEGAR RED WINE ORG	16.9 OZ	5.50	5.50	
2264	SPECTRM	VINEGAR WHITE DISTILLED ORG	32 OZ	5.10	5.10	4.59 4.59
8124	SPECTRM	VINEGAR WHITE WINE ORG	16.9 OZ	5.50	5.50	
34212	TERRAMED	VINEGAR RED WINE	17 OZ	5.04	5.04	
34211	TERRAMED	VINEGAR WHITE WINE	17 OZ	5.04	5.04	4.03 4.03
6642	UNIO	VINEGAR CARBENET SAUVIGNON	500ML	4.85	4.85	
31520	UNIO	VINEGAR MOSCATEL WINE spain	500 ML	6.40	6.40	
31521	UNIO	VINEGAR VERMOUTH WINE spain	500 ML	6.40	6.40	
31660	VILLARES	VINEGAR SHERRY	12.7 OZ	4.87	4.87	

Carmelina Brands®

Imported Italian Chopped Tomatoes in Puree



Ingredients: Chopped tomatoes, tomato puree

Item #31913

Imported Italian Cherry Tomatoes in Juice



Ingredients: Cherry tomatoes, tomato puree

Item #31915

Tomatoes Passata Puree

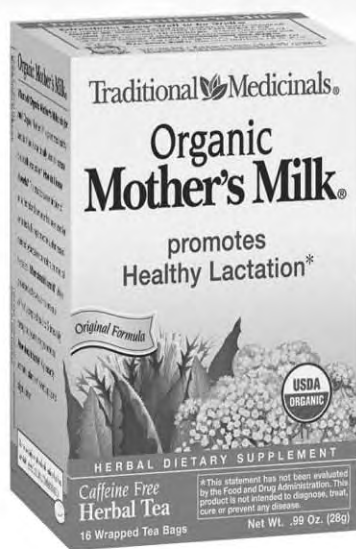


Imported Italian Tomato Puree

Ingredients: Tomatoes
Packaged: Glass bottle

Item #31914

Something to latch onto...



Organic Mother's Milk®

Promotes Healthy Lactation*
Herbal Dietary Supplement

Organic Mother's Milk® promotes healthy lactation* and is traditionally used to increase breast milk production.* This traditional combination of anise, fennel and coriander has been used for centuries by European women, often recommended by lactation counselors and medical herbalists. Organic Mother's Milk® is a pleasantly aromatic balance of sweet, spicy and slightly bitter tastes.

UPC: 0-32917-00014-9

Traditional Medicinals®

4515 Ross Road Sebastopol, CA 95472-2250 phone: 707-823-8911
www.TraditionalMedicinals.com © 2010 Traditional Medicinals 100401

BOOKS & MUSIC

2500	ABI	AB SALE FLYER/PRICE LIST	EACH	2.02	2.02		
50097	BOOK	AN INCONVENIENT TRUTH young ad	EACH	11.55	11.55	9.85	9.85
50275	BOOK	COOKING WITH SEITAN	EACH	11.78	11.78		
50274	BOOK	ESSENTIAL EATING SPROUTD BAKNG	EACH	20.00	20.00		
2894	BOOK	PRESCRIPTION FOR HERBAL HEALIN	EACH	17.27	17.27		
2884	BOOK	PRESCRIPTION FOR NUTRITNL HEAL	EACH	19.99	19.99		
2879	BOOK	SMART MED for HEALTHIER LIVING	EACH	10.83	10.83		
51008	BOOK	SPROUTS THE MIRACLE FOOD	EACH	8.42	8.42		
2832	BOOK	STEVIA COOKBOOK	EACH	8.72	8.72		

PUTUMAYO WORLD MUSIC

In response to the devastating earthquake in Haiti,
Putumayo is donating 100% of its proceeds from the sale of the
French Caribbean CD and the Caribbean Playground CD
to The Red Cross, throughout 2010.

Associated Buyers will be returning any profits from
the sale of these CDs to Putumayo to combine with their donations.

51066	PUTUMAYO	ACOUSTIC ARABIA cd	EACH	9.99	9.99		
51044	PUTUMAYO	AFRICAN DREAMLAND cd	EACH	9.99	9.99		
51042	PUTUMAYO	AFRICAN PARTY cd	EACH	9.99	9.99		
3001	PUTUMAYO	AFRICAN PLAYGROUND cd	EACH	9.99	9.99		
3064	PUTUMAYO	AMERICAN BLUES cd	EACH	9.99	9.99		
51011	PUTUMAYO	AMERICAN FOLK cd	EACH	9.99	9.99		
51032	PUTUMAYO	ANIMAL PLAYGROUND KIDS cd	EACH	9.99	9.99		
51080	PUTUMAYO	BRAZILIAN CAFE cd	EACH	9.99	9.99		
51019	PUTUMAYO	BRAZILIAN LOUNGE cd	EACH	9.99	9.99		
51041	PUTUMAYO	CAFE CUBANO cd	EACH	9.99	9.99		
51082	PUTUMAYO	CARIBBEAN PLAYGROUND cd	EACH	9.99	9.99		
51014	PUTUMAYO	CELTIC CROSSROADS cd	EACH	9.99	9.99		
51037	PUTUMAYO	CELTIC DREAMLAND cd	EACH	9.99	9.99		
51081	PUTUMAYO	CUBA cd	EACH	9.99	9.99		
3054	PUTUMAYO	DREAMLAND WORLD LULLABIES cd	EACH	9.99	9.99		
51079	PUTUMAYO	EUROPEAN PLAYGROUND cd	EACH	9.99	9.99		
51018	PUTUMAYO	FOLK PLAYGROUND cd	EACH	9.99	9.99		
3051	PUTUMAYO	FRENCH CAFE cd	EACH	9.99	9.99	8.99	8.99
51069	PUTUMAYO	FRENCH CARIBBEAN cd	EACH	9.99	9.99		
3006	PUTUMAYO	GREECE cd	EACH	9.99	9.99	8.99	8.99
51030	PUTUMAYO	GYPSEY GROOVE cd	EACH	9.99	9.99		
51077	PUTUMAYO	INDIA cd	EACH	9.99	9.99		
51035	PUTUMAYO	ISRAEL cd	EACH	9.99	9.99		
51078	PUTUMAYO	ITALIA cd	EACH	9.99	9.99		
51001	PUTUMAYO	ITALIAN CAFE cd	EACH	9.99	9.99		
51087	PUTUMAYO	JAZZ PLAYGROUND cd	EACH	9.99	9.99	8.99	8.99
51027	PUTUMAYO	LATIN JAZZ cd	EACH	9.99	9.99		
51088	PUTUMAYO	LATIN PARTY cd	EACH	9.99	9.99	8.99	8.99
51003	PUTUMAYO	MALI cd	EACH	9.99	9.99		
51015	PUTUMAYO	MUSIC FROM THE WINELANDS cd	EACH	9.99	9.99		
51009	PUTUMAYO	NORTH AFRICAN GROOVE cd	EACH	9.99	9.99	8.99	8.99
51016	PUTUMAYO	PARIS cd	EACH	9.99	9.99		
51075	PUTUMAYO	PICNIC PLAYGROUND cd	EACH	9.99	9.99		
51068	PUTUMAYO	QUEBEC cd	EACH	9.99	9.99	8.99	8.99
51022	PUTUMAYO	REGGAE PLAYGROUND cd	EACH	9.99	9.99		
51089	PUTUMAYO	RHYTHM & BLUES cd	EACH	9.99	9.99	8.99	8.99
51084	PUTUMAYO	ROCK & ROLL PLAYGROUND cd	EACH	9.99	9.99	8.99	8.99
3081	PUTUMAYO	RUMBA FLAMENCO cd	EACH	9.99	9.99		
3007	PUTUMAYO	SALSA AROUND THE WORLD cd	EACH	9.99	9.99	8.99	8.99
51076	PUTUMAYO	SALSA cd	EACH	9.99	9.99		
51061	PUTUMAYO	SESAME STREET PLAYGROUND cd	EACH	9.99	9.99		
51085	PUTUMAYO	SOUTH AFRICA cd	EACH	9.99	9.99	8.99	8.99
51034	PUTUMAYO	TANGO AROUND THE WORLD cd	EACH	9.99	9.99		
51086	PUTUMAYO	TRIBUTE TO A REGGAE LEGEND cd	EACH	9.99	9.99	8.99	8.99
51021	PUTUMAYO	TURKISH GROOVE cd	EACH	9.99	9.99		
51060	PUTUMAYO	WOMEN OF JAZZ cd	EACH	9.99	9.99		
3014	PUTUMAYO	WOMEN OF LATIN AMERICA cd	EACH	9.99	9.99	8.99	8.99
51028	PUTUMAYO	WOMEN OF THE WORLD ACOUSTIC	EACH	9.99	9.99		
3166	PUTUMAYO	WORLD REGGAE cd	EACH	9.99	9.99	8.99	8.99

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
HOUSEHOLD, YARD & MISCELLANEOUS						
4531	ROLAND	BAMBOO SKEWERS 12inch 3mm	100 CNT	1.06	1.06	
41218	ROLAND	TOOTH PICKS ROUND WOOD	48/250 CT	.25	12.00	
50143	CHAMP AP	BEE SWAX CANDLES 12inch	PAIR	5.79	5.79	
2725	ABI	COFFEE BAGS 1# brown	100 CNT	11.97	11.97	
9173	IFYOUCAR	COFFEE FILTERS #4	100 CT	3.19	3.19	
3242	NATBREW	COFFEE FILTERS BROWN #4 cone	40 CNT	1.51	1.51	1.36
3244	NATBREW	COFFEE FILTERS BROWN BASKET	100 CNT	1.30	1.30	1.17
15479	FLOWER	TEA BAGS COTTON	3/PKG	1.30	1.30	
92013	ORGFILTR	COFFEE FLTR ORG CTTN 2-4 c BSKT	EACH	4.27	4.27	
92012	ORGFILTR	COFFEE FLTR ORG COTTN #2 CONE	EACH	4.27	4.27	
92010	ORGFILTR	COFFEE FLTR ORG COTTN #4 CONE	EACH	4.27	4.27	
92011	ORGFILTR	COFFEE FLTR ORG COTTN 4BASKET	EACH	4.27	4.27	
92015	ORGFILTR	SPICE BAG COTTON ORG	EACH	3.17	3.17	2.85
3180	ABI	TEA BALL MESH 2 inch	EACH	2.11	2.11	
3144	ABI	TEA BALL MESH WITH HANDLE	EACH	2.39	2.39	
92014	ORGFILTR	TEA FILTER BAG COTTON ORG	EACH	3.32	3.32	2.99
53010	TELIA	TEA FILTERS	50 BAGS	2.37	2.37	
2189	ABI	CANDLE PURE BEE SWAX 8 inch	EACH	1.95	1.95	1.76
9999	ABI	CLIP STRIP 12 steel clips	EACH	3.95	3.95	
50105	ABI	GLASS BOTTLE SQUARE glass	12/500 ML	2.28	27.36	
3022	ABI	GLASS BOTTLES Boston Rnd w/cap	12/4 OZ	1.05	12.60	.95
3020	ABI	GLASS BOTTLES Boston Rnd w/cap	12/8 OZ	1.05	12.60	.95
3024	ABI	GLASS BOTTLES Boston Rnd w/cap	24/16 OZ	1.00	24.00	
50106	ABI	GLASS BOTTLES SWING TOP glass	12/250 ML	2.95	35.40	
3025	ABI	GLASS BOTTLES w/caps	12/32 OZ	1.60	19.20	1.44
3831	ABI	HONEY JAR GLASS w/WOOD DIPPER	EACH	4.84	4.84	
50142	ABI	PAIL PLASTIC W/HANDLE w/lid	1 GAL	3.29	3.29	
2279	ABI	PAPER TOWEL RECYLD (white) 85s	15 ROLLS	1.59	23.85	1.43
2277	ABI	POLY BAGS 10 X 8 X 24	50 PCS	21.00	21.00	
2281	ABI	POLY BAGS 12 X 8 X 30	50 PCS	28.25	28.25	
2268	ABI	POLY BAGS 4 X 2 X 12	100 PCS	5.40	5.40	
2274	ABI	POLY BAGS 4 X 2 X 8	100 PCS	4.10	4.10	3.69
2275	ABI	POLY BAGS 6 X 3 X 15	100 PCS	9.10	9.10	
2276	ABI	POLY BAGS 8 X 4 X 18	100 PCS	12.25	12.25	
3027	ABI	QUART BOTTLE PLASTIC DISPENSIN	32 OZ	1.36	1.36	
15210	ABI	SUSHI MAT BAMBOO 9.5 x 8	EACH	2.86	2.86	
2270	ABI	TOILET PAPER rcyld 500sht/2pl	12 ROLLS	.74	8.88	.67
1168	ABI	TUB PLASTIC W/LID	35#	10.00	10.00	8.04
2278	ABI	TWISTIES	2000 CNT	5.10	5.10	
2272	ABI	WAXED PAPER BAGS SAND SIZE	100 EA.	4.19	4.19	
2273	ABI	WAXED PAPER BAGS SAND SIZE	1000 EA.	34.99	34.99	
AIRSCENSE						
8718	AIRSCEN	AIR FRESHENER LAVENDER	7 OZ	5.89	5.89	
8716	AIRSCEN	AIR FRESHENER LIME	7 OZ	5.89	5.89	
8715	AIRSCEN	AIR FRESHENER ORANGE	7 OZ	5.89	5.89	
8717	AIRSCEN	AIR FRESHENER VANILLA	7 OZ	5.89	5.89	
BBQR'S DELIGHT						
50134	BBQR'S	SMOKE PELLETS APPLEWOOD	1#	2.45	2.45	2.21
50133	BBQR'S	SMOKE PELLETS HICKORY	1#	2.45	2.45	
50131	BBQR'S	SMOKE PELLETS JACK DANIELS	1#	2.45	2.45	
50132	BBQR'S	SMOKE PELLETS MESQUITE	1#	2.45	2.45	
50135	BBQR'S	SMOKE PELLETS SUGAR MAPLE	1#	2.45	2.45	
BETHEL ORGANIX						
50303	DOTPOTS	SEED START KIT JLPNO/CLNTR ORG	1 KIT	6.79	6.79	6.09
50304	DOTPOTS	SEED START KIT LETTCE BLND ORG	1 KIT	6.79	6.79	6.09
50302	DOTPOTS	SEED START KIT TOM/BASIL ORG	1 KIT	6.79	6.79	6.09
50300	DOTPOTS	SEED START POTS CARTN ORG biod	22 CT	4.59	4.59	
50301	DOTPOTS	SEED STRT POTS 20CT STRIP ORG	12/3CT	5.90	70.80	
BETTER LIFE						
50295	BETTERLF	2AM MIRACLE NURSERY CLEANER	16 OZ	4.07	4.07	
50291	BETTERLF	ALL PURPOSE CLEANER SAGE CTRUS	32 OZ	4.57	4.57	
50290	BETTERLF	ALL PURPOSE CLEANER SCENT FREE	32 OZ	4.57	4.57	
50294	BETTERLF	FLOOR CLEANER	32 OZ	4.67	4.67	
50293	BETTERLF	GENTLE SCRUBBER KITCHEN	16 OZ	4.07	4.07	
50296	BETTERLF	STAINLESS STEEL CLNR & POLISH	16 OZ	4.07	4.07	
50298	BETTERLF	STONE COUNTER TOP CLEANER	16 OZ	4.07	4.07	
50292	BETTERLF	WINDOW GLASS CLEANER	32 OZ	5.17	5.17	
50297	BETTERLF	WOOD CLEANER & POLISH	16 OZ	4.07	4.07	
BEYOND GOURMET						
15540	BEYOND	BAKING CUP unblch 2.5in	48 CNT	1.39	1.39	
15541	BEYOND	PARCHMENT PAPER unblch	65 FT	4.29	4.29	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
BIOKLEEN							
50083	BIOKLEEN	ALL PURPOSE CLEANER SPRAY	32 OZ	4.99	4.99	4.24	4.24
50084	BIOKLEEN	AUTOMATIC DISH POWDER	2 LB	7.97	7.97		
50270	BIOKLEEN	BAC-OUT BATHROOM CLEANER	32 OZ	7.59	7.59	6.45	6.45
50273	BIOKLEEN	BAC-OUT FLOOR CLEANER	32 OZ	7.59	7.59	6.45	6.45
50272	BIOKLEEN	BAC-OUT LAVENDR FABRIC REFRSHR	16 OZ	5.59	5.59		
50271	BIOKLEEN	BAC-OUT LMN TME FABRIC REFRSHR	16 OZ	5.59	5.59		
50081	BIOKLEEN	BAC-OUT STAIN &ODOR ELIMINATOR	32 OZ	7.50	7.50	6.37	6.37
50080	BIOKLEEN	BAC-OUT STAIN &ODOR ELIMINATOR	16 OZ	5.79	5.79		
50082	BIOKLEEN	BAC-OUT W/FOAMING SPRAYER	32 OZ	8.30	8.30		
50085	BIOKLEEN	DISHWASHING LIQUID	32 OZ	5.59	5.59		
50088	BIOKLEEN	LAUNDRY LIQUID CITRUS	64 OZ	11.65	11.65	9.90	9.90
50090	BIOKLEEN	LAUNDRY POWDER	10 LB	19.40	19.40		
50089	BIOKLEEN	LAUNDRY POWDER	5 LB	10.60	10.60		
50091	BIOKLEEN	LAUNDRY POWDER PREMIUM	5 LB	13.50	13.50		
50092	BIOKLEEN	OXYGEN BLEACH PLUS	2 LB	6.15	6.15	5.23	5.23
50093	BIOKLEEN	SOY CREAM CLEANER	32 OZ	5.65	5.65		
50096	BIOKLEEN	SOY LUBE SL-100	4 OZ	3.90	3.90	3.10	3.10
50094	BIOKLEEN	SOY TOILET SCRUB	32 OZ	6.15	6.15		

BIO PAC							
8806	BIOPAC	AUTOMATIC DISH POWDER	50# *	1.40	70.00		
8860	BIOPAC	CITRUS CLEANER ALL PURP	1GAL	20.30	20.30	18.27	18.27
8807	BIOPAC	CITRUS SPRAY CLEANER	22 OZ	2.72	2.72		
8801	BIOPAC	DISH LIQ APPLE-ALOE w/T TREE	22 OZ	3.08	3.08	2.77	2.77
8863	BIOPAC	DISHWASHING LIQUID	1GAL	11.10	11.10		
8800	BIOPAC	DISHWASHING LIQUID concen r	5GAL	51.77	51.77		
8869	BIOPAC	FABRIC SOFTENER r	1GAL	10.10	10.10	7.57	7.57
8799	BIOPAC	LAUNDRY LIQUID ULTRA	32 OZ	4.84	4.84		
8861	BIOPAC	LAUNDRY LIQUID ULTRA r	1GAL	10.90	10.90	9.81	9.81
8810	BIOPAC	LAUNDRY LIQUID ULTRA r	5GAL	51.26	51.26		
8804	BIOPAC	LAUNDRY POWDER concentrate	50# *	1.36	68.00		
8809	BIOPAC	LAUNDRY STAIN REMOVER	22 OZ	3.69	3.69	3.32	3.32
8808	BIOPAC	NON-CHLORINE BLEACH POWDER	10#	1.20	12.00		
8805	BIOPAC	PINE BATHRM CLNR w/T TREE	22 OZ	2.88	2.88		
8867	BIOPAC	PINE CLEANER CONC. r	1GAL	18.59	18.59		

BLUES BUSTER							
9907	BLUESBST	LIGHTBULB FULLSPEC CLEAR 100WT	1 BULB	4.60	4.60		
9908	BLUESBST	LIGHTBULB FULLSPEC CLEAR 60WT	1 BULB	4.60	4.60		
9904	BLUESBST	LIGHTBULB FULLSPEC FROST 100WT	1 BULB	4.60	4.60		
9906	BLUESBST	LIGHTBULB FULLSPEC FROST 60WT	1 BULB	4.60	4.60		
9905	BLUESBST	LIGHTBULB FULLSPEC FROST 75WT	1 BULB	4.60	4.60	4.14	4.14
9911	BLUESBST	LTBULB CFL FULLSPEC 12W	1 BULB	11.25	11.25	8.44	8.44
9909	BLUESBST	LTBULB CFL FULLSPEC 15W	1 BULB	11.25	11.25	8.99	8.99
9910	BLUESBST	LTBULB CFL FULLSPEC 20W	1 BULB	11.25	11.25		

BREAD ARMOR							
50310	BREADARM	BREAD BAGS BAGUETTE carton	12/2CT	1.75	21.00		
50314	BREADARM	BREAD BAGS BAGUETTE single 2CT	2 CT	1.85	1.85	1.65	1.65
50311	BREADARM	BREAD BAGS CIABATTA carton	12/2CT	1.75	21.00		
50315	BREADARM	BREAD BAGS CIABATTA single 2CT	2 CT	1.85	1.85		
50312	BREADARM	BREAD BAGS FRENCH carton	12/2CT	1.75	21.00		
50316	BREADARM	BREAD BAGS FRENCH single 2CT	2 CT	1.85	1.85		
50313	BREADARM	BREAD BAGS VARIETY carton	12/3CT	2.30	27.60		
50317	BREADARM	BREAD BAGS VARIETY single 3CT	3CT	2.30	2.30		

CITRASOLV							
8720	CITRASOLV	CITRA-CLEAR GLASS CLEANER	32 OZ	4.19	4.19		
8707	CITRASOLV	CITRA-DISH AUTOMATIC POWDER	45 OZ	5.19	5.19		
50140	CITRASOLV	CITRA-DISH LIQUID LAV BERGAMT	25 OZ	3.29	3.29		
50139	CITRASOLV	CITRA-DISH LIQUID LEM VERBENA	25 OZ	3.29	3.29		
50138	CITRASOLV	CITRA-DISH LIQUID MANGO TANGRN	25 OZ	3.29	3.29		
8703	CITRASOLV	CITRA-DISH LIQUID ORANGE	25 OZ	3.29	3.29		
8719	CITRASOLV	CITRA-DRAIN CLEANER	22 OZ	4.45	4.45		
8714	CITRASOLV	CITRA-SPOT/STAIN REMOVER	22 OZ	4.85	4.85	4.37	4.37
50141	CITRASOLV	CITRA-SUDS LIQUID LAV BERGAMOT	50 OZ	6.99	6.99		
8709	CITRASOLV	CITRA-SUDS LIQUID ORANGE	50 OZ	6.99	6.99		
8713	CITRASOLV	CITRA-WOOD CLEANER/POLISH	8 OZ	4.39	4.39		
8723	CITRASOLV	CLEANER CITRUS	1 GAL	39.99	39.99		
8724	CITRASOLV	CLEANER CITRUS	32 OZ	12.75	12.75		
8725	CITRASOLV	CLEANER CITRUS	16 OZ	8.49	8.49		
50136	CITRASOLV	CLEANER LAVENDER BERGAMOT	16 OZ	8.49	8.49		
8727	CITRASOLV	READY TO USE SPRAY CITRUS	22 OZ	3.55	3.55		
50137	CITRASOLV	READY TO USE SPRAY LAV BERGAMT	22 OZ	3.55	3.55		

COAST OF MAINE							
50100	COAST ME	COMPOST LOBSTER QUODDY BLEND	1 CF	5.69	5.69		
53040	COAST ME	EARTHWRM CASTINGS WISCST ORG	8 QTS	7.86	7.86		
53016	COAST ME	NATURAL CEDAR MULCH	2 CF	3.66	3.66		
53041	COAST ME	PLANT FOOD EGGEMOGGIN BLND ORG	2.5#	5.21	5.21		
53033	COAST ME	POTTING SOIL PRM BAR HRBR BLND	8 QT	3.22	3.22		
53034	COAST ME	POTTING SOIL PRM BAR HRBR BLND	16 QT	5.69	5.69		



Natural Cranberry Sauce 9 oz jar



In time for the holiday season, we present Knudsen's Natural Cranberry Sauce. Knudsen captures the bounty of this fall fruit, bringing the best of fall to your table.

With less sugar added to this cranberry sauce (and in the form of fruit juice), you are getting more beneficial phytonutrients when you eat a spoonful. Use it just like conventional cranberry sauce as a side dish relish, or use it in other dishes. One idea a customer gave me is to dilute the cranberry sauce with orange juice, heat, and serve as a sauce over sliced roasted pork loin.

Ingredients: Whole cranberries, fruit syrup.

Item #6246



Appalachian Naturals



For the Holidays!

Appalachian Naturals was founded in October 2003 by Shelly Risinger and Kristin Barry.

Kristin's grandmother, Alice King, lived in Ashfield, MA much of her life with her husband Robert King. Alice was an artist who worked with both clay as well as watercolors.

Several of the landscape portraits Alice made were of the lush pine, maple, and aspen trees in the region. At some point Alice had a wooden stamp made of a pine tree. This stamp is now the **Appalachian Naturals** logo.

Cape Cod's Caviar Organic Cranberry Sauce



Ingredients: organic cranberries, water, organic agave nectar.

Item #34349

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
COT 'N WASH							
51062	COTNWASH	LAUNDRY DROPS FRESH SCENT	26 CT	6.47	6.47	4.69	4.69
DEBBIE MEYER GREENBAGS							
53037	DEBMEYER	BAGS CHEESE zip lock	12 CT	8.66	8.66	7.79	7.79
53036	DEBMEYER	BREAD BAGS (10 LG / 2 LONG)	12 CT	8.66	8.66		
2286	DEBMEYER	PRODUCE BAGS (10 MED / 10 LG)	20 CT	8.66	8.66	7.79	7.79
DRAGONFLY ORGANIX							
50192	DRAGONFLY	DEGREASER ORG	24 OZ	4.03	4.03	3.63	3.63
50193	DRAGONFLY	EYEGLASS CLEANER ORG	2 OZ	2.01	2.01		
50194	DRAGONFLY	FLOOR CLEANER ORG	24 OZ	4.03	4.03		
50189	DRAGONFLY	GLASS CLEANER ORG	24 OZ	4.03	4.03		
50190	DRAGONFLY	ODOR ELIMINATOR ORG	24 OZ	4.03	4.03		
50188	DRAGONFLY	ODOR ELIMINATOR ORG	2 OZ	2.15	2.15		
50191	DRAGONFLY	STAIN REMOVER ORG	24 OZ	4.03	4.03	3.63	3.63
50187	DRAGONFLY	STAIN REMOVER ORG	2 OZ	2.15	2.15		
DR. BRONNER'S							
8681	DRBRONS	SAL SUDS LIQ CLNR CONC	32 OZ	7.54	7.54		
EARTH FRIENDLY							
8700	EARTHFRI	FRUIT & VEGGIE SPRAYWASH	17 OZ	4.19	4.19		
51059	EARTHSHL	HEAVY DUTY PLATE biodegradable	35/6 INCH	3.06	3.06		
EASTWIND CANDLE CO.							
50108	EASTWIND	CANDLE TAPERS 12in BEESWAX	PAIR	8.74	8.74		
50107	EASTWIND	CANDLE TAPERS 9in BEESWAX	PAIR	7.35	7.35		
ECO TOUCH							
50502	ECOTOUCH	CAR CARPET & UPHOLSTERY CLEANR	24 OZ	4.10	4.10		
50501	ECOTOUCH	CAR DASHBOARD & TRIM CLEANER	22 OZ	5.05	5.05		
50503	ECOTOUCH	CAR METAL & CHROME POLISH	22 OZ	5.05	5.05		
50504	ECOTOUCH	CAR WATERLESS CARWASH & POLISH	22 OZ	6.30	6.30		
50185	ECOTOUCH	CAR WATERLESS CARWASH refill	1 GAL	28.86	28.86	21.05	21.05
50184	ECOTOUCH	CAR WATRLESS WASH KIT w/towels	SET	14.43	14.43	12.99	12.99
50505	ECOTOUCH	MICROFIBER TOWEL 2PK	3.8 OZ	4.90	4.90		
ECOVER							
8733	ECOVER	AUTOMATIC DISHWASH RINS AID	16 OZ	4.05	4.05		
8729	ECOVER	AUTOMATIC DISHWASHING PDR	48 OZ	5.45	5.45		
8736	ECOVER	AUTOMATIC DISHWSHG TABLET	25 TABS	5.30	5.30		
8745	ECOVER	CLEANER FLOOR SOAP	32 OZ	3.99	3.99		
8775	ECOVER	CLEANER TOILET	25 OZ	3.38	3.38		
8777	ECOVER	DISHWASHING LIQ GRPFT&GRN TEA	32 OZ	3.64	3.64		
8730	ECOVER	DISHWASHING LIQUID HERBAL	16 OZ	2.25	2.25	1.80	1.80
8735	ECOVER	DISHWASHING LIQUID HERBAL	32 OZ	3.79	3.79		
8731	ECOVER	DISHWASHING LIQUID LEM/ALOE	32 OZ	3.79	3.79		
8737	ECOVER	HAND CLEANER HEAVY DUTY	150 ML	3.66	3.66		
8728	ECOVER	LAUNDRY BLEACH Non Chlorine	64 OZ	4.95	4.95		
8740	ECOVER	LAUNDRY FABRIC SOFTENER	32 OZ	4.30	4.30	3.44	3.44
8773	ECOVER	LAUNDRY LIQUID WASH	51 OZ	7.76	7.76		
8767	ECOVER	LAUNDRY POWDER Ultra Conc	48 OZ	6.70	6.70		
8780	ECOVER	LAUNDRY WOOL WASH- Delicate	32 OZ	3.85	3.85		
50128	ECOVER	LIMESCALE REMOVER	16 OZ	3.95	3.95		
8734	ECOVER	STAIN REMOVER NATURAL STICK	6.8 OZ	2.93	2.93		
FORMATICUM CHEESE PAPER							
50280	FORMATIC	PAPER CHEESE WRAP 11x14 w/labl	12 CT	4.45	4.45		
GARDEN GUYS							
50195	GARDEN	GARDEN NEEM	24 OZ	7.45	7.45	6.71	6.71
GET REAL							
51071	GETREAL	BAG FRUIT SHOPPER	BAG	7.49	7.49	6.74	6.74
51073	GETREAL	BAG SAVING THE PLANET SHOPPER	BAG	7.49	7.49	6.74	6.74
51072	GETREAL	BAG WORLD SHOPPER	BAG	7.49	7.49		
GREEN HEAT							
50279	GREENHT	GREEN HEAT RECYCLED FIRE LOG	5 #	5.06	5.06		
GROUNDWORKS ICEMELTER							
2164	GRNDWRK	NATURAL ICEMELTER bag	25#	.55	13.75		
2165	GRNDWRK	NATURAL ICEMELTER jug	12#	.86	10.32		
IF YOU CARE							
9170	IFYOUCAR	ALUMINUM FOIL 100% RECYCLED6	50 SQ FT	3.79	3.79		
50111	IFYOUCAR	BAKING CUPS JUMBO	24 CT	1.28	1.28		
9171	IFYOUCAR	BAKING CUPS LARGE	60 CT	1.28	1.28		
50109	IFYOUCAR	BAKING CUPS MINI	90 CT	1.00	1.00	.90	.90
50113	IFYOUCAR	BAKING PAPER IN SHEETS	24 CT	3.19	3.19		
50115	IFYOUCAR	CHEESECLOTH 72in x 36in	2 SQ YD	2.52	2.52		
50114	IFYOUCAR	NATURAL COOKING TWINE	200 FT	2.09	2.09		
9172	IFYOUCAR	PARCHMENT PAPER unbleached	70 SQ FT	4.19	4.19		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
LIFE TREE							
50153	LIFETREE	ALL PURPOSE SPRAY CLEANER	24 OZ	6.80	6.80		
50151	LIFETREE	BATHROOM CLEANER NATURAL	16 OZ	4.80	4.80		
50152	LIFETREE	BATHROOM CLEANER NATURAL	1 GAL	20.75	20.75		
50155	LIFETREE	DISH SOAP CITRUS FRESH	32 OZ	9.20	9.20		
50156	LIFETREE	DISH SOAP CITRUS FRESH	1 GAL	26.50	26.50	23.85	23.85
50154	LIFETREE	DISH SOAP CITRUS FRESH	16 OZ	4.99	4.99		
50150	LIFETREE	DISH SOAP ULTRA LIQUID	16 OZ	5.59	5.59		
50149	LIFETREE	HOME SOAP all purpose	32 OZ	7.99	7.99		
50148	LIFETREE	HOME SOAP all purpose	16 OZ	4.70	4.70		
50159	LIFETREE	LAUNDRY LIQUID ORIGINAL	64 OZ	18.27	18.27		
50160	LIFETREE	LAUNDRY LIQUID ORIGINAL	1 GAL	25.75	25.75		
50158	LIFETREE	LAUNDRY LIQUID ORIGINAL	32 OZ	8.69	8.69	7.82	7.82
50157	LIFETREE	LAUNDRY LIQUID ORIGINAL	16 OZ	5.19	5.19		
MESSINA WILDLIFE MANAGEMENT							
50204	MESSINA	ANIMAL STOPPER GRANULAR	2.5 LBS	13.34	13.34		
50196	MESSINA	DEER STOPPER READY TO USE	QUART	8.22	8.22		
50197	MESSINA	DEER STOPPER READY TO USE RFIL	GALLON	17.54	17.54		
50200	MESSINA	GROUNDHOG STOPPER READY TO USE	QUART	8.22	8.22		
50202	MESSINA	RABBIT STOPPER READY TO USE	QUART	8.22	8.22		
50203	MESSINA	SQUIRREL STOPPER READY TO USE	QUART	8.22	8.22		
50198	MESSINA	temp n/a DEER STOPPER CONC HOS	QUART	26.40	26.40		
50201	MESSINA	temp n/a MOLE&VOLE STOPPER CON	QUART	26.40	26.40		
MOTHER NATURE'S CUISINE							
50259	MOTHRNAT	CUISINE ALL PURP PLANT 3-5-3	5#	6.74	6.74	5.99	5.99
50262	MOTHRNAT	CUISINE FISH AND SEAWEED 2-3-1	32 OZ	11.06	11.06		
50260	MOTHRNAT	CUISINE FLOWER 3-4-4	5#	6.74	6.74	5.99	5.99
50261	MOTHRNAT	CUISINE VEGGIE HERB 2-3-5	5#	6.74	6.74	5.99	5.99
MRS. MEYER'S							
180	MRS MEYR	ALL PURP CLEANER BASIL	6/32 OZ	5.65	33.90		
102	MRS MEYR	ALL PURP CLEANER GERANIUM	6/32 OZ	5.65	33.90		
100	MRS MEYR	ALL PURP CLEANER LAVENDER	6/32 OZ	5.65	33.90		
101	MRS MEYR	ALL PURP CLEANER LEM VERBENA	6/32 OZ	5.65	33.90		
207	MRS MEYR	AUTO DISH POUCH BASIL pods	6/20 CT	5.70	34.20		
206	MRS MEYR	AUTO DISH POUCH GERANIUM pods	6/20 CT	5.70	34.20		
204	MRS MEYR	AUTO DISH POUCH LAVENDER pods	6/20 CT	5.70	34.20		
205	MRS MEYR	AUTO DISH POUCH LEM VER pods	6/20 CT	5.70	34.20		
181	MRS MEYR	COUNTER TOP SPRAY BASIL	6/16 OZ	2.47	14.83		
117	MRS MEYR	COUNTER TOP SPRAY GERANIUM	6/16 OZ	2.47	14.83		
115	MRS MEYR	COUNTER TOP SPRAY LAVENDER	6/16 OZ	2.47	14.83		
116	MRS MEYR	COUNTER TOP SPRAY LEM VERBENA	6/16 OZ	2.47	14.83		
182	MRS MEYR	DRYER SHEETS BASIL	12/80 SHT	5.65	67.80		
120	MRS MEYR	DRYER SHEETS GERANIUM	12/80 SHT	5.65	67.80		
118	MRS MEYR	DRYER SHEETS LAVENDER	12/80 SHT	5.65	67.80		
119	MRS MEYR	DRYER SHEETS LEMON VERBENA	12/80 SHT	5.65	67.80		
183	MRS MEYR	FABRIC SOFTENER BASIL	6/32 OZ	5.31	31.88		
123	MRS MEYR	FABRIC SOFTENER GERANIUM	6/32 OZ	5.31	31.88		
121	MRS MEYR	FABRIC SOFTENER LAVENDER	6/32 OZ	5.31	31.88		
122	MRS MEYR	FABRIC SOFTENER LEMON VERBENA	6/32 OZ	5.31	31.88		
210	MRS MEYR	LAUNDRY DET GERANIUM 64lds	6/64 OZ	11.59	69.54		
229	MRS MEYR	LAUNDRY LIQ BABY BLOSM 64 lds	6/64 OZ	11.59	69.54		
234	MRS MEYR	LAUNDRY LIQ BABY BLOSSOM 32lds	6/32 OZ	6.25	37.50	5.50	33.00
211	MRS MEYR	LAUNDRY LIQ BASIL 64lds	6/64 OZ	11.59	69.54		
232	MRS MEYR	LAUNDRY LIQ LAVENDER 32lds	6/32 OZ	6.25	37.50	5.60	33.60
208	MRS MEYR	LAUNDRY LIQ LAVENDER 64lds	6/64 OZ	11.59	69.54		
233	MRS MEYR	LAUNDRY LIQ LEMN VERBANA 32lds	6/32 OZ	6.25	37.50	5.60	33.60
209	MRS MEYR	LAUNDRY LIQ LEMON VERBNA 64lds	6/64 OZ	11.59	69.54		
235	MRS MEYR	LAUNDRY LIQ UNSCENTED 32lds	6/32 OZ	6.25	37.50		
220	MRS MEYR	LAUNDRY LIQ UNSCENTED 64lds	6/64 OZ	11.59	69.54		
185	MRS MEYR	LIQ DISH SOAP BASIL	6/16 OZ	2.72	16.32		
135	MRS MEYR	LIQ DISH SOAP GERANIUM	6/16 OZ	2.72	16.32		
133	MRS MEYR	LIQ DISH SOAP LAVENDER	6/16 OZ	2.72	16.32		
134	MRS MEYR	LIQ DISH SOAP LEMON VERBENA	6/16 OZ	2.72	16.32		
145	MRS MEYR	ROOM FRESHENER GERANIUM	6/8 OZ	3.52	21.12		
143	MRS MEYR	ROOM FRESHENER LAVENDER	6/8 OZ	3.52	21.12		
144	MRS MEYR	ROOM FRESHENER LEMON VERBENA	6/8 OZ	3.52	21.12		
197	MRS MEYR	SCENT DIFFUSER REFILL BASIL	12/CS	4.70	56.40		
195	MRS MEYR	SCENT DIFFUSER REFL GERANIUM	12 EACH	4.70	56.40		
193	MRS MEYR	SCENT DIFFUSER REFL LAVENDER	12 EACH	4.70	56.40		
194	MRS MEYR	SCENT DIFFUSER REFL LEMN VERBN	12 EACH	4.70	56.40		
146	MRS MEYR	SHOWER CLEANER LAVENDER	6/24 OZ	3.52	21.12		
147	MRS MEYR	SHOWER CLEANER LEMON VERBENA	6/24 OZ	3.52	21.12		
151	MRS MEYR	SOY CANDLE GERANIUM	6/7.2 OZ	7.04	42.24		
149	MRS MEYR	SOY CANDLE LAVENDER	6/7.2 OZ	7.04	42.24		
150	MRS MEYR	SOY CANDLE LEMON VERBENA	6/7.2 OZ	7.04	42.24		
187	MRS MEYR	SURFACE SCRUB BASIL	6/11 OZ	3.52	21.12		
157	MRS MEYR	SURFACE SCRUB GERANIUM	6/11 OZ	3.52	21.12		
155	MRS MEYR	SURFACE SCRUB LAVENDER	6/11 OZ	3.52	21.12		
156	MRS MEYR	SURFACE SCRUB LEMON VERBENA	6/11 OZ	3.52	21.12		
178	MRS MEYR	SURFACE SPRAY BABY BLOSSOM	16 OZ	3.55	3.55	2.99	2.99

**Appalachian
Naturals**



For the Holidays!

Appalachian Natural's is pleased to introduce their Cranberry Lime Sauce, just in time for the holiday season. This is a contemporary version of a traditional New England favorite.

They searched all over Cape Cod and the islands for organic cranberry growers and found a very unique bog on the Vineyard that is part of a sustainable agri-culture land trust.

Cranberry Acres and Cranberry Hill Farm have provided them with gorgeous Atlantic grown berries, rich in antioxidants and packed with flavor! They add a touch of lime zest and all natural demerara sugar to offer you a delicious accompaniment to your holiday condiment selection.

Cranberry Lime Sauce



Ingredients: Certified organic cranberries, water, all natural demerara sugar, lime zest.

Item #41155



Stahlbush Island Farms

Stahlbush Island Farms is pleased to offer the nation's premiere line of frozen fruits, all Sustainably Grown in the USA. Healthy berries, 100% natural. These super-premium berries are full of antioxidants.

Flash Frozen to capture nutrients and flavor, these berries taste great in smoothies and pancakes, on yogurt, and baked into pies and cobblers.

Located in the heart of Oregon's lush Willamette Valley, Stahlbush Island Farms is an environmentally-friendly farm and food processor committed to sustainable agriculture.

Our goal is to grow and process the highest quality food products available in the marketplace, while at the same time, improve our natural resources. At Stahlbush we have specific practices that ensure this sustainable approach.

Whole Cranberries



Tart and lively, cranberries are a wonderful addition to baked goods and smoothies, not just for cranberry sauce anymore!

Ingredients: Cranberries

Item #63075



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
MRS. MEYER'S - cont.						
216	MRS MEYR	SURFACE WIPES LAV biodegrade	12/24 CT	3.09	37.08	
217	MRS MEYR	SURFACE WIPES LEM V biodegrade	12/24 CT	3.09	37.08	
200	MRS MEYR	TOILET BOWL CLEANER BASIL	6/32 OZ	3.76	22.56	3.38 20.28
163	MRS MEYR	TOILET BOWL CLEANER GERANIUM	6/32 OZ	3.76	22.56	
161	MRS MEYR	TOILET BOWL CLEANER LAVENDER	6/32 OZ	3.76	22.56	
162	MRS MEYR	TOILET BOWL CLEANER LEM VERBNA	6/32 OZ	3.76	22.56	
166	MRS MEYR	WINDOW SPRAY GERANIUM	6/24 OZ	3.52	21.12	
164	MRS MEYR	WINDOW SPRAY LAVENDER	6/24 OZ	3.52	21.12	
165	MRS MEYR	WINDOW SPRAY LEMON VERBENA	6/24 OZ	3.52	21.12	
MRS. MEYER'S						
222	MRS MEYS	ALL PURP CLEANER UNSCENTED	32 OZ	5.65	5.65	4.44 4.44
223	MRS MEYS	COUNTER TOP SPRAY UNSCENTED	16 OZ	3.09	3.09	2.41 2.41
203	MRS MEYS	DRYER SHEETS BABY BLOSSOM	80SHT	5.65	5.65	3.99 3.99
196	MRS MEYS	SCENT DIFFUSER BASIL	EACH	9.15	9.15	
192	MRS MEYS	SCENT DIFFUSER GERANIUM	EACH	9.15	9.15	
190	MRS MEYS	SCENT DIFFUSER LAVENDER	EACH	9.15	9.15	7.99 7.99
191	MRS MEYS	SCENT DIFFUSER LEMON VERBENA	EACH	9.15	9.15	
231	MRS MEYS	SURFACE WIPES BABY BLOSM biod	24CT	3.55	3.55	2.66 2.66
198	MRS MEYS	WINDOW SPRAY BASIL	24 OZ	3.52	3.52	
NATURE'S GRILLING						
50285	NATGRILL	CHARCOAL HARDWOOD BLEND NAT	6.6#	5.39	5.39	
50208	NATGRILL	CHARCOAL HARDWOOD BRIQUET NAT	9# BAG	5.39	5.39	
50286	NATGRILL	CHARCOAL MESQUITE WOOD NAT	6.6#	5.39	5.39	
50281	NATGRILL	CHUNKS 100% NATURAL MESQUITE	1.5 CF	4.19	4.19	3.77 3.77
50239	NATGRILL	FIRE STARTER 100% NATURL FLUID	16.9 FL OZ	3.84	3.84	2.88 2.88
50289	NATGRILL	SMOKING CHIPS APPLEWOOD NAT	160 CI	2.84	2.84	
50288	NATGRILL	SMOKING CHIPS HICKORY NAT	160 CI	2.58	2.58	
50287	NATGRILL	SMOKING CHIPS MESQUITE NAT	160 CI	2.58	2.58	
NATURAL VALUE						
50225	NATVALUE	BAGS LUNCH RECYCLED	50 CT	2.84	2.84	
6700	NATVALUE	BAGS RECLOSE STORAGE QT	25 CT	1.66	1.66	1.49 1.49
6654	NATVALUE	BAGS SANDWICH RECLOSABLE	50 CT	1.69	1.69	1.52 1.52
6699	NATVALUE	BAGS SLIDER SEAL FREEZER GAL	10 CT	1.91	1.91	1.72 1.72
6698	NATVALUE	BAGS STORAGE QTW/SLIDER	20 CT	1.91	1.91	1.72 1.72
6655	NATVALUE	BAGS STORAGE RECLOSABLE gal	20 CT	1.86	1.86	1.67 1.67
50130	NATVALUE	BAGS TALL KITCHEN 13 gal bulk	200 CT	19.30	19.30	17.37 17.37
6656	NATVALUE	BAGS TALL KITCHEN 13gal degrid	15 CT	1.93	1.93	1.74 1.74
50222	NATVALUE	BAGS TRASH COMPOSTABLE 13 gal	12 CT	4.64	4.64	4.14 4.14
50129	NATVALUE	BAGS TRASH 33 gal bulk pk degrid	120 CT	24.84	24.84	22.36 22.36
6657	NATVALUE	BAGS TRASH 33gal degridabl	10 CT	2.31	2.31	2.08 2.08
50221	NATVALUE	BAGS TRASH COMPOSTABLE 2.5 gal	25 CT	3.93	3.93	
50223	NATVALUE	BAGS TRASH COMPOSTABLE 30 gal	6 CT	4.64	4.64	
6595	NATVALUE	BATH TISSUE 100% 2 ply/250 ct	4 PK	2.25	2.25	
50163	NATVALUE	BATH TISSUE 250ct 2 ply recyc	12 PK	6.50	6.50	
50167	NATVALUE	BATH TISSUE DBL ROLL 400ct	12 PK	9.60	9.60	
50166	NATVALUE	BATH TISSUE DBL ROLL 400ct	4 PK	3.25	3.25	2.93 2.93
50164	NATVALUE	BATH TISSUE SINGLES 2ply 500ct	12 ROLLS	.78	9.36	.70 8.40
50227	NATVALUE	CUPS HOT/COLD microwave 9oz	60 CT	4.02	4.02	
50172	NATVALUE	FACIAL TISSUE 2ply recycled	100 CT	1.15	1.15	.92 .92
6596	NATVALUE	NAPKINS 100% RECYCLED	120 CT	1.65	1.65	
50169	NATVALUE	PAPER TOWELS 80ct recycled	3 PK	4.19	4.19	
50168	NATVALUE	PAPER TOWELS SINGLES 80 ct rec	15 ROLLS	1.50	22.50	1.35 20.25
6697	NATVALUE	PLASTIC WRAP 100ft	100 FT	1.26	1.26	
50224	NATVALUE	PLATES BROWN KRAFT PAPER 10in	25 CT	3.31	3.31	
50226	NATVALUE	PLATES PAPER microwave 9in	40 CT	1.82	1.82	
50182	NATVALUE	SCOURING PAD MULTI PURP 6in	20CT	.75	15.00	
50177	NATVALUE	SCOURING PADS 2pk	24CT	.75	18.00	
50181	NATVALUE	SPONGE SCRUB W/ORG WALNUT	24CT	.75	18.00	
50183	NATVALUE	SPONGE WIPE 2pk	24CT	.75	18.00	
50178	NATVALUE	SPONGES CELLULOSE 4pk	24CT	1.15	27.60	
50180	NATVALUE	SPONGES COMPRESSED 4pk	24CT	.92	22.08	
50179	NATVALUE	SPONGES GENTLE SCRUBBER	24CT	.75	18.00	
50176	NATVALUE	SPONGES SCRUBBER ALL PURP	24CT	.75	18.00	
6658	NATVALUE	UNBLEACHED WAXED PAPER 75ft	75 FT	1.91	1.91	
6659	NATVALUE	UNBLEACHED WAXED PAPER BAGS	60 CT	2.25	2.25	
NO SURVIVOR						
8497	NOSURVIV	FLOOR TRAP GRAIN BEETLE	1 KIT	8.70	8.70	
8490	NOSURVIV	PEROMONE TRAP CLOTH MOTH floo	1 KIT	9.75	9.75	
8495	NOSURVIV	PEROMONE TRAP GRAIN MOTH	1 KIT	7.10	7.10	
8496	NOSURVIV	REPLACEMENT LURE GRAIN MOTH	EACH	4.43	4.43	3.99 3.99
PENLEY						
50210	PENLEY	CUTLERY BIODEGRADE frk/spn/knf	24 CT	1.21	1.21	
PRO GRO						
8722	PROGRO	FERTILIZER (5-3-4) ORGANIC	50#	.36	18.00	.32 16.00
SAI BABA NAG CHAMPA						
9744	SAI BABA	INCENSE NAG CHAMPA sticks15gr	15 GR	1.55	1.55	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
9745	SAI BABA	INCENSE NAG CHAMPA sticks40gr	40 GR	3.30	3.30		
SALTWATER FARMS							
71134	SALTWATR	LIQ SEA ROSE FERTILIZER 2-1-2	1 GAL	22.50	22.50	18.95	18.95
7123	SALTWATR	LIQ SEASTART/Vitamin Fort	8 OZ	6.15	6.15	4.59	4.59
71133	SALTWATR	LIQ SEASTART-PGR seawd con 0-4	32 OZ	16.75	16.75	12.56	12.56
7125	SALTWATR	LIQ SEAWEED PLANT FOOD	16 OZ	4.50	4.50		
7124	SALTWATR	LIQ SEAWEED PLANT FOOD	1 GAL	16.75	16.75		
7126	SALTWATR	LIQ SEAWEED/FISH FERTILIZER	16 OZ	5.05	5.05		
7129	SALTWATR	LIQ SEAWEED/FISH FERTILIZER	1 GAL	18.70	18.70		
7127	SALTWATR	SEA BLEND SOIL CONDITIONER	5#	9.95	9.95		
71132	SALTWATR	SEAWEED MEAL	50#	.97	48.50		
7121	SALTWATR	SEAWEED MEAL	5#	7.65	7.65	6.89	6.89

SEVENTH GENERATION

9684	SEVENTH	AUTO DISH GEL LEMON SCENT	45 OZ	4.59	4.59		
50249	SEVENTH	AUTO DISH PACS FREE & CLEAR	15 CT	4.46	4.46		
50250	SEVENTH	AUTO DISH PACS LEMON	15 CT	4.46	4.46		
9683	SEVENTH	AUTO DISH POWDER FREE & CLEAR	45 OZ	4.59	4.59	4.13	4.13
50069	SEVENTH	BATH TISSUE 1000sheet 1ply	12 ROLLS	1.19	14.28	1.07	12.84
9668	SEVENTH	BATH TISSUE 352sht/2ply	4 PACK	3.73	3.73	3.36	3.36
9667	SEVENTH	BATH TISSUE 500sht/2ply loose	12 ROLLS	1.19	14.28	1.07	12.84
9680	SEVENTH	BLEACH CHLORINE FREE LIQ 21 ld	64 OZ	4.34	4.34	3.91	3.91
9693	SEVENTH	CLEANER ALL PURP FREE&CLEAR	32 OZ	4.35	4.35		
9692	SEVENTH	CLEANER GLASS FREE&CLEAR	32 OZ	4.35	4.35		
9687	SEVENTH	CLEANER TOILET EMRLD CYPRS	32 OZ	4.35	4.35	3.92	3.92
9686	SEVENTH	CLEANER TUB & TILE EMRLD CYPRS	32 OZ	4.35	4.35	3.92	3.92
9682	SEVENTH	DISH LIQUID FREE & CLEAR	25 OZ	3.30	3.30	2.97	2.97
50071	SEVENTH	DISH LIQUID LAVENDER MINT	25 OZ	3.30	3.30	2.97	2.97
9681	SEVENTH	DISH LIQUID LEMNGRS CLEMENTINE	25 OZ	3.30	3.30	2.97	2.97
50248	SEVENTH	FABRIC SOFTENER SHTS EUC & LAV	65 CT	5.07	5.07		
50247	SEVENTH	FABRIC SOFTENER SHTS FREE&CLR	65 CT	5.07	5.07		
50242	SEVENTH	FABRIC SOFTNR EUC LAV 40lds	40 OZ	5.00	5.00		
50243	SEVENTH	FABRIC SOFTNR FREE CLR 40lds	40 OZ	5.00	5.00		
50072	SEVENTH	FACIAL TISSUES 175 sheet 2 ply	3 BOXES	2.31	6.93	2.08	6.24
50240	SEVENTH	LAUNDRY LIQ 2X BERG CIT 32lds	50 OZ	8.37	8.37		
9676	SEVENTH	LAUNDRY LIQ 2X BERG CIT 64 ld	100 OZ	14.69	14.69	13.22	13.22
50070	SEVENTH	LAUNDRY LIQ 2X EUC LAV 32 ld	50 OZ	9.26	9.26	8.33	8.33
50241	SEVENTH	LAUNDRY LIQ 2X FREECLR 32lds	50 OZ	8.37	8.37	7.53	7.53
9677	SEVENTH	LAUNDRY LIQ 2X FREECLR 64ld	100 OZ	14.69	14.69	13.22	13.22
50269	SEVENTH	LAUNDRY LIQ 2X ULTRA EUC&LAV	100 OZ	14.69	14.69		
9696	SEVENTH	LAUNDRY LIQUID DELICATE 16lds	50 OZ	5.71	5.71		
9678	SEVENTH	LAUNDRY PWDR BERG CITRUS 42ld	112 OZ	12.95	12.95		
9679	SEVENTH	LAUNDRY PWDR FREE CLEAR 42ld	112 OZ	11.97	11.97	10.77	10.77
9670	SEVENTH	NAPKINS NATURAL 500sht/1ply	EACH	6.70	6.70		
9669	SEVENTH	PAPER TOWEL 120sht/2ply brown	3 PACK	2.22	6.66		
50251	SEVENTH	RINSE AID FREE & CLEAR	8 OZ	4.46	4.46		

SPROUTMAN

51006	SPROUT	SPROUTING BAG ORG HEMP	EACH	8.43	8.43		
51007	SPROUT	SPROUTING CHART wheel	EACH	4.03	4.03		

TWIST

50235	TWIST	CLOTH BAMBOO bio 3pk	EACH	3.29	3.29		
50263	TWIST	SCRUBBY DISH DUMPLING biod	EACH	3.19	3.19		
50264	TWIST	SCRUBBY HEMP RAVIOLI biod	EACH	3.19	3.19		
50265	TWIST	SCRUBBY LOOFAH biod	EACH	3.19	3.19		
50268	TWIST	SPONGE BLOSSOMS biod 4PK	4 PK	4.00	4.00		
50234	TWIST	SPONGE CLOTH bio 3pk	EACH	3.39	3.39		
50237	TWIST	SPONGE EURO bio	EACH	1.89	1.89		
50238	TWIST	SPONGE LOOFAH bio 2pk	EACH	4.00	4.00		
50236	TWIST	SPONGE NAKED bio 2pk	EACH	2.37	2.37		
50266	TWIST	SPONGE NAKED LG biod	EACH	2.89	2.89	2.60	2.60
50267	TWIST	SPONGE NAKED MED biod 2PK	2 PK	2.89	2.89		

VERMONT SOAP ORGANICS

8051	VT SOAP	CLEANER LIQUID SUNSHINE ORG	1 GAL	28.10	28.10	25.29	25.29
8062	VT SOAP	CLEANER LIQUID SUNSHINE ORG	38 OZ	8.15	8.15		
8057	VT SOAP	FRUIT & VEGGIE WASH ORG	16 OZ	5.39	5.39	4.85	4.85
52113	VT SOAP	YOGA MAT WASH ORG	16 OZ	5.39	5.39		
52112	VT SOAP	YOGA MAT WASH ORG trial size	2 OZ	2.72	2.72		

WAY OUT WAX

5753	WAYWAX	CANDLE PILLAR CITRUS HARMONY	2 X 4.5IN	4.19	4.19	3.77	3.77
5750	WAYWAX	CANDLE PILLAR CITRUS HARMONY	3 X 3IN	5.90	5.90		
5746	WAYWAX	CANDLE PILLAR COZY HOME	3 X 3IN	5.90	5.90		
5749	WAYWAX	CANDLE PILLAR COZY HOME	2 X 4.5IN	4.19	4.19		
5754	WAYWAX	CANDLE PILLAR ESCENTIAL LOVE	2 X 4.5IN	4.19	4.19		
5748	WAYWAX	CANDLE PILLAR ESCENTIAL LOVE	3 X 3IN	5.90	5.90		
5755	WAYWAX	CANDLE PILLAR EUCALYPTUS	1.5X6IN	4.19	4.19		
5760	WAYWAX	CANDLE PILLAR LAVENDER	2 X 4.5IN	4.19	4.19		
5744	WAYWAX	CANDLE PILLAR NORTHERN FOREST	3 X 3IN	5.90	5.90		
5751	WAYWAX	CANDLE PILLAR NORTHERN FOREST	2 X 4.5IN	4.19	4.19		
5758	WAYWAX	CANDLE PILLAR ORANGE	2 X 4.5IN	4.19	4.19	3.77	3.77
5761	WAYWAX	CANDLE PILLAR PATCHOULI	2 X 4.5IN	5.10	5.10	4.59	4.59



Rosebud Farms

Superb blending,
fresh, honest flavors

Exquisite herb jellies, jams, sauces, pickles and relishes are handmade on a small farm in rural North Yorkshire. Only the freshest ingredients are used to make these delectable old world English recipes-nothing artificial, no additives or preservatives and no refined sugars.

Rosebud Farm products are known for their superb blending and fresh, honest flavors. Each recipe is prepared by hand and slowly cooked in small batches to insure peak taste and texture of their carefully blended ingredients.

Cranberry & Orange Jelly



A reduced sugar jelly with unique consistency and flavour; perfect with turkey.

Ingredients:

Item #5486





J. Crow's Mulled Cider Mix

Made in New Hampshire

Years ago we spiced apple cider at our orchard & mill and visitors asked about taking it home to brew on their own. Over time we came to offer our mix in tea bags and "loose pack".

J. Crow's Cider Mix spices apple cider, juice or wine. Taste tested on Mount Washington, where you will find some of the highest wind speeds and coldest temperatures on earth.

Enjoy the highly aromatic, relaxing & soothing benefits:

When Baking

As a Spiced Friendship Tea

Hot or Cold with a bit of Honey

In a Simmering Potpourri

Use the tea bag as a sachet!

Ingredients: Jamaican allspice, cinnamon chips, sweet orange peel, anise, clove, nutmeg.

Loose Pack



The 1.06 oz loose mix spices two gallons.

Item #41128

Tea Bags



This is the same product as the "Loose Pack" only in a Tea Bag Format for convenience. Each tea bag spices a 16-20 oz. beverage.

Item #41127

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
WAY OUT WAX - cont.						
5745	WAYWAX	CANDLE PILLAR SWEET DREAMS	3 X 3IN	5.90	5.90	
5752	WAYWAX	CANDLE PILLAR SWEET DREAMS	2 X 4.5IN	4.19	4.19	
5773	WAYWAX	CANDLE PILLAR UNSCENTED	2 X 4.5IN	4.19	4.19	
4769	WAYWAX	CANDLE TIN CITRUS HARMONY	3 OZ	3.59	3.59	
4770	WAYWAX	CANDLE TIN COZY HOME	3 OZ	3.59	3.59	
4771	WAYWAX	CANDLE TIN ESSENTIAL LOVE	3 OZ	3.59	3.59	
4772	WAYWAX	CANDLE TIN NORTHERN FOREST	3 OZ	3.59	3.59	
4773	WAYWAX	CANDLE TIN SWEET DREAMS	3 OZ	3.59	3.59	3.23 3.23
4782	WAYWAX	CANDLE TUB CITRONELLA HEMP	2#	10.50	10.50	
5770	WAYWAX	VOTIVE AROMATHERAPY EUCALYPTUS	6 CNT	1.25	7.50	1.10 6.60
5766	WAYWAX	VOTIVE AROMATHERAPY LAVENDER	6 CNT	1.25	7.50	
5771	WAYWAX	VOTIVE AROMATHERAPY ORANGE	6 CNT	1.25	7.50	
5767	WAYWAX	VOTIVE AROMATHERAPY PATCHOULI	6 CNT	1.49	8.94	
4764	WAYWAX	VOTIVE CITRUS HARMONY	6 CNT	1.25	7.50	
4765	WAYWAX	VOTIVE COZY HOME	6 CNT	1.25	7.50	
4766	WAYWAX	VOTIVE ESSENTIAL LOVE	6 CNT	1.25	7.50	1.13 6.78
4767	WAYWAX	VOTIVE NORTHERN FOREST	6 CNT	1.25	7.50	
4768	WAYWAX	VOTIVE SWEET DREAMS	6 CNT	1.25	7.50	
5772	WAYWAX	VOTIVE UNSCENTED	6 CNT	1.25	7.50	1.13 6.78

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cool ideas & see the faces here you chat
with every day! Become our friend!

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naturally

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don't
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the

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and
**fastest
growing
Stick!****



Roll-on and Stick deodorants
that naturally neutralize
and eliminate odors

- ✓ paraben free
- ✓ lasts all day
- ✓ colorless and non-staining
- ✓ no animal testing or ingredients

**KISS
MY
FACE®**

The Miracle of Olive Oil



A Kiss My Face classic, each one of our Olive Oil Bar Soaps contain 86% pure olive oil, harvested from sun-drenched Mediterranean orchards. The formula is the same as it was 150 years ago with no parabens, SLS, phthalates, additives or preservatives, and no animal ingredients or testing.

As pure and natural as a soap can be.

Choose from 7 varieties
that moisturize as they cleanse:

- Pure Olive Oil
- Olive & Aloe
- Olive & Honey
- Olive & Chamomile
- Olive & Lavender
- Olive & Green Tea
- Olive & Verbena

Try olive them!

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
NATURAL REMEDIES & SUPPLEMENTS							
2504	ABI	PSYLLIUM HUSK POWDER	1#	9.29	9.29		
8050	ABI	BEE POLLEN (Domestic)	1#	12.59	12.59		
ADORA							
31016	ADORA	CALCIUM DARK CHOCOLATE disks	30 CT	7.30	7.30	6.57	6.57
ALACER							
73126	ALACER	EMERGEN-C BERRY BLUE gf	30 CT	10.50	10.50	8.92	8.92
8612	ALACER	EMERGEN-C ACAI BERRY gf	30 CNT	10.50	10.50	8.92	8.92
8613	ALACER	EMERGEN-C BRST CNCR PINKLMN gf	30 CNT	10.50	10.50	8.92	8.92
73127	ALACER	EMERGEN-C CRAN POMEGRANATE gf	30 CT	10.50	10.50	8.92	8.92
8614	ALACER	EMERGEN-C HRT HLTH BLK CHRY gf	30 CNT	12.21	12.21	10.38	10.38
73002	ALACER	EMERGEN-C IMMUNE DEFENSE gf	30 CNT	12.25	12.25	10.41	10.41
8617	ALACER	EMERGEN-C KIDS MULTI STRW/BAN	30 CNT	12.21	12.21	10.38	10.38
8603	ALACER	EMERGEN-C LEMON LIME gf	30 CNT	10.50	10.50	8.92	8.92
8619	ALACER	EMERGEN-C LITE CITRUS gf	30 CNT	10.50	10.50	8.92	8.92
8621	ALACER	EMERGEN-C LITE MSM Lemnlime gf	30 CNT	12.25	12.25	10.41	10.41
8606	ALACER	EMERGEN-C MIX BRY W/CALCIUM gf	30 CNT	12.25	12.25	10.41	10.41
73124	ALACER	EMERGEN-C MULTI APRICT MNGO gf	30 CT	12.25	12.25	10.41	10.41
73125	ALACER	EMERGEN-C MULTI POM CHERRY gf	30 CT	12.25	12.25	10.41	10.41
70049	ALACER	EMERGEN-C POWER FOR JOINTS gf	30 CNT	12.25	12.25	10.41	10.41
8654	ALACER	EMERGEN-C RASPBERRY gf	30 CNT	10.50	10.50	8.92	8.92
8611	ALACER	EMERGEN-C SUPER ORANGE gf	30 CNT	10.50	10.50	8.92	8.92
8605	ALACER	EMERGEN-C TANGERINE gf	30 CNT	10.50	10.50	8.92	8.92
8607	ALACER	EMERGEN-C TROPICAL gf	30CNT	10.50	10.50	8.92	8.92
73128	ALACER	EMERGEN-C KIDS MULTI CHRY YUM gf	30 CT	12.21	12.21		
8616	ALACER	EMERGEN-C KIDS MULTI ORG PINE gf	30 CNT	12.21	12.21	10.38	10.38
AMERICAN HEALTH							
8784	AMHLTH	ACIDOPHILUS CHEWABLE BLUEBRY	100 TAB	5.75	5.75		
8785	AMHLTH	ACIDOPHILUS CHEWABLE STRWBRY	100 TAB	5.75	5.75		
8789	AMHLTH	PAPAYA ENZYME ORIGINAL	250 TAB	5.75	5.75		
8787	AMHLTH	PAPAYA ENZYME ORIGINAL	100 TAB	3.28	3.28	2.95	2.95
BACH							
9209	BACH	RESCUE REMEDY CREAM	50GR	12.11	12.11		
9208	BACH	RESCUE REMEDY large	20ML	13.10	13.10		
9207	BACH	RESCUE REMEDY small	10ML	8.79	8.79		
BOERICK & TAFFEL							
7935	BOERICK	ALPHA CF COLD&FLU	40 TABS	7.57	7.57		
7920	BOERICK	ARNICA GEL ARNIFLORA	2.75 OZ	8.64	8.64		
7922	BOERICK	CALENDULA GEL CALIFLORA	2.75 OZ	8.64	8.64		
7928	BOERICK	ECZEMA CREAM FLORASONE	1 OZ	7.17	7.17		
7927	BOERICK	PSORIASIS CREAM PSORIAFLOR	1 OZ	7.17	7.17		
7923	BOERICK	STING STOP SOOTHING GEL	2.75 OZ	8.64	8.64		
BIORON							
9817	BOIRON	OSCILLOCOCCINUM COLD/FLU	3 DOSE	5.91	5.91		
9816	BOIRON	OSCILLOCOCCINUM COLD/FLU	6 DOSE	10.86	10.86		
70236	BOIRON	QUIETUDE/RESTLESS SLEEP	60 TAB	7.85	7.85		
FOOD SCIENCE OF VERMONT							
Vitamins							
9986	FOODSCIE	A 10000 IU	100 CAP	3.26	3.26	2.44	2.44
9987	FOODSCIE	A 25000 IU	100 CAP	4.35	4.35	3.26	3.26
9955	FOODSCIE	B COMPLEX-75	60 TAB	7.10	7.10	5.32	5.32
9978	FOODSCIE	B-12 SUBLINGUAL 1000 mcg	100 TAB	7.40	7.40	5.55	5.55
9973	FOODSCIE	E-400 MIXED TOCO 400IU	100 CAP	11.55	11.55	8.66	8.66
9932	FOODSCIE	FOLIC ACID 800 mcg	60 CAPS	6.42	6.42	4.81	4.81
9984	FOODSCIE	UNIQUE C 1000	90 TAB	7.85	7.85	5.89	5.89
9985	FOODSCIE	UNIQUE C 1000	60 TAB	5.35	5.35	4.01	4.01
Multivitamins							
9963	FOODSCIE	DAILY BEST VEG MULTI	60 TAB	9.35	9.35	7.01	7.01
9967	FOODSCIE	KIDS SUPERIOR MULTI chewable	90 TAB	8.19	8.19	6.14	6.14
9969	FOODSCIE	MENS SUPERIOR MULTI	120 TAB	17.40	17.40	13.05	13.05
9975	FOODSCIE	PRENATAL SUPERIOR	150 TAB	14.80	14.80	11.10	11.10
9981	FOODSCIE	TEEN SUPERIOR chewable	90 TAB	9.60	9.60	7.20	7.20
9988	FOODSCIE	WOMEN SUPERIOR MULTI	120 TAB	16.30	16.30	12.22	12.22
Minerals							
9949	FOODSCIE	CALCIUM CITRATE PLUS	120 TAPS	5.65	5.65	4.24	4.24
9957	FOODSCIE	CAL-MAG 500mg/200mg	90 TAB	6.10	6.10	4.57	4.57
9959	FOODSCIE	CHROMEMATE 200mcg chromium	90 TAB	6.75	6.75	5.06	5.06
9938	FOODSCIE	SELENIUM CITRATE	60 CAPS	3.92	3.92	2.94	2.94
9990	FOODSCIE	ZINC PICOLINATE w/VIT C 15mg	60 CAP	5.25	5.25	3.94	3.94
Herbal Remedies							
9953	FOODSCIE	BLACK CURRANT SEED OIL w/GLA	90 CAP	12.65	12.65	9.49	9.49
9992	FOODSCIE	GRAPE SEED EXTRACT 100mg	60 CAP	10.25	10.25	7.69	7.69

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
Natural Remedies							
9993	FOODSCIE	5-HTP (HYDROXYTRYTOPHAN)	90 CAP	19.99	19.99	14.99	14.99
9950	FOODSCIE	AANGAMIK DMG 125mg	90 TAB	15.65	15.65	11.74	11.74
9971	FOODSCIE	ALL-ZYME	90 TAB	9.15	9.15	6.86	6.86
9931	FOODSCIE	BROMELAIN	60 TABS	9.80	9.80	7.35	7.35
73088	FOODSCIE	CHOLESTSAFE	90 CAP	19.07	19.07	14.30	14.30
90330	FOODSCIE	COCOA CAL MAG	60 TAB	8.70	8.70	7.83	7.83
9960	FOODSCIE	COENZYME Q-10 30mg	60 CAP	12.98	12.98	9.73	9.73
90334	FOODSCIE	COENZYME Q10 CHEWMELT 100 MG	60 TAB	30.22	30.22	27.20	27.20
90333	FOODSCIE	D3 SUPERIOR 1000 IU	250 TAB	5.87	5.87	5.28	5.28
90331	FOODSCIE	D3 SUPERIOR 5000 IU	120 TAB	13.91	13.91	12.52	12.52
90332	FOODSCIE	D3 SUPERIOR LIQUID 10000 IU	30 ML	8.04	8.04	7.24	7.24
9966	FOODSCIE	GLUCOSAMINE PLUS	60 CAP	9.80	9.80	7.35	7.35
9995	FOODSCIE	L-CARNITINE	30 CAPS	7.10	7.10	5.32	5.32
9968	FOODSCIE	L-LYSINE 500mg	100 TAB	4.35	4.35	3.26	3.26
9933	FOODSCIE	L-TYROSINE	60 CAPS	6.55	6.55	4.91	4.91
9970	FOODSCIE	MSM 1000mg	90 CAP	5.65	5.65	4.24	4.24
9974	FOODSCIE	OLIVIR 500mg veg	90 CAP	22.85	22.85	17.14	17.14
90335	FOODSCIE	PROBIOTIC MEGA CHEWABLE	90 WAFER	17.15	17.15	15.44	15.44
9977	FOODSCIE	SEA MUSSEL PLUS	90 CAP	16.95	16.95	12.71	12.71
73005	FOODSCIE	SOY PROTEIN POWDER CHOCOLATE	1 #	11.75	11.75	8.81	8.81
73004	FOODSCIE	SOY PROTEIN POWDER VANILLA	1 #	11.75	11.75	8.81	8.81
9936	FOODSCIE	SUPERIOR GREENS powder	12.57 OZ	19.99	19.99	14.99	14.99
71095	FOODSCIE	SUPERIOR ORANGES	10.58 OZ	21.55	21.55	16.16	16.16
71094	FOODSCIE	SUPERIOR PURPLES	11.59 OZ	20.90	20.90	15.67	15.67
71096	FOODSCIE	SUPERIOR REDS	11.4 OZ	21.55	21.55	16.16	16.16

FUTUREBIOTICS

Herbal Remedies

9286	FUTURE	BILBERRY 125mg complex	60 CAP	6.64	6.64		
9688	FUTURE	CRANBERRY PLUS	90 TAB	11.99	11.99		
73011	FUTURE	CRANBIOTIC	60 TAB	11.99	11.99		
9409	FUTURE	ECHINACEA PROPOLIS & ESTER C	50 CAPS	9.67	9.67		
9283	FUTURE	GARLIC ECHIN GOLDEN SEAL+	120 TAB	13.30	13.30		
9382	FUTURE	GARLIC ECHINACEA GOLDENSEAL	60 TAB	7.85	7.85		
9294	FUTURE	GINKGO BILOBA 30mg	45 TAB	4.82	4.82		

Natural Remedies

9394	FUTURE	CHOLESTA-LO w/GARLIC +	60 TAB	6.57	6.57		
73081	FUTURE	COLON COMPLETE	90 CAPS	10.16	10.16		
9396	FUTURE	COLON GREEN	150 TAB	9.06	9.06		
9741	FUTURE	DHEA 25mg	75 CAP	7.85	7.85		
9375	FUTURE	GLUCOSAMINE/CHONDROITIN CMPX	50 CAP	18.15	18.15		
9290	FUTURE	LONGEST LIVING ACIDOPHILUS	100 CAP	6.94	6.94		
9390	FUTURE	LONGEST LIVING ACIDOPHILUS PLUS	100 CAP	8.76	8.76		
9391	FUTURE	MELATONIN 3mg	60 TAB	4.21	4.21		
9289	FUTURE	M-S-M (bio/sulfur) 400mg	90 TABS	6.64	6.64		
73083	FUTURE	OMEGA-3 FISH OIL 300mg	100 CAPS	4.49	4.49		
73080	FUTURE	OMEGA-7 PLUS	30 CAPS	14.04	14.04	11.23	11.23
73082	FUTURE	PRESSURE BALANCE	30 CAPS	16.06	16.06		
9292	FUTURE	RELAX & SLEEP FORMULA 2	60 TAB	6.03	6.03		
9392	FUTURE	VEGETARIAN ENZYME COMPLEX	90 TAB	7.85	7.85		

Teen Formulas

9403	FUTURE	DERMA TEEN	90 CAP	8.45	8.45	7.45	7.45
9381	FUTURE	MVTEEN (Multi for Teens)	90 CAP	5.42	5.42		

Women's Formulas

9402	FUTURE	HAIR SKIN & NAILS	75 TAB	7.17	7.17		
9360	FUTURE	HAIR SKIN & NAILS	135 TAB	11.07	11.07		
9366	FUTURE	MULTIVIT PLUS for WOMEN	120 TAB	12.09	12.09		
9364	FUTURE	MULTIVIT PLUS for WOMEN	60 TAB	6.94	6.94		
73008	FUTURE	VITOMEGA WOMEN	90 TAB	11.45	11.45		

Men's Formulas

8145	FUTURE	HI ENERGY MULTI for MEN	120 TABS	13.90	13.90		
8147	FUTURE	HI ENERGY MULTI for MEN	60 TABS	8.45	8.45	7.45	7.45
9386	FUTURE	PROSTABS	90 TAB	7.85	7.85		

GENISOY

5835	GENISOY	PROTEIN POWER F/F	16 OZ	12.85	12.85		
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HERBS FOR KIDS

3656	HERBSKID	ECHINACEA/ASTRAGALUS	1 OZ	6.82	6.82		
3659	HERBSKID	ECHINACEA/EYEBRIGHT	1 OZ	6.80	6.80		
3651	HERBSKID	ECHN/GLDRT-BLKBERRY FLVR	1 OZ	6.80	6.80		
3652	HERBSKID	ECHN/GLDRT-ORANGE FLVR	1 OZ	6.80	6.80	6.12	6.12
3661	HERBSKID	ELDERTUSSIN SYRUP	4 OZ	7.50	7.50	6.37	6.37
3654	HERBSKID	NETTLES & EYEBRIGHT	1 OZ	6.82	6.82		
3674	HERBSKID	SWEET ECHINACEA	1 OZ	6.82	6.82		
3682	HERBSKID	WILLOW/GARLIC OIL(ear)	1 OZ	6.80	6.80		

HONEES

73109	HONEES	COUGH DROPS HONEY FILLED s	24/ 9 CT	.72	17.28	.58	13.92
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HONEY GARDEN APIARIES

5596	HONEYGAR	PROPOLIS THROAT SPRAY & WASH	1 OZ	6.75	6.75		
15620	HONEYGAR	HONEY COUGH SYRUP CHERRY	4 OZ	6.75	6.75		
5592	HONEYGAR	HONEY COUGH SYRUP CHERRY	8 OZ	11.25	11.25		
5580	HONEYGAR	HONEY w/ELDRYBRY EXT & PROPLS	4 OZ	6.75	6.75		



New England Cranberry Co. Made in Massachusetts

New England Cranberry was founded in Massachusetts in 1994 with the goal of creating innovative, natural, healthy and exciting cranberry products that made great use of our state's native crop.

Colonial Cranberry Sauce



A New England Original. Our unique cranberry sauce from a Colonial era recipe, with a delicious natural taste and an original texture. Never look at Cranberry Sauce the same way again. For use all year 'round.

Ingredients: cranberries, sugar, water

Item #41092

Cranberries & Orange Slices Sauce



Premium cranberries mixed with orange slices lift meals out of the ordinary. An original cranberry sauce to complement chicken, turkey and pork; heat it up and use as a dipping sauce for appetizers; pour over ice cream or cheese cake!

Ingredients: cranberries, brown sugar, orange shreds, maple syrup, spices.

Item #41093

(continued on page 150)

NEW ENGLAND CRANBERRY

Cranberry Pomegranate Sauce



Improving on our original Colonial Cranberry Sauce is no easy feat. But with the addition of Pomegranate, another American fruit, we offer you a versatile and healthful sauce to complement your turkey, ham, and favorite stuffing.

Ingredients: cranberries, pomegranate concentrate, sugar, water

Item #41094

Cranberry Pepper Jelly



Spicy, but not too hot! A carefully blended combination of fresh New England cranberries and medium hot chilies from the American Southwest. Serve over any soft cheese or brie for a great appetizer; use as a glaze on grilled chicken or beef.

Ingredients: cranberries, water, vinegar, red peppers, sugar, pectin, citric acid.

Item #41089

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
LILY OF THE DESERT						
7890	LILYDES	ALOE VERA GEL ORG	32 OZ	6.00	6.00	5.40
7893	LILYDES	ALOE VERA JUICE ORG	GAL	18.25	18.25	
7892	LILYDES	ALOE VERA JUICE ORG	32 OZ	6.00	6.00	5.40
7891	LILYDES	ALOE VERA JUICE ORG	16 OZ	3.15	3.15	2.84
7894	LILYDES	ALOE VERA WHOLE LEAF JUIC ORG	32 OZ	6.00	6.00	5.40
MAINE MEDICINALS						
70301	MAINED	ANTHOIMMUN ELDERBRY SYRUP ORG	8 OZ	14.00	14.00	
70300	MAINED	ANTHOIMMUN ELDERBRY SYRUP ORG	4 OZ	9.00	9.00	
NATUROPATCH						
71110	NATROPTCH	PATCH EUCALYPTS COUGH&CLD 5PK	EACH	6.40	6.40	3.99
71113	NATROPTCH	PATCH ROSE GRNIUM PMS/MENO 5PK	EACH	6.40	6.40	5.40
71107	NATROPTCH	PATCH ARNICA ACHE&PAIN 5PK	EACH	6.40	6.40	4.69
NATURE'S ANSWER						
71063	NATSANS	RED YEAST RICE 600MG	90 CAPS	15.02	15.02	
NUTIVA						
70170	NUTIVA	HEMPSEED OIL ORG	16 OZ	11.10	11.10	
70174	NUTIVA	HEMP PROTEIN POWDER ORG	16 OZ	12.50	12.50	
NUTRITION NOW						
Adult Gummies						
71097	NUTNOW	ADULT GUMMY VIT B COMPLEX s	70 CT	5.85	5.85	4.68
71099	NUTNOW	ADULT GUMMY VIT B-12 s	100 CT	5.85	5.85	4.68
71102	NUTNOW	ADULT GUMMY VIT C s	70 CT	5.85	5.85	4.68
71098	NUTNOW	ADULT GUMMY VIT CoQ10 s	60 CT	11.69	11.69	9.35
71103	NUTNOW	ADULT GUMMY VIT E s	70 CT	5.85	5.85	4.68
71100	NUTNOW	ADULT GUMMY VIT MULTI s	70 CT	6.49	6.49	5.19
71101	NUTNOW	ADULT GUMMY VIT OMEGA 3 s	60 CT	7.79	7.79	6.23
Minerals						
9860	NUTNOW	CALCIUM SOFT CHEWS CHOC	75 CT BOX	6.49	6.49	5.19
9859	NUTNOW	CALCIUM SOFT CHEWS FRUIT	75 CT BOX	6.49	6.49	5.19
Cold Care						
9854	NUTNOW	QUERCETIN PLUS SINUS FORM	60 CAPS	7.58	7.58	6.06
Children's Formulas						
9836	NUTNOW	RHINO ACIDOPHILUS CHEWABLE	30 TABS	4.85	4.85	3.88
9837	NUTNOW	RHINO CALCIUM cherry CHEWABLE	60 TABS	3.02	3.02	2.42
9839	NUTNOW	RHINO ECHINACEA CHEWABLE	60 TABS	3.89	3.89	3.11
9848	NUTNOW	RHINO GUMMY BEAR VITAMINS	190 CNT	15.14	15.14	12.11
9843	NUTNOW	RHINO GUMMY BEAR VITAMINS	70 CNT	6.05	6.05	4.84
9841	NUTNOW	RHINO VITES CHEWABLE	90 TABS	5.20	5.20	4.16
Women's Formulas						
9829	NUTNOW	YEAST DEFENSE for women	60 CAPS	6.06	6.06	4.85
Digestive Aids						
9823	NUTNOW	PB-8 PROBIOTIC ACIDOPHILUS	120CAPS	12.63	12.63	10.10
9822	NUTNOW	PB-8 PROBIOTIC ACIDOPHILUS	60CAPS	7.58	7.58	6.06
9830	NUTNOW	PB-8 PROBIOTIC ACIDOPHILUS VEG	60CAPS	7.58	7.58	6.06
ORGANIC INDIA						
71151	ORGINDIA	FIBER HARMONY CHOCOLATE ORG	10.2 OZ	10.66	10.66	9.59
71153	ORGINDIA	FIBER HARMONY PEACH ORG	10.2 OZ	10.66	10.66	9.59
71150	ORGINDIA	PSYLLIUM WHOLE HUSK ORG	12 OZ	9.27	9.27	
PROBIOTIC HEALTH DAILY						
71019	PHD	PHD TO-GO BERRY BALANCE Digest	10/58 OZ	10.85	10.85	
71018	PHD	PHD TO-GO CITRUS BOOST Immune	10/58 OZ	10.85	10.85	
71016	PHD	PHD TO-GO ORNG DETOX Cleanse	10/58 OZ	10.85	10.85	
QUANTUM						
71065	QUANTM	ELDERBERRY C SYRUP	4 OZ	10.07	10.07	
RICOLA						
34071	RICOLA	COUGH DROPS ORIGINAL s	21 CT	2.00	2.00	
34072	RICOLA	THROAT DROPS CHRY HNY s	24 CT	2.00	2.00	
34073	RICOLA	THROAT DROPS ECHIN HNY LEM s	24 CT	2.00	2.00	
34074	RICOLA	THROAT DROPS HONEY HERB s	24 CT	2.00	2.00	
73115	RICOLA	THROAT DROPS LEMON MINT s	24 CT	1.79	1.79	
73119	RICOLA	THROAT DROPS ORIG HERB MINI s	15 CT	.93	.93	
73120	RICOLA	THROAT DROPS ORIG HERB s	50 CT	3.71	3.71	
73121	RICOLA	THROAT DROPS ORIG HRB STICKS s	24/10 CT	.77	18.48	
ROYAL KING						
34076	ROYALKNG	RED GINSENG EXTRACT	10 VIALS	2.08	2.08	1.87
SIMILASAN						
70124	SIMILASN	DROPS DRY EYE RELIEF	10 ML	9.35	9.35	
70127	SIMILASN	NASAL SPRAY SINUS RELIEF	15 ML	9.35	9.35	
SPECTRUM NATURALS						
8128	SPECTRM	EVENING PRIMROSE OIL (ref)	100 CAP	14.65	14.65	
8116	SPECTRM	FISH OIL OMEGA 3 1000mg	100 CAP	9.19	9.19	
8129	SPECTRM	FLAX BORAGE OMEGA 3 ORG (ref)	100 CAP	10.99	10.99	
8111	SPECTRM	FLAX OIL ENRICHED OMEGA-3 ORG	8 OZ	8.73	8.73	7.86
8114	SPECTRM	FLAX OIL ULTRA HI LIGNAN ORG	100 CAP	9.07	9.07	
8122	SPECTRM	FLAX OIL VEG OMEGA 3 ORG (ref)	100 CAP	8.67	8.67	
8126	SPECTRM	FLAX OIL VEG OMEGA 3 ORG (ref)	16 OZ	15.50	15.50	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
THOMPSON NATURALS						
Vitamins						
6706	THMSON	B6 100mg	60 TAB	2.11	2.11	
6709	THMSON	C250 CHEW w/ACEROLA PUNCH	90 CHEWS	3.74	3.74	
6720	THMSON	C500 CHEWABLE ORANGE	60 CHEWS	3.03	3.03	
6728	THMSON	E400 w/MIXED TOCOPHEROLS 400iu	60 SG	6.01	6.01	
6729	THMSON	FOLIC ACID 800mcg	30 TAB	1.35	1.35	
Minerals						
6738	THMSON	CALCIUM CITRATE w/MAGNESIUM	120 TAB	4.77	4.77	
6742	THMSON	MAGNESIUM 100mg	120 TAB	2.87	2.87	
6743	THMSON	POTASSIUM 99mg	90 TAB	2.54	2.54	
6744	THMSON	SELENIUM yeast-free 200mcg	30 TAB	2.27	2.27	
Herbal Remedies						
6749	THMSON	ALFALFA 500mg	180 TAB	5.90	5.90	
6751	THMSON	GARLIC & PARSLEY	90 CAP	2.72	2.72	2.45 2.45
Natural Remedies						
6753	THMSON	ALPHA LIPOIC ACID 250mg	60 CAP	11.23	11.23	
6762	THMSON	CO Q-10 100mg	30 GELS	10.83	10.83	
6747	THMSON	L-5-HTP 50mg	30 CAP	4.11	4.11	
70150	THMSON	SPIRULINA HAWAIIAN	100 TAB	4.71	4.71	
Children's Formulas						
6707	THMSON	C100 CHILD CHEWABLE ORANGE	100 CHEWS	2.72	2.72	
ZENERGIZE						
73103	ZENERGIZ	ENERGY+ TROPICAL CITRUS	10 TABS	4.59	4.59	

Attention:

Please understand that the information provided in this catalog is in no way meant to overrule or act as a substitute for any recommendations made by your healthcare professional, nor is it intended to be a claim on any products. In accordance with FDA regulations, Associated Buyers make no claims, written or otherwise, as to the possible benefits of these or any of its products.



Cranberry Onion Pepper Jelly with Roasted Garlic



A sweet cranberry taste with a little heat mixed with onion and garlic. Serve with crackers, over any soft cheese or brie for a great appetizer; use as a glaze on grilled chicken or beef

Ingredients: cranberries, sugar, water, vinegar, peppers, onions, pectin, roasted garlic, citric acid.

Item #41090

Cranberry Pomegranate Pepper Jelly



The combination of the tart pomegranate and the cranberry makes this Pepper Jelly incredibly healthful and delicious - with an added bite of spice. Glaze a roasted chicken or make your duck memorable - these bold flavors really stand up!

Ingredients: cranberries, water, vinegar, red peppers, pomegranate juice, sugar, pectin, citric acid.

Item #41091

(continued on page 153)

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
PERSONAL CARE						
ALL TERRAIN						
73137	ALL TERR	ANTISEPTZ GEL	1 OZ	3.21	3.21	
73138	ALL TERR	ANTISEPTZ SPRAY	2 OZ	3.21	3.21	
73142	ALL TERR	BANDAGES ASST FABRIC LATX FREE	30 CT	2.94	2.94	
73145	ALL TERR	BANDAGES H2OPRF 1IN LATX FRE	20 CT	3.20	3.20	
73143	ALL TERR	BANDAGES SHEER 3/4X3 LATX FREE	40 CT	2.56	2.56	
73144	ALL TERR	BANDAGES STRIP 1X3.25 LATX FRE	20 CT	2.94	2.94	
73139	ALL TERR	BITE & STING SPRAY	2 OZ	3.21	3.21	
6833	ALL TERR	DITCH THE ITCH BAR SOAP	4 OZ	4.19	4.19	3.35 3.35
6834	ALL TERR	DITCH THE ITCH SPRAY	2 OZ	3.23	3.23	
73146	ALL TERR	GAUZE PADS 2X2IN LATX FRE	20 CT	2.56	2.56	
73147	ALL TERR	GAUZE ROLLED 3INCH LATX FREE	2.5 YD	2.56	2.56	
6828	ALL TERR	GRIME BAR	4 OZ	3.94	3.94	
6824	ALL TERR	KIDS HERBAL ARMOR SPRAY	4 OZ	5.20	5.20	3.90 3.90
73141	ALL TERR	POISON IVY/OAK BAR	2 OZ	4.17	4.17	
73140	ALL TERR	POISON IVY/OAK CREAM	2 OZ	5.41	5.41	
73148	ALL TERR	TENDER TAPE 2INCH LATX FREE	5 YD	4.49	4.49	
ANCIENT SECRETS						
9818	ANCIENTS	NASAL CLEANSING NETI POT	EACH	10.27	10.27	
82047	ANCIENTS	NASAL CLEANSING POT TRAVEL	EACH	8.97	8.97	
82049	ANCIENTS	NASAL CLEANSING SALT BAG	8 OZ	1.60	1.60	
82050	ANCIENTS	NASAL CLEANSING SALT JAR	10 OZ	3.83	3.83	
82048	ANCIENTS	NASAL CLEANSING SALT PACKETS	40 CT	3.83	3.83	
50053	ANCIENTS	NETI:HEALING SECRETS book	EACH	6.03	6.03	
AYATE						
7466	AYATE	100% NATFIBER WASHCLOTH	EACH	4.45	4.45	
BEE & FLOWER SOAPS						
7588	BEE FLWR	BAR SOAP GINSENG	2.65 OZ	.59	.59	.53 .53
7589	BEE FLWR	BAR SOAP JASMINE	2.65 OZ	.59	.59	
7586	BEE FLWR	BAR SOAP ROSE	2.65 OZ	.59	.59	
7587	BEE FLWR	BAR SOAP SANDLEWOOD	2.65 OZ	.59	.59	
BIO PAC						
8866	BIOPAC	CASTILE PEPPERMINT W/ALOE r	1GAL	17.83	17.83	16.05 16.05
8868	BIOPAC	CASTILE UNSCENTED W/ALOE r	1GAL	14.64	14.64	13.18 13.18
8862	BIOPAC	CONDITIONER HERBAL r	1GAL	12.41	12.41	11.17 11.17
8864	BIOPAC	SHAMPOO HERBAL W/ALOE r	1GAL	14.60	14.60	
CHANDRIKA						
15520	CHANDR	AYURVEDIC SOAP bar	75 GR	.90	.90	
70116	CHANDR	SANDALWOOD SOAP bar	75 GR	1.00	1.00	
CROCODILE!						
9916	CROC	HERBAL AFTA-BYTE cream	.5 OZ	1.43	1.43	
9915	CROC	HERBAL INSECT REPELLANT cream	.5 OZ	1.43	1.43	
9914	CROC	INSECT REPELLANT HERBAL lotion	2 OZ	3.19	3.19	
9913	CROC	INSECT REPELLANT HERBAL rollon	2 OZ	3.19	3.19	
DRAGONFLY ORGANIX						
73122	DRAGONFLY	HAND SANITIZER biodegradeable	1.7 OZ	3.00	3.00	
DR. BONNER'S						
8741	DRBRONS	ALMOND OIL CASTILE SOAP ORG	32 OZ	9.65	9.65	7.72 7.72
8754	DRBRONS	ALMOND OIL CASTILE SOAP ORG	GAL	33.75	33.75	
8659	DRBRONS	ALMOND OIL CASTILE SOAP ORG	8 OZ	3.87	3.87	
8753	DRBRONS	ALMOND OIL CASTILE SOAP ORG	16 OZ	6.10	6.10	
8759	DRBRONS	BABYMILD CASTILE SOAP ORG	GAL	33.75	33.75	
8743	DRBRONS	BABYMILD CASTILE SOAP ORG	32 OZ	9.65	9.65	7.72 7.72
8755	DRBRONS	BABYMILD CASTILE SOAP ORG	16 OZ	6.10	6.10	
8739	DRBRONS	BAR SOAP ALMOND CASTILE ORG	5 OZ	2.70	2.70	
8742	DRBRONS	BAR SOAP BABY CASTILE ORG	5 OZ	2.70	2.70	
73057	DRBRONS	BAR SOAP CITRUS ORANGE ORG	5 OZ	2.70	2.70	
8746	DRBRONS	BAR SOAP LAVENDER CASTILE ORG	5 OZ	2.70	2.70	
8748	DRBRONS	BAR SOAP PEPEPMNT CASTILE ORG	5 OZ	2.70	2.70	
8750	DRBRONS	BAR SOAP ROSE CASTILE ORG	5 OZ	2.70	2.70	
8751	DRBRONS	BAR SOAP TEA TREE CASTILE ORG	5 OZ	2.70	2.70	
73053	DRBRONS	CITRUS ORANGE CASTILE SOAP OR	GAL	33.75	33.75	30.38 30.38
73052	DRBRONS	CITRUS ORANGE CASTILE SOAP OR	32 OZ	9.65	9.65	7.72 7.72
73050	DRBRONS	CITRUS ORANGE CASTILLE SOAP OR	8 OZ	3.87	3.87	3.47 3.47
73051	DRBRONS	CITRUS ORANGE CASTILLE SOAP OR	16 OZ	6.10	6.10	
8757	DRBRONS	EUCALYPTUS CASTILE SOAP ORG	GAL	33.75	33.75	
8744	DRBRONS	EUCALYPTUS CASTILE SOAP ORG	32 OZ	9.65	9.65	7.72 7.72
8747	DRBRONS	LAVENDER CASTILE SOAP ORG	32 OZ	9.65	9.65	7.72 7.72
8764	DRBRONS	LAVENDER CASTILE SOAP ORG	GAL	33.75	33.75	
8758	DRBRONS	LAVENDER CASTILE SOAP ORG	16 OZ	6.10	6.10	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
8749	DRBRONS	PEPPERMINT CASTILE SOAP ORG	32 OZ	9.65	9.65	7.72	7.72
8691	DRBRONS	PEPPERMINT CASTILE SOAP ORG	8 OZ	3.87	3.87		
8762	DRBRONS	PEPPERMINT CASTILE SOAP ORG	GAL	33.75	33.75		
8761	DRBRONS	PEPPERMINT CASTILE SOAP ORG	1/2 GAL	18.35	18.35		
8760	DRBRONS	PEPPERMINT CASTILE SOAP ORG	16 OZ	6.10	6.10		
73056	DRBRONS	ROSE CASTILE SOAP ORG	32 OZ	9.65	9.65	7.72	7.72
73054	DRBRONS	ROSE CASTILE SOAP ORG	8 OZ	3.87	3.87		
73055	DRBRONS	ROSE CASTILE SOAP ORG	16 OZ	6.10	6.10		
8688	DRBRONS	TEA TREE CASTILE SOAP ORG	8 OZ	3.87	3.87		
8752	DRBRONS	TEA TREE CASTILE SOAP ORG	32 OZ	9.65	9.65	7.72	7.72
8763	DRBRONS	TEA TREE CASTILE SOAP ORG	GAL	33.75	33.75		
ECOBLEND							
70123	ECOBLEND	INSECT REPELENT PKTSw/display	48/5ML	.55	26.40		
70112	ECOBLEND	INSECT REPELLENT	4 OZ	6.85	6.85		
ECODENT							
7418	ECODENT	DENTAL FLOSS vegan	100 YRD	3.32	3.32	2.99	2.99
7412	ECODENT	TOOTHPOWDER ANISE	2 OZ	3.93	3.93		
7413	ECODENT	TOOTHPOWDER CINNAMON	2 OZ	3.93	3.93		
7416	ECODENT	TOOTHPOWDER EXTRABRITE WHITE	2 OZ	4.78	4.78		
7415	ECODENT	TOOTHPOWDER MINT	2 OZ	3.93	3.93		
7423	ECODENT	ULTIMATE DAILY RINSE CINNAMON	8 OZ	6.36	6.36		
7419	ECODENT	ULTIMATE DAILY RINSE MINT	8 OZ	6.36	6.36	5.72	5.72
EMERITA							
70203	EMERITA	PRO-GEST CREAM PARABEN FREE	4 OZ	31.72	31.72		
FUCHS							
7422	FUCHS	REPLACEMENT HEADS SOFT 4pk	EACH	3.75	3.75		
7455	FUCHS	TOOTHBR NAT BRISTLE ADT Vmed	EACH	1.80	1.80		
7454	FUCHS	TOOTHBR NAT BRISTLE ADT Vsoft	EACH	1.80	1.80		
7453	FUCHS	TOOTHBR NAT BRISTLE CHILD med	EACH	1.80	1.80		
7420	FUCHS	TOOTHBRSH SOFT 3 replace heads	EACH	3.75	3.75		
GRANDPA'S GARDEN							
70186	GRAMPAS	BODY SHAWL celestial	20 X 28IN	23.23	23.23	20.89	20.89
70184	GRAMPAS	BODY SPA SHAWL navy dot w/navy	20 X 28IN	23.23	23.23		
70201	GRAMPAS	BREATHE E-Z PILLOW w/pepp oil	EACH	4.55	4.55		
70191	GRAMPAS	EYE/SINUS PACK green satin	4 X 8.5IN	8.08	8.08	7.27	7.27
70190	GRAMPAS	EYE/SINUS PACK purple satin	4 X 8.5IN	8.08	8.08		
70202	GRAMPAS	HEALING PACK PINK HEART	EACH	12.59	12.59		
70188	GRAMPAS	JOINT/NECK PACK blk watch	5 X 15.5IN	14.39	14.39		
70187	GRAMPAS	JOINT/NECK PACK celestial	5 X 15.5IN	14.39	14.39		
70189	GRAMPAS	JOINT/NECK PACK pansy print	5 X 15.5IN	14.39	14.39		
70195	GRAMPAS	OIL THERAPEUTIC MASSAGE	4 OZ	6.31	6.31		
70199	GRAMPAS	TEDDY PACK brown	EACH	8.33	8.33	7.50	7.50
70200	GRAMPAS	TEDDY PACK lt blue	EACH	8.33	8.33		
70198	GRAMPAS	TEDDY PACK oatmeal	EACH	8.33	8.33	7.50	7.50
70197	GRAMPAS	TEDDY PACK pink	EACH	8.33	8.33		
70193	GRAMPAS	THERA PACK blk watch plaid	16 X 12IN	14.39	14.39		
70192	GRAMPAS	THERA PACK celestial print	16 X 12IN	14.39	14.39		
70194	GRAMPAS	THERA PACK pansy print	16 X 12IN	14.39	14.39		
HIMALASALT - HimalaRose							
33349	HIMALASALT	SEA SALT 2 PINK MASSAGE STONES	2.2 LB	9.06	9.06		
33348	HIMALASALT	SEA SALT HIMALAYAN BATH LAVNDR	28 OZ	9.06	9.06		
33347	HIMALASALT	SEA SALT HIMALAYAN BATH ROSE	28 OZ	9.06	9.06		
HOBACARE							
70272	HOBACARE	JOJOBA OIL	8 OZ	9.45	9.45		
7406	HOBACARE	PURE JOJOBA OIL	4 OZ	6.57	6.57	5.91	5.91
HONEY GARDEN APIARIES							
5582	HONEYGAR	HONEY HOUSE HEALING SALVE	.85 OZ	5.75	5.75		
HOTEEZE							
73110	HOTTEEZE	HEAT PAD STICK ON REG 3.9x5.2	10 PADS	1.62	16.20	1.30	13.00
73111	HOTTEEZE	HEAT PAD STICK-ON FOOT	10 PADS	1.16	11.60	.93	9.30
ISLAND'S OWN							
50144	ISLAND	INSECT REPELLENT	4 OZ	5.55	5.55		
9183	ISLAND	POISON IVY REMEDY flip top	4 OZ	4.89	4.89	4.40	4.40
70281	ISLAND	POISON IVY REMEDY spray	4 OZ	5.93	5.93		
70282	ISLAND	SUNBURN REMEDY LAVENDER	8 OZ	9.87	9.87		
70280	ISLAND	TICK REPELLENT	4 OZ	6.91	6.91		
J.R. LIGGETT							
9704	JRLIGGET	BAR SHAMPOO DAMAGED HAIR	3.5 OZ	3.90	3.90		
9700	JRLIGGET	BAR SHAMPOO HERBAL	3.5 OZ	3.90	3.90		
9703	JRLIGGET	BAR SHAMPOO ORIGINAL	3.5 OZ	3.90	3.90		
9701	JRLIGGET	BAR SHAMPOO TEA TREE	3.5 OZ	3.90	3.90		
KATHY'S FAMILY							
70217	KATHYS	SEA SALT LEONA'S LAVENDER	12/2 OZ	2.16	25.92	1.50	18.00
KISS MY FACE							
7988	KISS	BALM OLIVE MY BODY	.80 OZ	5.76	5.76	4.59	4.59
71032	KISS	COND BIG BODY LAV/CHAM	11 OZ	4.90	4.90		



Cranberry Chutney



An American Fruit Chutney. Our cranberry chutney is flavored only with fruit and a touch of cider vinegar. Move over, mayo—a delicious complement to turkey as well as lamb, chicken or pork.

Ingredients: cranberries, sugar, raisins, oranges, walnuts, pectin, citric acid.

Item #41087

Cranberry Mango Chutney



A Fruit Chutney with a Twist. A tangy twist on a culinary favorite. Our cranberry chutney is made without spices - all the flavor comes from the cranberry and mango and a touch of cider vinegar. Say goodbye to the mayo, and serve with turkey as well as lamb, chicken or pork or as an appetizer with cream cheese.

Ingredients: cranberries, sugar, mango, vinegar, oranges, walnuts, pectin, citric acid.

Item #41088



Aleia's Plain Stuffing Mix Gluten Free



Ingredients: Filtered water, white rice flour, brown rice flour, eggs, corn starch, tapioca flour, canola oil, nonfat dry milk, brown sugar, potato flour, yeast, guar gum, salt.

Manufactured in a gluten free facility. The plant does process Peanuts and Tree Nuts.

Item #20293

Aleia's Savory Stuffing Mix Gluten Free



Ingredients: Filtered water, white rice flour, brown rice flour, eggs, corn starch, tapioca flour, canola oil, nonfat dry milk, brown sugar, potato flour, salt, herbs, yeast, guar gum, salt, herbs & spices.

Manufactured in a gluten free facility. The plant does process Peanuts and Tree Nuts.

Item #20292

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
KISS MY FACE - cont.						
71033	KISS	COND MISS TREATED ROSA/MINT	11 OZ	4.90	4.90	
71031	KISS	COND WHENEVER GRN TEA/LIME	11 OZ	4.90	4.90	
71038	KISS	DEOD LIQUID ROCK FRAG FREE	3 OZ	3.70	3.70	2.96 2.96
71040	KISS	DEOD LIQUID ROCK LAVENDER	3 OZ	3.70	3.70	2.96 2.96
71037	KISS	DEOD LIQUID ROCK PATCHOULI	3 OZ	3.70	3.70	2.96 2.96
71039	KISS	DEOD LIQUID ROCK SCENTED	3 OZ	3.70	3.70	2.96 2.96
71041	KISS	DEOD LIQUID ROCK SUMMER	3 OZ	3.70	3.70	2.96 2.96
71042	KISS	DEOD STICK FRAG FREE	2.48 OZ	3.70	3.70	2.96 2.96
71044	KISS	DEOD STICK LAVENDER	2.48 OZ	3.70	3.70	2.96 2.96
71046	KISS	DEOD STICK PATCHOULI	2.48 OZ	3.70	3.70	2.96 2.96
71045	KISS	DEOD STICK SUMMER	2.48 OZ	3.70	3.70	2.96 2.96
7750	KISS	FACIAL MOIST PEACH & CRM/ALPHA	4 OZ	5.52	5.52	
73012	KISS	KISSES ON TRIAL BAG 9pc	EACH	7.71	7.71	
7860	KISS	LIQ SOAP GERMSASIDE TEA TREE	9 OZ	4.00	4.00	
7858	KISS	LIQUID SOAP ALMOND CREME	9 OZ	4.00	4.00	
7758	KISS	LIQUID SOAP FRAGRANCE-FRE	9 OZ	4.00	4.00	
7772	KISS	LIQUID SOAP OLIVE & ALOE	GAL	24.50	24.50	22.05 22.05
7830	KISS	LIQUID SOAP OLIVE & ALOE	9 OZ	4.00	4.00	
7831	KISS	LIQUID SOAP ORANGE BLOSSOM	9 OZ	4.00	4.00	
7833	KISS	LIQUID SOAP PATCHOULI	9 OZ	4.00	4.00	
7832	KISS	LIQUID SOAP PEACH	9 OZ	4.00	4.00	
7827	KISS	LIQUID SOAP PEACHES & CREAM	GAL	24.50	24.50	22.05 22.05
7834	KISS	LIQUID SOAP PEAR	9 OZ	4.00	4.00	
7769	KISS	LIQUID SOAP PEAR REFILL	GAL	24.50	24.50	
7829	KISS	MOIST PEACH & CRM w/ALPHAHYDRX	16 OZ	7.37	7.37	6.63 6.63
71036	KISS	MOISTURE SHAVE COOL MINT	11 OZ	4.95	4.95	
7759	KISS	MOISTURE SHAVE FRAG-FREE	11 OZ	4.95	4.95	
7753	KISS	MOISTURE SHAVE KEY LIME	11 OZ	4.95	4.95	
71035	KISS	MOISTURE SHAVE LAVENDER SHEA	11 OZ	4.95	4.95	
7761	KISS	MOISTURE SHAVE PATCHOULI	11 OZ	4.95	4.95	
7872	KISS	MOISTURE SHOWER GEL COLD/FLU	16 OZ	6.85	6.85	
7867	KISS	MOISTURE SHOWER GEL EARLY RISE	16 OZ	6.85	6.85	
7869	KISS	MOISTURE SHOWER GEL EARLYBED	16 OZ	6.85	6.85	
7828	KISS	MOISTURE SHOWER GEL PATCHOL	16 OZ	6.85	6.85	
7871	KISS	MOISTURIZER CHINESE BOTANICAL	16 OZ	7.39	7.39	
7819	KISS	MOISTURIZER EVERYDAY SPF 15	11 OZ	8.07	8.07	
7771	KISS	MOISTURIZER HONEY & CALENDULA	GAL	33.50	33.50	
7821	KISS	MOISTURIZER HONEY & CALENDULA	16 OZ	7.40	7.40	
7820	KISS	MOISTURIZER HONEY & CALENDULA	4 OZ	3.10	3.10	
7805	KISS	MOISTURIZER LAVENDER+SHEA BTR	16 OZ	7.40	7.40	
7764	KISS	MOISTURIZER LAVENDER+SHEA BTR	4 OZ	3.10	3.10	
7874	KISS	MOISTURIZER O&A FRAG FREE	16 OZ	7.40	7.40	
7765	KISS	MOISTURIZER OLIVE & ALOE	GAL	33.50	33.50	
7826	KISS	MOISTURIZER OLIVE & ALOE	16 OZ	7.40	7.40	
7825	KISS	MOISTURIZER OLIVE & ALOE	4 OZ	3.10	3.10	
7824	KISS	MOISTURIZER PATCHOULI	16 OZ	7.40	7.40	
7815	KISS	MOISTURIZER VITAMIN A & E	16 OZ	7.40	7.40	
7814	KISS	MOISTURIZER VITAMIN A & E	4 OZ	3.10	3.10	
70045	KISS	ORG FOAM REFILL GRPFRT BERGMT	17.5 OZ	6.75	6.75	
70046	KISS	ORG FOAM REFILL LAV CHAM	17.5 OZ	6.75	6.75	
70047	KISS	ORG FOAM REFILL LEM GINGER	17.5 OZ	6.75	6.75	
70048	KISS	ORG FOAM REFILL RSMRY MELON	17.5 OZ	6.75	6.75	
7953	KISS	ORG FOAM SOAP GRAPEFRT BERGT	8.75 OZ	4.90	4.90	
7950	KISS	ORG FOAM SOAP LAVENDER CHAM	8.75 OZ	4.90	4.90	
70043	KISS	ORG FOAM SOAP LEM GINGER	8.75 OZ	4.90	4.90	
70044	KISS	ORG FOAM SOAP RSMRY MELON	8.75 OZ	4.90	4.90	
7954	KISS	ORG MOISTURIZER C'S THE DAY	11 OZ	6.75	6.75	
7955	KISS	ORG MOISTURIZER FILTHY RICH	11 OZ	6.75	6.75	
7956	KISS	ORG MOISTURIZER TIGHTEN UP	11 OZ	6.75	6.75	
7838	KISS	SHAMPOO BIG BODY LAV/CHAM	11 OZ	4.90	4.90	
7876	KISS	SHAMPOO MISS TREATED ROSA/MINT	11 OZ	4.90	4.90	
7862	KISS	SHAMPOO WHENEVER GRN TEA/LIME	11 OZ	4.90	4.90	
7803	KISS	SOAP CHAMOMILE OLIVE BAR	4 OZ	1.85	1.85	1.48 1.48
7802	KISS	SOAP OLIVE & ALOE BAR	4 OZ	1.85	1.85	1.48 1.48
7804	KISS	SOAP OLIVE & ALOE BAR	8 OZ	2.50	2.50	2.00 2.00
7774	KISS	SOAP OLIVE & GRN TEA BAR	8 OZ	2.50	2.50	2.00 2.00
7776	KISS	SOAP OLIVE & LAVENDER BAR	8 OZ	2.50	2.50	2.00 2.00
7777	KISS	SOAP OLIVE & VERBENA BAR	8 OZ	2.50	2.50	2.00 2.00
7854	KISS	SOAP PURE OLIVE OIL BAR	8 OZ	2.50	2.50	2.00 2.00
7800	KISS	SOAP PURE OLIVE OIL BAR	4 OZ	1.85	1.85	1.48 1.48
7817	KISS	STYLING GEL UPPER MNGMT GRPFRT	8 OZ	5.50	5.50	
7881	KISS	SUNBLOCK SPRAY ON SPF 30	4 OZ	8.10	8.10	
7884	KISS	SUNBLOCK w/OAT PROTEIN SPF 30	4 OZ	8.10	8.10	
7877	KISS	SWY FLOTTER NATRL INSECT REPEL	4 OZ	6.85	6.85	
7986	KISS	TOOTHPASTE ANTICAVITY ORG	3.4 OZ	3.83	3.83	
7985	KISS	TOOTHPASTE SENSITIVE ORG	3.4 OZ	3.83	3.83	
7987	KISS	TOOTHPASTE TARTAR CONTROL ORG	3.4 OZ	3.83	3.83	
7752	KISS	TOOTHPASTE TRIPLE ACTION ORG	3.4 OZ	3.77	3.77	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
7754	KISS	TOOTHPASTE WHITENING ORG	3.4 OZ	3.77	3.77		
73015	KISS	TRIAL COOL MINT SHAVE	6/1 OZ	.84	5.04	.69	4.14
73017	KISS	TRIAL FRAG FREE DEODORANT	6/1 OZ	.84	5.04		
73019	KISS	TRIAL WHITENING TOOTHPASTE	6/75 OZ	.84	5.04		
73003	KISS	ULTRA CREME ALMOST BUTTER ORG	6 OZ	6.75	6.75		
KISS MY FACE KIDS							
73078	KISSKIDS	BERRY TOOTHPASTE NO FLUORIDE	4 OZ	3.83	3.83		
73077	KISSKIDS	BERRY TOOTHPASTE W/FLUORIDE	4 OZ	3.83	3.83		
73076	KISSKIDS	ORANGE 2 IN 1 SHAMPOO/COND	8 OZ	5.76	5.76		
73072	KISSKIDS	ORANGE BUBBLE WASH	12 OZ	6.40	6.40		
73073	KISSKIDS	ORANGE DETANGLER SPRAY	8 OZ	5.76	5.76		
73075	KISSKIDS	ORANGE FOAM SHAMP & BODY WASH	8 OZ	5.76	5.76		
73074	KISSKIDS	ORANGE FOAMING HAND WASH	8 OZ	5.04	5.04		
73079	KISSKIDS	ORANGE WHALE SOAP 2PK	7 OZ	5.11	5.11		
LAFE'S							
8086	LAFE'S	CRYSTL STONE w/HOLDER large	6 OZ	3.03	3.03	2.69	2.69
8084	LAFE'S	PUSH-UP STICK DEOD CRYSTAL	4.25 OZ	4.31	4.31	3.88	3.88
8081	LAFE'S	ROLL-ON DEOD w/HEMP OIL UNSCNT	3 OZ	3.99	3.99	3.59	3.59
8078	LAFE'S	TWIST STICK DEO ACTIVE	2.5 OZ	3.99	3.99		
LIGHT MOUNTAIN HENNA							
9728	LIGHTMTN	HENNA AUBURN	4 OZ	4.25	4.25	3.40	3.40
9737	LIGHTMTN	HENNA BLACK	4 OZ	4.25	4.25	3.40	3.40
9736	LIGHTMTN	HENNA CHESTNUT	4 OZ	4.25	4.25	3.40	3.40
9735	LIGHTMTN	HENNA DARK BROWN	4 OZ	4.25	4.25	3.40	3.40
9731	LIGHTMTN	HENNA LIGHT BROWN	4 OZ	4.25	4.25	3.40	3.40
9734	LIGHTMTN	HENNA MAHOGANY	4 OZ	4.25	4.25	3.40	3.40
9732	LIGHTMTN	HENNA MEDIUM BROWN	4 OZ	4.25	4.25	3.40	3.40
9726	LIGHTMTN	HENNA NEUTRAL no color	4 OZ	4.25	4.25	3.40	3.40
9730	LIGHTMTN	HENNA RED	4 OZ	4.25	4.25	3.40	3.40
LILY OF THE DESERT							
7898	LILYDES	ALOE VERA GEL 99% ORG	4 OZ	2.90	2.90		
7897	LILYDES	ALOE VERA GEL 99% ORG	12 OZ	5.81	5.81	4.81	4.81
MAGGIE'S							
52016	MAGGIES	SOCKS CREW 99% ORG NAT med	PAIR	5.01	5.01		
52006	MAGGIES	SOCKS CREW BLACK 10-13	PAIR	4.74	4.74		
52005	MAGGIES	SOCKS CREW BLACK 9-11	PAIR	4.74	4.74		
52009	MAGGIES	SOCKS CREW DENIM BLUE 9-11	PAIR	4.74	4.74	4.27	4.27
52011	MAGGIES	SOCKS CREW EGGPLANT 9-11	PAIR	4.74	4.74		
52001	MAGGIES	SOCKS CREW NATURAL 9-11	PAIR	4.74	4.74		
52003	MAGGIES	SOCKS CREW NB WHITE 9-11	PAIR	4.74	4.74		
52014	MAGGIES	SOCKS CREW TIE DIE 10-13	PAIR	7.87	7.87		
52013	MAGGIES	SOCKS CREW TIE DIE 9-11	PAIR	7.87	7.87		
52035	MAGGIES	SOCKS KIDS NAT 2PK infant	2 PK	4.48	4.48	3.36	3.36
52029	MAGGIES	SOCKS MANTRA earth peace 9-11	PAIR	5.55	5.55		
52028	MAGGIES	SOCKS MANTRA i am calm 9-11	PAIR	5.55	5.55		
52027	MAGGIES	SOCKS MANTRA just breathe 9-11	PAIR	5.55	5.55		
52043	MAGGIES	SOCKS YOUTH CREW TIE DIE 6-7yr	PAIR	6.05	6.05		
52051	MAGGIES	TIGHTS CHOCOLATE SMALL	EACH	13.83	13.83	9.93	9.93
52054	MAGGIES	TIGHTS OLIVE SMALL	EACH	13.83	13.83	8.72	8.72
MAINE ACCENT							
15364	MAINEACC	LAVENDER WATER	4 OZ	3.22	3.22		
15368	MAINEACC	ROSE WATER	4 OZ	3.22	3.22		
15359	MAINEACC	SPRAYER PUMP for WATERS	EACH	.65	.65		
MRS. MEYERS							
228	MRS MEYR	BABY BLOSSOM LIP & CHEEK BALM	12/5 OZ	5.70	68.40	4.56	54.72
201	MRS MEYR	BAR SOAP BASIL	12/8 OZ	3.55	42.60		
111	MRS MEYR	BAR SOAP GERANIUM	12/8 OZ	3.55	42.60		
109	MRS MEYR	BAR SOAP LAVENDER	12/8 OZ	3.55	42.60		
110	MRS MEYR	BAR SOAP LEMON VERBENA	12/8 OZ	3.55	42.60		
225	MRS MEYR	BODY LOTION BABY BLOSSOM	6/8 OZ	7.13	42.78		
224	MRS MEYR	HAIR/BODY WASH BABY BLOSSOM	6/8 OZ	7.13	42.78		
174	MRS MEYR	LIQ HAND SOAP BABY BLOSSOM	6/12.5 OZ	3.57	21.42		
186	MRS MEYR	LIQ HAND SOAP BASIL	6/12.5 OZ	3.40	20.40		
138	MRS MEYR	LIQ HAND SOAP GERANIUM	6/12.5 OZ	3.40	20.40		
136	MRS MEYR	LIQ HAND SOAP LAVENDER	6/12.5 OZ	3.40	20.40		
137	MRS MEYR	LIQ HAND SOAP LEMON VERBENA	6/12.5 OZ	3.40	20.40		
215	MRS MEYR	LIQ HAND SOAP POUCH BASIL refi	6/32 OZ	5.70	34.20		
214	MRS MEYR	LIQ HAND SOAP POUCH GER refi	6/32 OZ	5.70	34.20		
212	MRS MEYR	LIQ HAND SOAP POUCH LAV refi	6/32 OZ	5.70	34.20		
213	MRS MEYR	LIQ HAND SOAP POUCH LEM V refi	6/32 OZ	5.70	34.20		
MRS. MEYERS							
226	MRS MEYS	BODY OIL BABY BLOSSOM	12/4 OZ	7.13	85.56	5.69	68.28
227	MRS MEYS	DIAPER CREME BABY BLOSSOM	6/4 OZ	7.13	42.78		
MOUNTAIN OCEAN							
7571	MTOCEAN	LIP TRIP SPF 15	.165 OZ	3.45	3.45	2.95	2.95
7572	MTOCEAN	MOIST SKIN TRIP COCONUT	8 OZ	7.85	7.85		
MY GIRL'S RADIATION CREAM							
73123	MYGIRLS	MY GIRLS RADIATION CREAM	200 ML	22.14	22.14		



Olivia's Stuffings

Traditional
&
Cornbread



All our products are baked with fresh Vermont breads, special seasonings, and no preservatives or artificial anything.

We produce a wholesome, all natural, uncomplicated product. As a family we enjoy these tasty treats and we hope you will be fond of them too.

Olivia's Traditional Stuffing

Ingredients: French and Multigrain Breads (Unbleached White, Whole Wheat, Oat, Rye and Soy Flours, Salt, Yeast, Sesame and Poppy Seeds, Millet), Expeller Canola Oil, Granulated Onion and Garlic, Thyme, Celery Seed, Sage, Rosemary, Paprika, Black Pepper

Item #41115

Olivia's Cornbread Stuffing

Check out our new stuffing-made from a combination of our French and Multi Grain breads and seasoned with lots of traditional poultry seasonings, all natural of course.

Ingredients: Cornbread (Unbleached white wheat flour, cornmeal, whole wheat flour, salt, yeast), Expeller Canola Oil, Granulated Onion, Sage, Marjoram, Celery Seed, Thyme, Nutmeg, Rosemary, Black Pepper

Item #41286



Cranberries

A little history:

Upon their arrival in North America, the Pilgrims discovered the American Indians eating cranberries twice the size of those found in Europe.

Today, these native gems are grown on low, trailing vines in bogs of peat, sand, and clay that are flooded in the winter for protection from the cold.

Also called bounceberries (because the ripe ones do) and craneberries (the vine's blossoms resemble the heads of the cranes often found wading through the bogs), this holiday favorite is cultivated mainly in Massachusetts, Wisconsin, Washington, and Oregon.

What they look like:

These marble-sized berries are round, shiny, and anywhere from light red to deep scarlet.

Selection tips:

Cranberries are usually packaged in 12-ounce plastic bags, so you won't get to choose them individually. Check the see-through to make sure you get brightly and intensely colored berries. Discard any that are soft, shriveled, withered, or discolored, and remove any stems. One 12-ounce bag equals approximately three cups of whole berries.

Storage tips:

Tightly wrapped in plastic (or the original, unopened bag), cranberries will keep in the refrigerator for up to two months. For increased longevity, toss the bag in the freezer, where they'll stay fresh for a year. And don't wash them before storing, or they'll spoil.



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
NATRACARE						
71141	NATRACAR	BABY WIPES COTTON ORG	50 CT	5.39	5.39	
71140	NATRACAR	INTIMATE WIPES COTTON ORG	12 CT	2.95	2.95	2.65 2.65
70239	NATRACAR	NURSING PADS	25CT	2.80	2.80	
70240	NATRACAR	PADS MATERNITY NEW MOTHER	10CT	4.25	4.25	3.83 3.83
5814	NATRACAR	PADS NIGHT-TIME	10CT	4.25	4.25	
5808	NATRACAR	PADS REGULAR	14CT	3.35	3.35	
5806	NATRACAR	PADS SLENDER	20CT	3.95	3.95	
5810	NATRACAR	PADS SUPER	12CT	3.40	3.40	
73113	NATRACAR	PADS ULTRA LONG W/WINGS	10 CT	4.10	4.10	
73112	NATRACAR	PADS ULTRA SUPER PLUS	12 CT	4.10	4.10	3.69 3.69
5807	NATRACAR	PADS ULTRA-WINGS ind wrapped	14CT	4.10	4.10	
70242	NATRACAR	PANTY LINERS COTTON ORG	22CT	3.35	3.35	
5801	NATRACAR	PANTY LINERS TANGA/THONG	30 CT	2.50	2.50	
5804	NATRACAR	PANTY SHIELDS	30CT	2.50	2.50	
5823	NATRACAR	PANTY SHIELDS CURVED	30 CT	2.50	2.50	
5805	NATRACAR	TAMPONS REG w/app ORG	16CT	5.50	5.50	4.95 4.95
5800	NATRACAR	TAMPONS REGULAR ORG	20CT	4.60	4.60	4.14 4.14
5802	NATRACAR	TAMPONS SUPER ORG	20CT	4.60	4.60	4.14 4.14
5803	NATRACAR	TAMPONS SUPER ORG	10CT	2.65	2.65	
5816	NATRACAR	TAMPONS SUPER PLUS ORG	20CT	5.20	5.20	4.68 4.68
5809	NATRACAR	TAMPONS SUPR w/app ORG	16CT	5.55	5.55	5.00 5.00
NATURE'S ALCHEMY						
15462	NATSALCH	AROMA BATH BREATHE DEEP	1 OZ PKT	1.06	1.06	.85 .85
15463	NATSALCH	AROMA BATH CALM SEAS	1 OZ PKT	1.06	1.06	.85 .85
15464	NATSALCH	AROMA BATH LAVENDER	1 OZ PKT	1.06	1.06	.85 .85
15466	NATSALCH	AROMA BATH RESTFUL SLEEP	1 OZ PKT	1.06	1.06	.85 .85
15467	NATSALCH	AROMA BATH SPORTS RELIEF	1 OZ PKT	1.06	1.06	.85 .85
8873	NATSALCH	ESSNTL OIL BERGAMOT	.5 OZ	8.65	8.65	6.92 6.92
8874	NATSALCH	ESSNTL OIL CEDARWOOD	.5 OZ	2.30	2.30	1.84 1.84
8875	NATSALCH	ESSNTL OIL CINNAMON CASSIA	.5 OZ	4.29	4.29	3.43 3.43
8876	NATSALCH	ESSNTL OIL CITRONELLA	.5 OZ	2.41	2.41	1.93 1.93
8872	NATSALCH	ESSNTL OIL CLOVE BUD	.5 OZ	3.83	3.83	3.06 3.06
8879	NATSALCH	ESSNTL OIL EUCALYPTUS	.5 OZ	3.15	3.15	2.52 2.52
8880	NATSALCH	ESSNTL OIL FIR NEEDLE	.5 OZ	7.10	7.10	5.68 5.68
8877	NATSALCH	ESSNTL OIL GERANIUM	.5 OZ	8.60	8.60	6.88 6.88
8883	NATSALCH	ESSNTL OIL LAVENDER	.5 OZ	5.99	5.99	4.79 4.79
8885	NATSALCH	ESSNTL OIL LEMON	.5 OZ	3.19	3.19	2.55 2.55
8887	NATSALCH	ESSNTL OIL ORANGE	.5 OZ	2.10	2.10	1.68 1.68
8888	NATSALCH	ESSNTL OIL PATCHOULI	.5 OZ	8.85	8.85	7.08 7.08
8889	NATSALCH	ESSNTL OIL PEPPERMINT	.5 OZ	5.00	5.00	4.00 4.00
8890	NATSALCH	ESSNTL OIL ROSEMARY	.5 OZ	3.64	3.64	2.91 2.91
8891	NATSALCH	ESSNTL OIL ROSEWOOD	.5 OZ	6.05	6.05	4.84 4.84
8892	NATSALCH	ESSNTL OIL TEA TREE	.5 OZ	4.85	4.85	3.88 3.88
8893	NATSALCH	ESSNTL OIL YLANG YLANG	.5 OZ	11.11	11.11	8.89 8.89
8895	NATSALCH	OIL APRICOT KERNEL	4 OZ	4.50	4.50	3.60 3.60
8896	NATSALCH	OIL GRAPESEED	4 OZ	3.25	3.25	2.60 2.60
8897	NATSALCH	OIL HEMP SEED	4 OZ	8.65	8.65	6.92 6.92
8898	NATSALCH	OIL SWEET ALMOND	4 OZ	3.85	3.85	3.08 3.08
NATURE'S GATE						
70036	NATSGATE	ACNE TREATMENT KIT	EACH	18.17	18.17	
7694	NATSGATE	AQUABLOCK SPF 50	4 OZ	5.60	5.60	
7501	NATSGATE	CALMING CONDITIONER TEA TREE	18 OZ	6.00	6.00	4.80 4.80
7500	NATSGATE	CONDITIONER ALOE VERA	18 OZ	4.70	4.70	3.76 3.76
7502	NATSGATE	CONDITIONER CHAMOMILE	18 OZ	4.70	4.70	3.76 3.76
7530	NATSGATE	CONDITIONER HERBAL	GAL	25.50	25.50	
7525	NATSGATE	CONDITIONER HERBAL	18 OZ	4.70	4.70	3.76 3.76
7555	NATSGATE	CONDITIONER JOJOBA	18 OZ	4.70	4.70	3.76 3.76
7701	NATSGATE	DEOD ROLL-ON SPRI FRESH	3 OZ	3.45	3.45	
7703	NATSGATE	DEOD STICK SPRI FRESH	2.5 OZ	3.45	3.45	
7492	NATSGATE	MOIST SKIN THERAPY TEA TREE	18 OZ	7.10	7.10	
7499	NATSGATE	MOIST SKIN THERPY COLLOID/OTML	18 OZ	7.10	7.10	
8615	NATSGATE	MOISTURIZER FRAGRANCE FREE	18 OZ	5.80	5.80	
8625	NATSGATE	MOISTURIZER HERBAL	18 OZ	5.80	5.80	
70106	NATSGATE	ORG DEOD GRPFRT/GINGER	1.7 OZ	3.73	3.73	
70107	NATSGATE	ORG DEOD ORNG/PATCHOULI	1.7 OZ	3.73	3.73	
70105	NATSGATE	ORG DEOD PEAR/RED TEA	1.7 OZ	3.73	3.73	
70108	NATSGATE	ORG DEOD PERSIM/GERANIUM	1.7 OZ	3.73	3.73	
8648	NATSGATE	ORGANICS COND ASN PEAR+RD TEA	12 OZ	4.98	4.98	
7607	NATSGATE	ORGANICS COND CHAMO+LM VRBNA	12 OZ	4.98	4.98	
8649	NATSGATE	ORGANICS COND GRPFRT+GINGER	12 OZ	4.98	4.98	
7602	NATSGATE	ORGANICS COND LAVENDER+ALOE	12 OZ	4.98	4.98	
7604	NATSGATE	ORGANICS COND LEMONGRASS+CLARY	12 OZ	4.98	4.98	
8646	NATSGATE	ORGANICS COND ORNGE+PATCHOULI	12 OZ	4.98	4.98	
8647	NATSGATE	ORGANICS COND PERSMN+ROSE GER	12 OZ	4.98	4.98	
7609	NATSGATE	ORGANICS COND TEATREE+BL CYPS	12 OZ	4.98	4.98	
8656	NATSGATE	ORGANICS LIQ SOAP ASN PEAR+TEA	12 OZ	4.35	4.35	
8657	NATSGATE	ORGANICS LIQ SOAP GRPFRT+GINGR	12 OZ	4.35	4.35	
7618	NATSGATE	ORGANICS LIQ SOAP LAVENDER+ALO	12 OZ	4.35	4.35	
8665	NATSGATE	ORGANICS LIQ SOAP ORNG+PATCHLI	12 OZ	4.35	4.35	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
8666	NATSGATE	ORGANICS LIQ SOAP PERSMN+GER	12 OZ	4.35	4.35	3.89	3.89
7621	NATSGATE	ORGANICS LIQ SOAP TTREE+BLUCYP	12 OZ	4.35	4.35		
7620	NATSGATE	ORGANICS LIQ SP LGRASS+CLARYSG	12 OZ	4.35	4.35		
8650	NATSGATE	ORGANICS LOTION ASN PEAR+RDTEA	12 OZ	6.22	6.22		
8652	NATSGATE	ORGANICS LOTION GRPFRT+GINGER	12 OZ	6.22	6.22		
7613	NATSGATE	ORGANICS LOTION LAVENDER+ALOE	12 OZ	6.22	6.22		
8653	NATSGATE	ORGANICS LOTION ORNG+PATCHOULI	12 OZ	6.22	6.22		
8655	NATSGATE	ORGANICS LOTION PERSMN+ROSEGER	12 OZ	6.22	6.22		
7616	NATSGATE	ORGANICS LOTN LGRASS+SGE NaPCA	12 OZ	6.22	6.22		
8638	NATSGATE	ORGANICS SHAMP ASN PEAR+RD TEA	12 OZ	4.98	4.98		
7606	NATSGATE	ORGANICS SHAMP CHAMO+LM VRBENA	12 OZ	4.98	4.98		
8643	NATSGATE	ORGANICS SHAMP GRPFRT+GINGER	12 OZ	4.98	4.98		
7601	NATSGATE	ORGANICS SHAMP LAVENDER+ALOE	12 OZ	4.98	4.98		
7603	NATSGATE	ORGANICS SHAMP LMNGRS+CLAR	12 OZ	4.98	4.98		
8636	NATSGATE	ORGANICS SHAMP ORNGE+PATCHOULI	12 OZ	4.98	4.98		
8637	NATSGATE	ORGANICS SHAMP PERSMN+ROSE GER	12 OZ	4.98	4.98		
7608	NATSGATE	ORGANICS SHAMP TEATREE+BL CYPs	12 OZ	4.98	4.98		
7628	NATSGATE	ORGANICS SHOWER GEL LEMONGRASS	12 OZ	6.22	6.22		
8635	NATSGATE	ORIGINAL SKIN THERAPY LOTION	18 OZ	7.10	7.10		
7585	NATSGATE	RAINWTR CONDITIONER AWAPUHI	18 OZ	4.70	4.70		
7495	NATSGATE	RAINWTR CONDITIONER HEMP	18 OZ	4.70	4.70		
7590	NATSGATE	RAINWTR CONDITIONER HENNA	18 OZ	4.70	4.70		
7600	NATSGATE	RAINWTR SHAMPOO AWAPUHI	18 OZ	4.70	4.70	3.76	3.76
7605	NATSGATE	RAINWTR SHAMPOO BABY	18 OZ	4.70	4.70	3.76	3.76
7496	NATSGATE	RAINWTR SHAMPOO HEMP	18 OZ	4.70	4.70	3.76	3.76
7615	NATSGATE	RAINWTR SHAMPOO HENNA	18 OZ	4.70	4.70	3.76	3.76
7510	NATSGATE	SHAMPOO ALOE VERA	18 OZ	4.70	4.70	3.76	3.76
7635	NATSGATE	SHAMPOO CALMING TEA TREE	18 OZ	6.00	6.00	4.80	4.80
7504	NATSGATE	SHAMPOO CHAMOMILE	18 OZ	4.70	4.70	3.76	3.76
7540	NATSGATE	SHAMPOO HERBAL	GAL	25.40	25.40		
7545	NATSGATE	SHAMPOO HERBAL	18 OZ	4.70	4.70	3.76	3.76
7565	NATSGATE	SHAMPOO JOJOBA	18 OZ	4.70	4.70		
70100	NATSGATE	SKIN ORG C TEXTURE SERUM	1.7 OZ	16.25	16.25	14.63	14.63
70102	NATSGATE	SKIN ORG DAY HYDRATOR	1.7 OZ	16.25	16.25	14.63	14.63
70104	NATSGATE	SKIN ORG NIGHT THERAPY	1 OZ	16.25	16.25		
70101	NATSGATE	SKIN ORG WRINKLE SERUM	1.1 OZ	16.25	16.25	14.50	14.50
7675	NATSGATE	SOAP LIQUID ANTISEPTIC	12.5 OZ	4.04	4.04		
7697	NATSGATE	SUNBLOCK KIDS SPF-30	4 OZ	5.60	5.60		
7689	NATSGATE	SUNBLOCK LOTION SPF-30	4 OZ	5.60	5.60		
7654	NATSGATE	TOOTHPASTE CHERRY GEL w/fluori	5 OZ	3.55	3.55		
7638	NATSGATE	TOOTHPASTE CREME DE ANISE	6 OZ	3.55	3.55		
7642	NATSGATE	TOOTHPASTE CREME DE MINT	6 OZ	3.55	3.55		
7640	NATSGATE	TOOTHPASTE CREME DE PEPPERMINT	6 OZ	3.55	3.55		
7623	NATSGATE	TPASTE WHITENING GEL	6 OZ	4.70	4.70		
7670	NATSGATE	VITAMIN E OIL 40000 IU	2 OZ	7.10	7.10		

ONE WITH NATURE

71072	ONE NAT	BAR SOAP ALMOND/SHEA	7 OZ	2.89	2.89		
71074	ONE NAT	BAR SOAP COCO-WALNUT/SHEA	7 OZ	2.89	2.89		
71067	ONE NAT	BAR SOAP DEAD SEA MUD/SHEA	7 OZ	2.89	2.89		
71068	ONE NAT	BAR SOAP DEAD SEA SALT/SHEA	7 OZ	2.89	2.89		
71073	ONE NAT	BAR SOAP HEMP/SHEA	7 OZ	2.89	2.89		
71076	ONE NAT	BAR SOAP HNY ALMOND/SHEA	7 OZ	2.89	2.89		
71069	ONE NAT	BAR SOAP LAVENDER/SHEA	7 OZ	2.89	2.89		
71070	ONE NAT	BAR SOAP LEM VERBENA/SHEA	7 OZ	2.89	2.89		
71078	ONE NAT	BAR SOAP OLIVE OIL/SHEA	7 OZ	2.89	2.89		
71071	ONE NAT	BAR SOAP ROSE PETAL/SHEA	7 OZ	2.89	2.89		
71077	ONE NAT	BAR SOAP SHEA BUTTER	7 OZ	2.89	2.89		
71075	ONE NAT	BAR SOAP VAN OATMEAL/SHEA	7 OZ	2.89	2.89		
71081	ONE NAT	GLYCERIN SOAP COCONUT MILK	7 OZ	2.89	2.89		
71082	ONE NAT	GLYCERIN SOAP ORANGE BLOSSOM	7 OZ	2.89	2.89		

PRESERVE

70039	PRESERVE	TOOTHBRUSH JR SOFT	EACH	2.60	2.60		
70040	PRESERVE	TOOTHBRUSH MEDIUM	EACH	2.88	2.88		
70041	PRESERVE	TOOTHBRUSH SOFT	EACH	2.88	2.88		
70042	PRESERVE	TOOTHBRUSH ULTRA SOFT	EACH	2.88	2.88		

RADIUS

73063	RADIUS	TOOTHBRSH RPL HDS 3 pk	3 PK	6.06	6.06		
73061	RADIUS	TOOTHBRUSH INTELLIGENT SOFT	EACH	6.47	6.47		
73059	RADIUS	TOOTHBRUSH LH ORIGINAL	EACH	6.45	6.45	4.53	4.53
73058	RADIUS	TOOTHBRUSH RH ORIGINAL	EACH	6.45	6.45		
73060	RADIUS	TOOTHBRUSH RH SCUBA	EACH	6.45	6.45	4.84	4.84
73062	RADIUS	TOOTHBRUSH SOURCE SOFT	EACH	5.18	5.18	3.89	3.89

SAI BABA NAG CHAMPA

70010	SAI BABA	NAG CHAMPA SOAP	5 OZ	3.95	3.95		
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SEVENTH GENERATION

9661	SEVENTH	BABY DIAPERS 12-18 lbs STAGE 2	40 CT	14.50	14.50		
9671	SEVENTH	BABY DIAPERS 16-28LBS STAGE 3	35 CT	12.79	12.79		
9662	SEVENTH	BABY DIAPERS 22-37lbs STAGE 4	30 CT	14.50	14.50		
9663	SEVENTH	BABY DIAPERS 27+lbs STAGE 5	26 CT	14.50	14.50		



How to eat them:

Traditional sauce aside, these very tart berries work well in pies, cobblers, muffins, chutneys, and relishes. They also complement meat superbly, and mix nicely with other, less tart fruits.

The best way to chop fresh or frozen cranberries—which do not need to be defrosted before use—is to use the “pulse” setting on a food processor with a metal blade. If you’re cooking the berries, be sure to remove them from the heat when they pop, or they’ll start to turn mushy and bitter.

Peak growing season:

Harvesting generally occurs between September and October, with the peak market period running through December.



Health benefits:

Cranberries—a good source of vitamins A and C—contain antioxidants and flavonoids that help protect you from cancer and reduce the risk of heart disease and stroke. They also contain lots of fiber, which aids in digestion and helps lower cholesterol.

Cranberries have long been valued for their ability to help prevent and treat urinary tract infections. Now, recent studies suggest that this native American berry may also promote gastrointestinal and oral health, prevent the formation of kidney stones, lower LDL and raise HDL (good) cholesterol, aid in recovery from stroke, and even help prevent cancer.

(continued on page 158)



Cranberries

continued

Nutritional info:

One cup of whole, raw cranberries—a bargain at only 47 calories—provides an impressive 4.0 grams of fiber, along with 0.4 gram of protein, 0.2 gram of fat (none of it saturated), 1.0 milligram of sodium, and no cholesterol.

Dried Cranberries:

Don't Forget dried cranberries when fresh cranberries can't be had!

Item #31760

Aurora -

Dried Cranberries

Item #31313

Eden -

Dried Cranberries ORG

Item #31820

Oskri -

Dried Cranberries



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
SEVENTH GENERATION - cont.						
9660	SEVENTH	BABY DIAPERS 8-14lbs STAGE 1	44 CT	14.50	14.50	
70283	SEVENTH	BABY WIPES 70ct pk refill	70 CT	3.93	3.93	
9666	SEVENTH	BABY WIPES TRAVEL PACK	3/36 CT	2.69	8.07	
9664	SEVENTH	BABY WIPES TUB	70 CT	4.19	4.19	3.35 3.35
9659	SEVENTH	BABY WIPES BOX 350 CT	350 CT	16.30	16.30	14.67 14.67
70155	SEVENTH	PADS MAXI OVERNIGHT	14 CT	4.19	4.19	
70154	SEVENTH	PADS MAXI REGULAR	24 CT	4.19	4.19	
70157	SEVENTH	PADS ULTRATHIN OVERNIGHT	14 CT	4.19	4.19	
70156	SEVENTH	PADS ULTRATHIN REGULAR	18 CT	4.19	4.19	
70158	SEVENTH	PADS ULTRATHIN SUPER LONG	16 CT	4.19	4.19	
70159	SEVENTH	PANTLINERS	45 CT	4.19	4.19	
70163	SEVENTH	TAMPONS REG w/appl	16 CT	6.00	6.00	
70160	SEVENTH	TAMPONS REGULAR	20 CT	5.15	5.15	
70161	SEVENTH	TAMPONS SUPER	20 CT	5.15	5.15	
70162	SEVENTH	TAMPONS SUPER PLUS	20 CT	5.60	5.60	
70164	SEVENTH	TAMPONS SUPER w/appl	16 CT	6.00	6.00	
70243	SEVENTH	TRAINING PANTS 2T-3T	29 CT	14.50	14.50	
70244	SEVENTH	TRAINING PANTS 3T-4T	26 CT	14.50	14.50	
SMILEBRITE						
9743	SMILEBRT	TONGUE CLEANER	EACH	4.21	4.21	
SUPERPLAN						
5791	SUPERLAN	LANOLIN MOISTURE CREAM	4 OZ	10.49	10.49	8.92 8.92
TIGER BALM						
70005	TIGER	PAIN RELIEVING PATCH	5 CT	4.85	4.85	
8910	TIGER	ULTRA SPORT nonstain tin	1.7 OZ	10.30	10.30	
TOM'S OF MAINE						
6974	TOMS	DEOD STICK CALENDULA	2.25 OZ	4.77	4.77	4.29 4.29
6972	TOMS	DEOD STICK HONEYSUCKLE ROSE	2.25 OZ	4.77	4.77	
6971	TOMS	DEOD STICK UNSCENTED	2.25 OZ	4.77	4.77	
6973	TOMS	DEOD STICK WOODSPICE	2.25 OZ	4.77	4.77	4.29 4.29
6960	TOMS	FLOSS FLAT SPEARMT anti-plaque	32 YDS	3.15	3.15	2.84 2.84
6965	TOMS	MOUTHWASH PEPPERMINT BKSODA	16 OZ	4.62	4.62	4.16 4.16
6962	TOMS	MOUTHWASH SPEARMINT	16 OZ	4.62	4.62	
6970	TOMS	SOAP DEODORANT UNSCENTED	4 OZ	3.03	3.03	
6966	TOMS	SOAP MOISTURIZING CALENDULA	4 OZ	3.03	3.03	2.73 2.73
6968	TOMS	SOAP MOISTURIZING LAVENDER	4 OZ	3.03	3.03	
6967	TOMS	SOAP MOISTURIZING UNSCENTED	4 OZ	3.03	3.03	
6982	TOMS	TPASTE no/FL SENSITIVE WTRMINT	4 OZ	4.40	4.40	
6954	TOMS	TPASTE P&M CINNAMINT	6 OZ	4.40	4.40	3.52 3.52
6955	TOMS	TPASTE P&M FENNEL	6 OZ	4.40	4.40	
6952	TOMS	TPASTE P&M PEPPERMINT	6 OZ	4.40	4.40	3.52 3.52
6953	TOMS	TPASTE P&M SPEARMINT	6 OZ	4.40	4.40	
6987	TOMS	TPASTE TARTAR/WHITENING FENNEL	6 OZ	4.40	4.40	
6986	TOMS	TPASTE TARTAR/WHITENING PEPP	6 OZ	4.40	4.40	
6961	TOMS	TPASTE w/FL CHILD ORANGE MANGO	4 OZ	3.59	3.59	
6958	TOMS	TPASTE w/FL CHILD STRAWBERRY	4 OZ	3.59	3.59	2.87 2.87
6959	TOMS	TPASTE w/FL PEPMINT BKSODA	6 OZ	4.40	4.40	3.52 3.52
6957	TOMS	TPASTE w/FL SPEARMINT	6 OZ	4.40	4.40	
6956	TOMS	TPASTE w/FL WINTERMINT	5.2 OZ	4.40	4.40	3.52 3.52
ULTIMATE SHAVE						
7403	ULTIMATE	SHAVE UNISEX MOISTURE SHAVE	.3 OZ	3.53	3.53	
VERMONT SOAP ORGANICS						
7984	VT SOAP	BAR CITRUS SUNRISE ORG	3.50 OZ	2.85	2.85	
7974	VT SOAP	BAR CITRUS SUNRISE ORG unwrap	3.50 OZ	2.30	2.30	1.99 1.99
7975	VT SOAP	BAR LAVENDER ORG unwrap	3.50 OZ	2.30	2.30	
7963	VT SOAP	BAR LEMONGRASS ORG unwrap	3.50 OZ	2.30	2.30	
7962	VT SOAP	BAR OATMEAL LAVENDER ORG unwra	3.50 OZ	2.30	2.30	1.99 1.99
7961	VT SOAP	BAR PEPPERMINT MAGIC ORG unwrap	3.50 OZ	2.30	2.30	
7969	VT SOAP	BAR TEA TREE ORG unwrap	3.50 OZ	2.30	2.30	
8030	VT SOAP	BATH & SHOWER GEL LAVENDER ORG	8 OZ	5.35	5.35	
8032	VT SOAP	BATH & SHOWER GEL ORANGE ORG	8 OZ	5.35	5.35	
8031	VT SOAP	BATH & SHOWER GEL PEPPRMNT ORG	8 OZ	5.35	5.35	
7968	VT SOAP	LIQUID CASTILE LAVENDER ORG	16 OZ	4.89	4.89	
7967	VT SOAP	LIQUID CASTILE PEPPERMINT ORG	16 OZ	4.89	4.89	
7966	VT SOAP	LIQUID CASTILE SWT ORANGE ORG	16 OZ	4.89	4.89	4.40 4.40
7965	VT SOAP	LIQUID CASTILE TEA TREE ORG	16 OZ	4.89	4.89	
7964	VT SOAP	LIQUID CASTILE UNSCENTED ORG	16 OZ	4.89	4.89	4.40 4.40
VICCO						
6998	VICCO	TPASTE HERBAL AYURVEDIC	3 OZ	2.95	2.95	



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Soft Cloth That Has Not Been
Processed With Chemicals
Containing Chlorine.

Hypoallergenic

Whitened Without Chemicals
Containing Chlorine

Unscented

Alcohol Free

One-At-A-Time Dispensing

Ingredients: Water, cetyl hydroxyethylcellulose (plant-derived cleaning agent), glycerin (vegetable oil derived), citric acid (provides stability and pH balance), aloe barbadensis leaf extract, tocopheryl acetate (vitamin E acetate), potassium sorbate and sodium benzoate (food-grade preservatives)

Item #9659

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
PET CARE & FOOD						
BARKWHEATS						
53045	BARKWHTS	DOG BISCUITS BLUEBRY LAVENDR	10 OZ	5.21	5.21	
53038	BARKWHTS	DOG BISCUITS GING PARS BUCKWHT	10 OZ	5.21	5.21	
53046	BARKWHTS	DOG BISCUITS PUMPKIN SAGE	10 OZ	5.21	5.21	
53039	BARKWHTS	DOG BISCUITS SEAVEG/CHAM BKWHT	10 OZ	5.21	5.21	
53047	BARKWHTS	DOG TREATS TRIAL ASST WSTRIP	12/7 OZ	.83	9.96	.75 9.00
CASTOR & POLLUX						
7512	CASTOR	CATNIP TOY MOUSE OG refillable	EACH	3.29	3.29	2.63 2.63
7468	CASTOR	DOG TRT GOOD BUDDY CHEESE	16 OZ	3.65	3.65	2.92 2.92
7467	CASTOR	DOG TRT GOOD BUDDY JERKY	10 STIX	3.65	3.65	2.92 2.92
7469	CASTOR	DOG TRT GOOD BUDDY PNUOT BTR	16 OZ	3.65	3.65	2.92 2.92
7462	CASTOR	ORGANIX CAT FOOD ADULT	6#	17.00	17.00	
7463	CASTOR	ORGANIX CAT FOOD ADULT	15#	31.85	31.85	
7461	CASTOR	ORGANIX CAT FOOD ADULT	3#	9.49	9.49	
53023	CASTOR	ORGANIX CAT FOOD TRK/CHK/SEAFD	24/5.5 OZ	1.25	30.00	
53055	CASTOR	ORGANIX CAT FOOD TURK/CHICK ca	24/5.5 OZ	1.25	30.00	
53025	CASTOR	ORGANIX CAT TREAT CHEESE	2 OZ	2.99	2.99	2.39 2.39
7465	CASTOR	ORGANIX CAT TREATS CHICKEN	2 OZ	2.99	2.99	2.39 2.39
53024	CASTOR	ORGANIX DOG COOKIE PEANT BUTER	12 OZ	4.85	4.85	3.88 3.88
7464	CASTOR	ORGANIX DOG COOKIES CHICKEN	12 OZ	4.85	4.85	3.88 3.88
7459	CASTOR	ORGANIX DOG FOOD ADULT	6#	13.00	13.00	
7460	CASTOR	ORGANIX DOG FOOD ADULT	15#	28.90	28.90	
53019	CASTOR	ORGANIX DOG FOOD PUPPY dry	6#	13.80	13.80	
53021	CASTOR	ORGANIX DOG FOOD TURK/CHICK ca	12/12.7 OZ	2.19	26.28	
7489	CASTOR	OUT SPOT STAIN/ODOR SPRAY	16 OZ	5.35	5.35	4.28 4.28
7527	CASTOR	RAWHIDE NAT MINI KNOT BONES	10 PK	1.99	1.99	1.59 1.59
7529	CASTOR	RAWHIDE NAT TWIST STICKS	14 PK	1.99	1.99	1.59 1.59
7524	CASTOR	RAWHIDE NATURAL BRAID 10in	4 PK	3.12	3.12	2.50 2.50
7526	CASTOR	RAWHIDE NATURAL RING	4 PK	2.45	2.45	1.96 1.96
7523	CASTOR	RAWHIDE NATURAL STICK 10in	4 PK	3.55	3.55	2.84 2.84
7522	CASTOR	RAWHIDE NATURAL STICK 5in	5 PK	2.15	2.15	1.72 1.72
7521	CASTOR	RAWHIDE PRESSED BONE 10.5in	EACH	3.55	3.55	2.84 2.84
7517	CASTOR	RAWHIDE PRESSED BONE 4.5in	EACH	1.35	1.35	1.08 1.08
7518	CASTOR	RAWHIDE PRESSED BONE 6.5in	EACH	1.60	1.60	1.28 1.28
7520	CASTOR	RAWHIDE PRESSED BONE 8.5in	EACH	2.69	2.69	2.15 2.15
G.G. BEAN KLEEN						
71161	GGBEAN	SKUNK KLEEN	16 OZ	8.39	8.39	
71160	GGBEAN	URINE KLEEN	8 OZ	4.83	4.83	
NATURAL VALUE						
6591	NATVALUE	CAT FOOD BEEF DINNER	24/5.5 OZ	.77	18.48	
6592	NATVALUE	CAT FOOD CHICKEN DINNER	24/5.5 OZ	.77	18.48	
6594	NATVALUE	CAT FOOD SIMMERED SEAFARE	24/5.5 OZ	.77	18.48	
6597	NATVALUE	CAT FOOD TUNA & CHKN DINNER	24/5.5 OZ	.77	18.48	
53004	NATVALUE	CAT FOOD TUNA n ALBACORE	24/5.5 OZ	.59	14.16	
53005	NATVALUE	CAT FOOD TUNA n CHICKEN tppng	24/5.5 OZ	.59	14.16	
53008	NATVALUE	CAT FOOD TUNA n CRAB	24/5.5 OZ	.59	14.16	
53006	NATVALUE	CAT FOOD TUNA n MACKEREL	24/5.5 OZ	.59	14.16	
53009	NATVALUE	CAT FOOD TUNA n SHRIMP	24/5.5 OZ	.59	14.16	
6593	NATVALUE	CAT FOOD TURKEY & GIBLETS	24/5.5 OZ	.77	18.48	
NORTHWOODS ANIMAL TREATS						
53069	NRTHWOOD	CATNIP TOY HNDMD FELTED BALL	2 OZ	3.76	3.76	
53060	NRTHWOOD	DISPLAY DOG TREATS PARM MOOSE	24/2 OZ	1.07	25.68	
53068	NRTHWOOD	DOG NIBBLES HYPOALLERGENIC	3 OZ	2.69	2.69	2.29 2.29
53064	NRTHWOOD	DOG TREAT PARMESAN MOOSE	6/2 OZ	1.07	6.42	
53065	NRTHWOOD	DOG TREAT PNT BUTTER BEAR	6/2 OZ	1.07	6.42	
53067	NRTHWOOD	DOG TREAT TRAIL MIX TROUT	6/2 OZ	1.07	6.42	.96 5.76
OLD MOTHER HUBBARD						
4654	OLDMTHR	DOG BISCUITS LARGE ASST	20#	2.35	47.00	
4675	OLDMTHR	DOG BISCUITS LARGE ASST	3.5#	9.59	9.59	
4662	OLDMTHR	DOG BISCUITS MINI ASST	20 OZ	5.25	5.25	
4658	OLDMTHR	DOG BISCUITS SMALL ASST	3.5#	9.60	9.60	
4650	OLDMTHR	DOG BISCUITS SMALL ASST	20#	2.35	47.00	
4676	OLDMTHR	DOG BISCUITS SMALL JUST VEGGN	3.3#	9.60	9.60	
4673	OLDMTHR	DOG BISCUITS SMALL PNUOT BUTTER	20 OZ	5.29	5.29	4.76 4.76
52133	OLDMTHR	DOG FOOD CAN LAMB SPINACH APL	12/12.5 OZ	2.05	24.60	1.68 20.16
PET NATURALS						
52200	PETNATUR	CAT CHEW MULTI-VITA CALMING	21 CT	3.05	3.05	2.44 2.44
52203	PETNATUR	CAT DAILY BEST MULTI-VITA	45CT	3.59	3.59	2.87 2.87
52205	PETNATUR	CAT HAIRBALL	45CT	3.59	3.59	2.87 2.87
52209	PETNATUR	CAT UT SUPPORT	45CT	4.15	4.15	3.32 3.32
52204	PETNATUR	DOG DAILY BEST MULTI-VITA	30CT	5.65	5.65	4.52 4.52

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	
52207	PETNATUR	DOG LARGE NATURAL FLEX	45CT	10.40	10.40	8.32	8.32
52210	PETNATUR	DOG LAWN AID	60CT	4.71	4.71	2.89	2.89
52201	PETNATUR	DOG LG CHEW MULTI-VITA CALMING	21CT	4.35	4.35	3.48	3.48
52208	PETNATUR	DOG SKIN & COAT	30CT	6.05	6.05	4.84	4.84
52202	PETNATUR	DOG SM CHEW MULTI-VITA CALMING	21CT	3.05	3.05	2.44	2.44
50321	PETNATUR	PET PROTECT FLEA & TICK REPLNT	8 OZ	8.69	8.69		
50322	PETNATUR	PET PROTECT FLEA & TICK WIPES	30 CT	5.65	5.65		
50320	PETNATUR	PET PROTECT FLEA SHAMPOO	16 OZ	8.10	8.10		
SHAGBARK FARM							
9742	SHAGBARK	CATNIP TOY ORG NH grown	EACH	3.63	3.63	3.27	3.27
SWHEAT SCOOP							
6801	SWHEAT	CAT LITTER	40 LB	29.99	29.99		
6802	SWHEAT	CAT LITTER	14 LB	11.20	11.20		
VERMONT SOAP ORGANICS							
8060	VT SOAP	PET SHAMPOO ORG	16 OZ	5.39	5.39		
WAGATHA'S							
52124	WAGATHA	DOG BISCUITS ASST display 5pk	36/1.25 OZ	1.00	36.00		
52117	WAGATHA	DOG BISCUITS BREAKFAST ORG WF	9 OZ	3.95	3.95		
52120	WAGATHA	DOG BISCUITS BRKFST ORG bulk	10#	4.55	45.50		
52118	WAGATHA	DOG BISCUITS CRAN CHED ORG WF	9 OZ	3.95	3.95		
52116	WAGATHA	DOG BISCUITS ORG bulk	10#	4.59	45.90		
52114	WAGATHA	DOG BISCUITS ORG canister	9 OZ	3.95	3.95		
52115	WAGATHA	DOG BISCUITS ORG canister	16 OZ	5.99	5.99		
52123	WAGATHA	DOG BISCUITS SENIOR ORG WF	9 OZ	4.00	4.00		
52122	WAGATHA	DOG BISCUITS SUPER ORG WF	9 OZ	4.00	4.00		
52119	WAGATHA	DOG BISCUITS TUSCAN TOM ORG WF	9 OZ	3.95			
52121	WAGATHA	DOG BSCTS CRAN/CHD/MNT OG bulk	10#	4.55	45.50		
WELLNESS							
8991	WELLNESS	CAT FOOD CAN BEEF & CHICKEN	24/5.5 OZ	1.55	37.20		
8992	WELLNESS	CAT FOOD CAN CHICK & HERRING	24/5.5 OZ	1.55	37.20		
4691	WELLNESS	CAT FOOD CAN CHICK & LOBSTER	24/5.5 OZ	1.55	37.20		
8990	WELLNESS	CAT FOOD CAN CHICKEN	24/5.5 OZ	1.55	37.20		
4699	WELLNESS	CAT FOOD CAN SALMON & TROUT	24/5.5 OZ	1.55	37.20		
8993	WELLNESS	CAT FOOD CAN TURKEY	24/5.5 OZ	1.55	37.20		
8994	WELLNESS	CAT FOOD CAN TURKEY & SALMON	24/5.5 OZ	1.55	37.20		
4681	WELLNESS	CAT FOOD DRY SLMN/TRKY/HERRING	12#	3.30	39.60		
4682	WELLNESS	CAT FOOD DRY SLMN/TRKY/HERRING	5# 14 OZ	23.25	23.25		
4680	WELLNESS	CAT FOOD DRY SUPER 5 ADULT	12#	3.12	37.44		
4677	WELLNESS	CAT FOOD DRY SUPER 5 ADULT	5# 14 OZ	21.45	21.45		
4679	WELLNESS	CAT FOOD DRY SUPER 5 LITE	5#	21.75	21.75	19.58	19.58
51083	WELLNESS	DOG FOOD CORE TURKEY grain fr	12/12.5 OZ	2.39	28.68	1.60	19.20
50019	WELLNESS	DOG FOOD CAN DUCK & SWT POT	12/12.5 OZ	2.20	26.40		
50020	WELLNESS	DOG FOOD CAN FISH & SWT POTATO	12/12.5 OZ	2.20	26.40		
4689	WELLNESS	DOG FOOD CAN PUPPY	12/12.5 OZ	2.20	26.40		
4686	WELLNESS	DOG FOOD CAN SUPER 5 CHICKEN	12/12.5 OZ	2.20	26.40		
4687	WELLNESS	DOG FOOD CAN SUPER 5 LAMB	12/12.5 OZ	2.20	26.40		
4690	WELLNESS	DOG FOOD CAN SUPER 5 SENIOR	12/12.5 OZ	2.20	26.40		
4688	WELLNESS	DOG FOOD CAN TURKEY & SWT POT	12/12.5 OZ	2.20	26.40		
4683	WELLNESS	DOG FOOD FISH & SWEET POTATO	30#	1.95	58.50		
4684	WELLNESS	DOG FOOD FISH & SWEET POTATO	15#	2.20	33.00		
4685	WELLNESS	DOG FOOD SUPER 5 MIX SENIOR	30#	1.95	58.50		
4695	WELLNESS	DOG FOOD SUPER CHCKEN 5 MIX	30#	1.85	55.50		
4693	WELLNESS	DOG FOOD SUPER CHICKEN 5 MIX	15#	2.05	30.75		
4696	WELLNESS	DOG FOOD SUPER LAMB 5 MIX	30#	1.85	55.50		
4694	WELLNESS	DOG FOOD SUPER LAMB 5 MIX	15#	2.03	30.45		
4697	WELLNESS	DOG FOOD SUPER SENIOR 5 MIX	15#	2.27	34.05		
50018	WELLNESS	DOG TREATS PEANUT & HONEY	20 OZ	7.15	7.15		
50098	WELLNESS	DOG TREATS VENISON JERKY	6 OZ	8.90	8.90		
4711	WELLNESS	KITTEN FOOD CHICKEN	24/3 OZ	1.15	27.60		
YOGHUND - frozen products							
63308	YOGHUND	YOGURT FOR DOGS APPLE CHEDR	4/3.5 OZ	3.07	3.07	2.45	2.45
63181	YOGHUND	YOGURT FOR DOGS BAN/PB ORG LF	4/3.5 OZ	3.84	3.84		
63182	YOGHUND	YOGURT FOR DOGS BLUBRY&VAN ORG	4/3.5 OZ	3.84	3.84		
63309	YOGHUND	YOGURT FOR DOGS PAPYA PNUT BTR	4/3.5 OZ	3.07	3.07		



Wellness CORE Dog Food

Turkey, Chicken Liver & Turkey Liver Recipe

Grain –free nutrition for your dog without excess calories & minerals. Protein focused diet with controlled levels of fat and carbohydrates. Antioxidants, phytonutrients and omega 6 & 3 for everyday health

Wellness CORE is based on the raw feeding philosophy of providing nutrient-rich, high-quality meat to a dog's diet.

CORE is a tasty complement to your dog's grain-free feeding program.

Formulated with 5 premium protein sources, **CORE** Turkey, Chicken Liver & Turkey Liver Recipe delivers the meat content you're looking for without the excess fat or calories.

100% Grain Free
Higher Protein (50% more than Wellness diets) from 5 Premium Meats!

Carefully regulated and guaranteed mineral levels to support overall metabolic function

Greens & Botanicals for preventative health benefits

Fish & Flax Omega blend for healthy skin and coat

Contains No: Meat
By-Products, Wheat,
Corn, Soy, Artificial Colors
Flavors or Preservatives.

Ingredients: Chicken, Turkey, Chicken Liver, Chicken Broth, Chicken Meal, Turkey Liver, Sweet Potatoes, Carrageenan, Guar Gum, Carrots, Apples, Spinach, Parsley, Blueberries, Broccoli, Kale, Ground Flaxseed, Salmon Oil, Salt, Chicory Root Extract, Yucca Schidigera Extract, Potassium Chloride, Iron Proteinate, Zinc Proteinate, Choline Chloride, Vitamin E Supplement, Cobalt Proteinate, Copper Proteinate, Manganese Proteinate, Riboflavin Supplement, Sodium Selenite, Thiamine Mononitrate, Vitamin A Supplement, Vitamin B-12 Supplement, Potassium Iodide, Biotin, Vitamin D-3 Supplement.

Item #51083

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
REFRIGERATED ITEMS						
122C	BULK	AMERICAN WHITE SLICED	5#	3.25	16.25	
123C	BULK	AMERICAN YELLOW SLICED	5#	3.25	16.25	
1529	BELGIO	ASIAGO WEDGES (4pcs)	2# R/W	8.78	17.56	
90120	ROSENBG	BLUE CHEESE WEDGES	4.4 OZ	3.52	3.52	
1221	BULK	BLUE DANISH CHEESE	6# R/W	8.65	51.90	
5730	BELLERV	BRIE WHEEL	8 OZ	5.09	5.09	
5734	REMY	BRIE WHEEL	1 KILO	16.75	16.75	
6441	TOURNEVT	CHEVRE NOIR Goat cheddar	4.5 OZ	6.50	6.50	
112C	BULK	CREAM CHEESE	3#	3.19	9.57	2.87 8.61
1573	SOMERDL	DOUBLE GLOUCESTER England	7 OZ	5.35	5.35	4.69 4.69
129C	BULK	FETA CHEESE (V)	9#	3.99	35.91	
35066	MEDITER	FETA CUBES WITH OLIVES	3.3#	18.50	18.50	
90145	LIBERTE	GOAT BUTTER	8.9 OZ	8.45	8.45	
120C	BULK	GOUDA SMOKED IMPORTED	6# R/W	4.85	29.10	
119C	BULK	MOZZ/CHEDDAR shredded 50/50%	5#	3.49	17.45	2.99 14.95
128C	BULK	MOZZARELLA PART SKIM (V)	6# R/W	3.19	19.14	
118C	BULK	MOZZARELLA shredded PURE	5#	3.49	17.45	
117C	BULK	MOZZARELLA WHOLE MILK (V)	6# R/W	3.29	19.74	
121C	BULK	MUENSTER (V)	6# R/W	3.99	23.94	
125C	BULK	PARMESAN GRATED PURE	5#	6.30	31.50	
1250	BULK	PARMESAN GRATED PURE tub	5#	5.59	27.95	
111C	BULK	PARMESAN REGGIANITO WHEEL	15# R/W	6.95	104.25	
1118	BULK	PARMESAN SARDO HARD WHEEL	6# R/W	6.25	37.50	
126C	BULK	PROVALONE	12# R/W	3.49	41.88	
90162	BULK	ROMANO GRATED	5#	4.84	24.20	
127C	BULK	ROMANO GRATED PURE (Imported)	5#	6.80	34.00	
1572	CLAWSON	STILTON PORTIONS England	5OZ	5.99	5.99	
130C	BULK	SWISS CHEESE	8# R/W	4.95	39.60	
APPLEGATE FARMS						
91010	APPLGT	CHEESE AMERICAN WHITE sliced	8 OZ	3.46	3.46	
91030	APPLGT	CHEESE SLICED MILD CHEDDAR ORG	5 OZ	3.00	3.00	
91029	APPLGT	CHEESE SLICED MONT JACK ORG	5 OZ	3.00	3.00	
91028	APPLGT	CHEESE SLICED MUENSTER ORG	5 OZ	3.00	3.00	
91031	APPLGT	CHEESE YOGURT SLICED PROBIOTIC	8 OZ	4.33	4.33	
60995	APPLGT	SLICED PANCETTA	4/4 OZ	3.50	14.00	
ARMENIAN						
60444	ARMENIAN	STRING CHEESE Armen (4pcs) frz	2# R/W	7.87	15.74	6.87 13.74
CABOT CREAMERY						
3093	CABOT	BUTTER NATURAL quarters	1#	3.95	3.95	
3099	CABOT	BUTTER NATURAL UNSALTED qtrs	1#	3.40	3.40	
90208	CABOT	BUTTER SALTED SOLID	16 OZ	2.80	2.80	
90209	CABOT	BUTTER UNSALTED SOLID	16 OZ	3.20	3.20	
90143	CABOT	CHEDDAR EXTRA SHARP	8 OZ	3.18	3.18	
90144	CABOT	CHEDDAR HUNTERS SHARP	8 OZ	3.18	3.18	
104C	CABOT	CHEDDAR MILD	10# R/W	5.15	51.50	
90142	CABOT	CHEDDAR SHARP	8 OZ	3.18	3.18	
109C	CABOT	CHEDDAR SHARP	2#	13.75	13.75	
110C	CABOT	CHEDDAR SHARP	3#	16.26	16.26	
133C	CABOT	CHEDDAR SHARP	10# R/W	5.59	55.90	
106C	CABOT	CHEDDAR X-SHARP Hunters	10# R/W	5.95	59.50	
115C	CABOT	MONTEREY JACK	10# R/W	2.95	29.50	2.65 26.50
1151	CABOT	SHREDDED CHEDDAR SHARP	8 OZ	3.06	3.06	
1152	CABOT	SHREDDED MONTEREY JACK	8 OZ	3.06	3.06	
1153	CABOT	SHREDDED MOZZARELLA	8 OZ	3.06	3.06	
1193	CABOT	SLICES AMERICAN WHITE	12 OZ	4.19	4.19	3.69 3.69
COOL CUPS - Shelf Stable						
35536	COOLCUPS	GEL CUPS BLK CHERRY gf vg s	4/4 OZ	2.77	2.77	
35537	COOLCUPS	GEL CUPS ORANGE gf vg s	4/4 OZ	2.77	2.77	2.49 2.49
35538	COOLCUPS	GEL CUPS PEACH MANGO gf vg s	4/4 OZ	2.77	2.77	2.49 2.49
DAIYA						
61381	DAIYA	CHEDDAR STYLE SHEDDED df vg	8 OZ	4.29	4.29	3.86 3.86
61383	DAIYA	CHEDDAR STYLE SHRED df vg	5#	6.39	31.95	5.75 28.75
61382	DAIYA	ITALIAN STYLE MOZZ SHRED df vg	5#	6.39	31.95	5.75 28.75
61380	DAIYA	MOZZARELLA STYLE SHEDDED df vg	8 OZ	4.29	4.29	3.86 3.86
DANIELLE						
3657	DANIELE	SALAMI SLICES W/WHT WINE	3 OZ	2.99	2.99	
3655	DANIELE	temp n/a rcll SALAMI SLICES W/	3 OZ	2.99	2.99	
3650	DANIELE	temp n/a SALAMI W/BLACK PEPPER	10 OZ	6.85	6.85	
3653	DANIELE	temp n/a SALAMI W/WHT WINE CHU	10 OZ	6.85	6.85	
DEVON						
90118	DEVON	DEVON CREAM	6 OZ	5.45	5.45	4.85 4.85

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
DIVINA						
35067	DIVINA	GIGANDES BEANS IN VINAIGRETTE	4.4#	16.12	16.12	
35068	DIVINA	MUSHROOMS W/GARLIC & HERBS	6.25#	30.24	30.24	
EARTH BALANCE						
90205	EARTHBL	BTTRY SPRD OLIVE OIL NO GMO vg	13 OZ	4.00	4.00	
90206	EARTHBL	BTTRY SPRD WHPPD NO GMO ORG vg	13 OZ	4.17	4.17	
90156	EARTHBL	BUTTERY SPREAD NATURAL V	15 OZ	4.00	4.00	
90157	EARTHBL	SHORTENING GF DF	15 OZ	3.99	3.99	
90207	EARTHBL	SOY GARDEN SPREAD NO GMO vg	15 OZ	4.00	4.00	
FOLLOW YOUR HEART						
90243	FOLLOWYH	VEGENAISE GRAPESEED OIL vg	32 OZ	6.99	6.99	
90241	FOLLOWYH	VEGENAISE HIGH OMEGA-3 vg	32 OZ	5.74	5.74	4.99 4.99
90240	FOLLOWYH	VEGENAISE ORIGINAL vg	32 OZ	5.59	5.59	
90242	FOLLOWYH	VEGENAISE REDUCED FAT vg	32 OZ	5.74	5.74	
GALAXY FOODS						
5710	GALAXY	RICE SLICES MOZZARELLA	5.4 OZ	3.52	3.52	
5711	GALAXY	RICE SLICES YELLOW AMERICAN	6 OZ	3.52	3.52	
GRAFTON VILLAGE CHEESE						
8408	GRAFTON	CHEDDAR GARLIC R/M	8 OZ	4.50	4.50	
8407	GRAFTON	CHEDDAR GARLIC R/M	1#	8.10	8.10	
8409	GRAFTON	CHEDDAR SAGE R/M	8 OZ	4.39	4.39	
8417	GRAFTON	CLASSIC CHEDDAR 2 YR R/M	2#	20.10	20.10	16.08 16.08
8421	GRAFTON	CLASSIC CHEDDAR 2 YR R/M	8 OZ	6.60	6.60	5.28 5.28
8428	GRAFTON	CLASSIC CHEDDAR 2 YR R/M cryov	2#	18.59	18.59	14.87 14.87
90126	GRAFTON	CLASSIC CHEDDAR 2 YR R/M waxed	1#	11.00	11.00	8.80 8.80
90221	GRAFTON	DUET PREM CHED/BLU CHS 1/2 WHL	1.75# RW	13.70	27.40	
90220	GRAFTON	DUET PREM CHED/BLUE CH wedge	6 OZ	5.29	5.29	
91011	GRAFTON	MAPLE SMOKED CHEDDAR R/M	4 OZ	2.35	2.35	
8403	GRAFTON	PREMIUM CHEDDAR 1 YR R/M	8 OZ	4.25	4.25	
8400	GRAFTON	PREMIUM CHEDDAR 1 YR R/M	3#	21.25	21.25	
8415	GRAFTON	PREMIUM CHEDDAR 1 YR R/M	5# R/W	6.60	33.00	
90124	GRAFTON	PREMIUM CHEDDAR 1 YR R/M waxed	1#	7.80	7.80	
91012	GRAFTON	PREMIUM CHEDDAR SAGE	4 OZ	2.35	2.35	2.10 2.10
8413	GRAFTON	SMOKED CHEDDAR R/M	8 OZ	4.50	4.50	
8416	GRAFTON	SMOKED CHEDDAR R/M	5# R/W	6.52	32.60	
90125	GRAFTON	SMOKED CHEDDAR R/M waxed	1#	7.65	7.65	
HEINIS						
3895	HEINIS	YOGURT CHEESE GARDEN VEGETABLE	8 OZ	3.20	3.20	2.88 2.88
3896	HEINIS	YOGURT CHEESE JALAPENO	8 OZ	3.20	3.20	
3892	HEINIS	YOGURT CHEESE ORIGINAL	8 OZ	3.20	3.20	2.88 2.88
HONEST						
91073	HONEST	QTY HOLD KOMBUCHA APPLE JASMIN	12/16 OZ	3.27	39.24	
91070	HONEST	QTY HOLD KOMBUCHA BERRY HIBISC	12/16 OZ	3.27	39.24	
91071	HONEST	QTY HOLD KOMBUCHA LEMON GINGER	12/16 OZ	3.27	39.24	
91074	HONEST	QTY HOLD KOMBUCHA MAQUI BRY GR	12/16 OZ	3.27	39.24	
91072	HONEST	QTY HOLD KOMBUCHA PEACH MANGO	12/16 OZ	3.27	39.24	
JANA IMPORTS						
90122	JANA	BUTTER 82% SWEET Europe Style	8.8 OZ	2.30	2.30	
KATALYST KOMBUCHA - Hoping for October Release						
34035	KATALYST	hold - RTD KOMBUCHA GINGER DEV	12/16OZ	2.59	31.08	1.94 23.28
34042	KATALYST	hold - RTD KOMBUCHA GINGER DEV	6/1/2 GAL	9.28	55.68	6.96 41.76
92004	KATALYST	hold - RTD KOMBUCHA GREEN LOVI	12/16 OZ	2.59	31.08	1.94 23.28
34037	KATALYST	hold - RTD KOMBUCHA PURE ESSEN	12/16 OZ	2.59	31.08	1.94 23.28
34036	KATALYST	hold - RTD KOMBUCHA SCHIZANDRA	12/16 OZ	2.59	31.08	1.94 23.28
92003	KATALYST	hold- RTD KOMBUCHA BLISS BERRY	12/16 OZ	2.59	31.08	1.94 23.28
KIMCHEE PRIDE						
6769	KIMCHEE	KIM CHEE CABBAGE HOT	32 OZ	5.05	5.05	
6745	KIMCHEE	KIM CHEE CABBAGE HOT	16 OZ	3.45	3.45	
6746	KIMCHEE	KIM CHEE CABBAGE MILD	16 OZ	3.45	3.45	
6770	KIMCHEE	KIM CHEE CABBAGE MILD	32 OZ	5.05	5.05	
LIGHTLIFE						
5418	LIGHTLIF	GIMME LEAN GRD BEEF STYLE	14 OZ	3.50	3.50	2.59 2.59
5416	LIGHTLIF	GIMME LEAN GRD SAUSAGE s	14 OZ	3.50	3.50	
5478	LIGHTLIF	SMART BACON	5 OZ	3.29	3.29	
5437	LIGHTLIF	SMART DOG	12 OZ	3.34	3.34	
5439	LIGHTLIF	SMART DOGS DELI JUMBO	13.5 OZ	3.34	3.34	
5424	LIGHTLIF	SMART SLICES PEPPERONI	4 OZ	3.10	3.10	
5434	LIGHTLIF	SMOKEY TEMPEH STRIPS ORG bacon	6 OZ	3.69	3.69	
5447	LIGHTLIF	TEMPEH GARDEN VEGETABLE ORG	8 OZ	2.47	2.47	1.85 1.85
5436	LIGHTLIF	TEMPEH SOY ORG	8 OZ	2.47	2.47	
5442	LIGHTLIF	TEMPEH THREE GRAIN ORG	8 OZ	2.47	2.47	
5443	LIGHTLIF	TOFU PUPS	12 OZ	3.34	3.34	
LISANATTI						
90100	LISAN	ALMOND CHEESE CHEDDAR	8 OZ	3.09	3.09	2.78 2.78
90102	LISAN	ALMOND CHEESE GARLIC HERB	8 OZ	3.09	3.09	
90103	LISAN	ALMOND CHEESE JALAPENO JACK	8 OZ	3.09	3.09	
90101	LISAN	ALMOND CHEESE MOZZARELLA	8 OZ	3.09	3.09	
90106	LISAN	RICE CHEESE CHEDDAR	8 OZ	3.09	3.09	



BARKWHEATS New Trial Sizes!



Barkwheats is a wholesome dog biscuit that actually helps treat some common problems that dog parents deal with, like bad breath, gas, and anxiety. Barkwheats created a grain-free biscuit because that's the way dogs are meant to eat, choosing buckwheat since it is easily grown in Maine.

The buckwheat flour is milled in a buckwheat-only mill, which means that you can feel confident that there will be no cross-contamination with any grains in **Barkwheats**.

Assorted Trial Size Dog Biscuits

4 Flavors on a Display Strip

100% Natural

Blueberry & Lavender

Ingredients:
Organic buckwheat flour, organic blueberries, honey, organic canola oil, organic lavender

Pumpkin & Sage

Ingredients: Organic buckwheat flour, organic pumpkin, honey, organic canola oil, organic sage

Ginger & Parsley

Ingredients: Organic buckwheat flour, honey, organic canola oil, organic ginger*, organic parsley
*Fair Trade Certified

Sea Vegetable & Chamomile

Ingredients: Organic buckwheat flour, honey, organic canola oil, organic kelp, organic chamomile

Item #53047



RECIPE

Apple Cranberry Cobbler

Ingredients

Fruit mixture:

1/2 cup sugar
3/4 cup fresh orange juice (about 3 oranges)

1/4 cup water
3/4 teaspoon pumpkin-pie spice

1 (12-ounce) bag fresh or frozen cranberries

Item #63075
Stahlbush Island Farms – Whole Cranberries

6 cups cubed peeled Rome apple (about 2 1/2 pounds)
1/4 cup dark rum

Cooking spray

Item #2283
Spectrum – Super Canola Spray

Topping:

1 cup all-purpose flour
Item #35521

Morgan's – Unbleached White Flour ORG

1/4 cup sugar

Item #30279
Wholesome – Raw Cane Sugar

1 teaspoon baking powder

Item #1239
Rumford – Baking Powder non-alum

1/4 teaspoon baking soda

Item #2169
Baking – Baking Soda

1/4 teaspoon salt
1/4 cup chilled stick butter, cut into small pieces

(continued on page 165)

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
LISANATTI - cont.						
90107	LISAN	RICE CHEESE MOZZARELLA	8 OZ	3.09	3.09	
90111	LISAN	SOY SHREDS 3 CHEESE	8 OZ	3.09	3.09	
90110	LISAN	SOY SHREDS MOZZARELLA	8 OZ	3.09	3.09	
MALAKA						
5590	MALAKA	RENNET LIQUID vg	.5 OZ	5.27	5.27	4.74 4.74
MISO MASTER						
3131	MISOMAST	BROWN RICE MISO ORG	16 OZ	6.99	6.99	
3170	MISOMAST	MELLOW WHITE MISO ORG	16 OZ	6.59	6.59	
3129	MISOMAST	TRAD CTRY BARLEY MISO ORG	16 OZ	7.20	7.20	
3130	MISOMAST	TRADITIONAL RED MISO ORG	16 OZ	7.20	7.20	
MT. VIKOS						
3913	MTVIKOS	FETA BARREL AGED Greece	6 OZ	4.90	4.90	
1515	MTVIKOS	FETA SHEEP & GOAT Greek	7 OZ	4.87	4.87	
1513	MTVIKOS	FETA SHEEP & GOAT Greek	4.4#	41.75	41.75	
3914	MTVIKOS	FETIRI W/GREEK HERBS feta	7 OZ	5.06	5.06	
3922	MTVIKOS	HALLOUMI	8 OZ R/W	13.97	13.97	
1516	MTVIKOS	KASSERI SemiSft SHP+GOAT Greek	6 OZ	6.09	6.09	
1517	MTVIKOS	MANOURI Greek	4 OZ	3.99	3.99	3.59 3.59
ORGANIC VALLEY						
5927	ORG VALY	BUTTER ORG SALTED STICKS	16 OZ	6.21	6.21	4.66 4.66
5928	ORG VALY	BUTTER ORG UNSALTED STICKS	16 OZ	6.21	6.21	4.66 4.66
90303	ORG VALY	CHEDDAR MILD ORG	2#	7.26	14.52	5.79 11.58
5917	ORG VALY	CHEDDAR MILD RAW ORG	8 OZ	4.70	4.70	
90304	ORG VALY	CHEDDAR SHARP ORG	8 OZ	4.30	4.30	
5918	ORG VALY	CHEDDAR SHARP RAW ORG	8 OZ	4.84	4.84	
90305	ORG VALY	CHEDDAR SHRED ORG	6 OZ	3.84	3.84	
5915	ORG VALY	COLBY YELLOW ORG	8 OZ	4.54	4.54	
90148	ORG VALY	CREAM CHEESE ORG bar	8 OZ	2.98	2.98	
5916	ORG VALY	FETA ORG cows milk	8 OZ	4.70	4.70	3.52 3.52
5920	ORG VALY	MONTEREY JACK RAW ORG	8 OZ	4.70	4.70	
90308	ORG VALY	MOZZARELLA ORG	6.5#	7.51	52.57	
5921	ORG VALY	MOZZARELLA PART SKIM ORG	8 OZ	4.70	4.70	3.52 3.52
90306	ORG VALY	MOZZARELLA SHRED ORG	6 OZ	3.84	3.84	
5922	ORG VALY	MUENSTER RED RIND ORG	8 OZ	4.70	4.70	
90302	ORG VALY	PARMESAN TUB SHREDDED ORG	4 OZ	3.46	3.46	
90301	ORG VALY	PROVOLONE CHEESE SLICED ORG	6 OZ	3.94	3.94	2.95 2.95
5926	ORG VALY	PROVOLONE ORG	8 OZ	4.70	4.70	3.52 3.52
90309	ORG VALY	RICOTTA TUB ORG	15 OZ	5.09	5.09	3.82 3.82
91024	ORG VALY	STRINGLES PART SKIM MOZZ ORG	24/1 OZ	.65	15.60	
91025	ORG VALY	STRINGLES PART SKIM MOZZ ORG	6 OZ	4.60	4.60	
90300	ORG VALY	SWISS CHEESE BABY SLICED ORG	6 OZ	4.34	4.34	3.25 3.25
PINDER'S						
8510	PINDERS	PURE HORSERADISH (refrig)	6 OZ	1.99	1.99	
PINELAND FARMS						
91052	PINELAND	BULK BABY SWISS	5.5# RW	5.91	35.46	
91053	PINELAND	BULK BABY SWISS SMOKED	5.5# RW	6.33	37.98	4.99 27.45
91050	PINELAND	BULK CHEDDAR	5# RW	5.76	28.80	
91046	PINELAND	CHEDDAR	8 OZ	3.53	3.53	
91057	PINELAND	CHEDDAR SHARP 1YR	8 OZ	3.40	3.40	
91058	PINELAND	FETA CHEESE CRUMBLES	4 OZ	1.88	1.88	
91054	PINELAND	FETA CHEESE precut	8 OZ	3.45	3.45	
91040	PINELAND	MONTEREY JACK	9 OZ	3.53	3.53	
91042	PINELAND	ONION & GARLIC JACK	9 OZ	3.79	3.79	
91043	PINELAND	SALSA JACK	9 OZ	3.79	3.79	
91047	PINELAND	SMOKED CHEDDAR	9 OZ	3.79	3.79	
91044	PINELAND	SMOKED JACK	9 OZ	3.79	3.79	3.03 3.03
91045	PINELAND	SMOKED SALSA JACK	9 OZ	3.94	3.94	
91055	PINELAND	VARIETY WEDGES 4/4OZ ONE EACH	4/4OZ	7.99	7.99	
REAL PICKLES						
90135	REALPICK	ASIAN STYLE CABBAGE ORG	15 OZ	5.55	5.55	
91060	REALPICK	BEETS sliced w/onion ORG	15 OZ	4.50	4.50	
90133	REALPICK	DILL PICKLES org	26 OZ	5.55	5.55	
90190	REALPICK	GARLIC DILL PICKLES ORG	26 OZ	6.21	6.21	
91007	REALPICK	GINGER CARROTS ORG	15 OZ	5.55	5.55	
91008	REALPICK	HOT SAUCE TOMATILLO ORG	5 OZ	4.55	4.55	
90136	REALPICK	RED CABBAGE ORG	15 OZ	4.55	4.55	
91061	REALPICK	SAUERKRAUT GARLIC ORG	15 OZ	5.50	5.50	
90134	REALPICK	SAUERKRAUT ORG	15 OZ	4.55	4.55	3.64 3.64
RECCA						
8926	RECCA	WHITE ANCHOVY FILLETS jar	7 OZ	10.30	10.30	
RELLA GOOD NON-DAIRY						
3774	RELLA	VEGANRELLA CHEDDAR	8 OZ	3.74	3.74	
3776	RELLA	VEGANRELLA MOZZARELLA	8 OZ	3.74	3.74	3.37 3.37
SAW MILL SITE FARM						
90164	SAW MILL	COCKTAIL SAUCE FISHMONGER'S	8 OZ	2.97	2.97	
9435	SAW MILL	HORSERADISH FRANK'S ORIGINAL	8 OZ	2.97	2.97	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE
9436	SAW MILL	HORSERADISH MUSTARD MARGE'S	8 OZ	2.97	2.97	
SHED'S WILLOW RUN						
1613	SHEDS	WILLOW RUN SOY MARGARINE	1#	2.35	2.35	
SOUTH RIVER MISO						
1906	SOUTHRIV	MISO ADZUKI RICE ORG	16 OZ	7.15	7.15	
1904	SOUTHRIV	MISO CHICK PEA ORG	16 OZ	7.15	7.15	
1874	SOUTHRIV	MISO CHICK PEA ORG	4#	6.55	26.20	5.85 23.40
1908	SOUTHRIV	MISO GOLD MILLET ORG	16 OZ	7.15	7.15	
1907	SOUTHRIV	MISO HEARTY BROWN RICE ORG	16 OZ	8.30	8.30	
1876	SOUTHRIV	MISO SWEET BROWN ORG	4#	6.55	26.20	
1875	SOUTHRIV	MISO SWEET WHITE ORG	4#	6.55	26.20	
1905	SOUTHRIV	MISO SWEET WHITE ORG	16 OZ	7.15	7.15	
2135	SOUTHRIV	MISO SWT BROWN RICE 1yr ORG	9#	6.10	54.90	
2137	SOUTHRIV	MISO SWT BROWN RICE 1yr ORG	16 OZ	7.15	7.15	
1900	SOUTHRIV	temp n/a MISO BARLEY 3 yr ORG	16 OZ	8.30	8.30	
SOYATOO!						
90147	SOYATOO	SOY WHIPPED CREAM Vg canister	7 OZ	5.29	5.29	
SOYBOY						
90119	SOYBOY	TOFU LIN oriental flavor	10 OZ	2.95	2.95	
90163	SOYBOY	TOFU SMOKED	8 OZ	2.95	2.95	
SUNJA'S						
9530	SUNJAS	CABBAGE KIMCHEE SPICY jar	16 OZ	3.45	3.45	
9531	SUNJAS	RADISH KIMCHEE SPICY jar	16 OZ	3.45	3.45	
9532	SUNJAS	WHITE KIMCHEE NON-SPICY jar	16 OZ	3.45	3.45	
TOFUTTI						
90161	TOFUTTI	BTR THAN CRM CHEESE non-hydro	8 OZ	2.89	2.89	
1264	TOFUTTI	BTR THAN CRM CHEESE PLAIN h p	8 OZ	2.73	2.73	
1266	TOFUTTI	BTR THAN CRN CHS herbchive h p	8 OZ	2.73	2.73	
90158	TOFUTTI	SOY CHEESE AMER SLICE vg h p	8 OZ	2.92	2.92	
90159	TOFUTTI	SOY CHEESE MOZZ SLICE vg h p	8 OZ	2.92	2.92	
90160	TOFUTTI	SOY SOUR CREAM non-hydro	12 OZ	2.37	2.37	
VERMONT BUTTER & CHEESE						
90174	VT BUTTR	BUTTER CHEF ROLL LT SALTED	1 LB	7.20	7.20	
90176	VT BUTTR	BUTTER CHEF ROLL UNSALTED	2 LB	11.75	11.75	
90173	VT BUTTR	BUTTER ROLL LIGHTLY SALTED	8 OZ	4.25	4.25	
90175	VT BUTTR	BUTTER ROLL UNSALTED	8 OZ	4.25	4.25	
1347	VT BUTTR	CHEVRE (goat cheese)	10.5 OZ	5.55	5.55	
1366	VT BUTTR	CHEVRE (goat cheese)	4 OZ	2.75	2.75	
90177	VT BUTTR	CHEVRE HERB LOG	4 OZ	2.75	2.75	
90178	VT BUTTR	CHEVRE PEPPER LOG	4 OZ	2.75	2.75	2.06 2.06
90179	VT BUTTR	CREAMY GOAT CHEESE CLASSIC	4 OZ	2.95	2.95	2.19 2.19
90181	VT BUTTR	CREAMY GOAT CHEESE OLIVE HERB	4 OZ	2.95	2.95	
90170	VT BUTTR	CREME FRAICHE	8 OZ	3.30	3.30	
90171	VT BUTTR	MASCARPONE	8 OZ	3.70	3.70	
YOGOURMET						
5584	YOGOURME	YOGURT STARTER	1OZ	4.03	4.03	



RECIPE

Apple Cranberry Cobbler

continued

2/3 cup low-fat
buttermilk

Item #40431
Organic Valley –
Buttermilk
Powder Blend ORG

1 teaspoon grated
orange rind
2 teaspoons sugar

Preparation

Preheat oven to 400°.

To prepare fruit mixture, combine the first 5 ingredients in a saucepan. Bring to a boil; stir occasionally. Reduce heat; simmer 10 minutes or until cranberries pop and mixture is slightly thick.

Cool slightly; stir in apple and rum. Spoon into a 3-quart casserole coated with cooking spray.

To prepare topping, lightly spoon flour into a dry measuring cup, and level with a knife. Combine flour, 1/4 cup sugar, baking powder, baking soda, and salt. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Combine buttermilk and rind, and add to flour mixture. Stir just until moist.

Spoon topping into 8 equal portions over fruit mixture; sprinkle with 2 teaspoons sugar. Bake at 400° for 35 minutes or until filling is bubbly and topping is golden brown.





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CHANGE SERVICE REQUESTED

A large, light gray, stylized graphic occupies the right half of the page. It features a sun with radiating lines in the upper right, and two wheat stalks with detailed grain patterns curving upwards from the bottom left towards the center. The entire graphic is composed of thick, rounded lines.

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