

ABC Christian Store Food Catalog



To order:
(604) 859-2566
800-765-9655
abc@bcadventist.ca
British Columbia

Contents	Canned Goods	Pg. 2
	Frozen Items	Pg. 8
	Gravy, Seasoning, Soup	Pg. 19
	Misc. Substitutes	Pg. 22
	Bulk Bagged	Pg. 23
	Miscellaneous	Pg. 24

Prices subject to change or correction without notice.
Quantities limited, prices in effect while stock lasts.
Produced in May 2021

DIS = Discontinued
OOS = Out of Stock
* Indicates spicy flavour



Big Franks

x 20 oz
Plant-based protein with full flavoured taste of traditional hot dogs. 8 dogs/can

\$9.99 each
\$107.88 case of 12



Big Franks LG

x 96 oz
Plant-based protein with full flavoured taste of traditional hot dogs. 30 dogs/can

\$36.49 each
\$197.04 case of 6



Big Franks Low Fat

x 20 oz
Low fat version of our Big Franks. 8 dogs/can

\$9.99 each
\$107.88 case of 12



Chili

x 20 oz
Meatless Chili with a zesty flavor; made with pinto beans and sustainable plant-based protein!

\$7.59 each
\$81.96 case of 12

SALE
\$6.90
\$74.52



Chili LG

x 96 oz
Meatless Chili with a zesty flavor; made with pinto beans and sustainable plant-based protein!

\$17.99 each
\$194.28 case of 12



Choplets

x 20 oz
Dip Loma Linda Low Fat Choplets in your favorite breading and heat.

\$11.69 each
\$126.24 case of 12



Diced Chik

x 20 oz
Loma Linda Low Fat Diced Chik are small cubes with chicken texture.

\$8.99 each
\$97.08 case of 12



FriChik - Reg

x 13 oz
A vegetarian alternative to chicken.

\$8.99 each
\$97.08 case of 12



FriChik - Reg LG

x 42 oz
A vegetarian alternative to chicken.

\$22.79 each
\$246.12 case of 12

SALE
\$20.99
\$226.68



FriChik - LF

x 12.5 oz

A lower fat and cholesterol version of the classic FriChik.

\$8.49 each
\$91.68 case of 12



Fried Chik'n

x 13 oz

All the taste of fried chicken with gravy without the cholesterol. All the protein, none of the guilt.

\$8.99 each
\$97.08 case of 12



Linketts

x 20 oz

Meatless hot dogs, with mild seasonings. Heat it and eat it any way you like! 10 dogs/can

\$9.99 each
\$107.88 case of 12



Linketts LG

x 96 oz

Meatless hot dogs, with mild seasonings. Heat it and eat it any way you like! 40 dogs/can

\$36.49 each
\$197.04 case of 6



Little Links

x 19 oz

A tasty meatless alternative to breakfast sausages; all the protein, none of the guilt.

\$9.99 each
\$107.88 case of 12



Nutmeat

x 14.5 oz

Nutmeat adds a rich texture and great taste to your favorite meals from stir-fry's to casseroles.

\$8.99 each
\$48.54 case of 6



Nutolene

x 14.5 oz

Nutolene is a versatile meat substitute made from peanuts.

\$8.99 each
\$48.54 case of 6



Prime Stakes

x 13 oz

Delicious meatless patties prepared with gravy for a quick and easy meal.

\$8.99 each
\$97.08 case of 12



Prime Stakes LG

x 47 oz

Delicious meatless patties prepared with gravy for a quick and easy meal.

\$22.79 each
\$246.12 case of 12



Redi-Burger

x 19 oz
Beef-flavored burger that’s ideal for slicing for sandwiches or crumbling for soups and casseroles.

\$9.99 each
\$107.88 case of 12



Saucettes

x 19 oz
Ready-to-eat meatless alternative to breakfast sausage links that you can enjoy any time of the day!

\$9.99 each
\$107.88 case of 12



Super Links

x 19 oz
Super Links are a completely meat-free alternative with the same big juicy link of a real hot dog.

\$9.99 each
\$107.88 case of 12



Swiss Stake

x 13 oz
Heat and serve Loma Linda Swiss Stake with Gravy with a side of mashed potatoes.

\$8.99 each
\$97.08 case of 12



Swiss Stake LG

x 47 oz
Heat and serve Loma Linda Swiss Stake with Gravy with a side of mashed potatoes.

\$22.79 each		SALE	20.99
\$246.12 case of 12			226.68



Tender Bits

x 19 oz
You can enjoy Tender Bits as an easy entrée, or used in stews, casseroles, or loaves.

\$11.69 each
\$126.24 case of 12



Tender Rounds

x 19 oz
Small beef-flavored vegetable meatballs, made from vegetable and grain protein.

\$9.99 each
\$107.88 case of 12



Vege-Burger

x 19 oz
A versatile meatless ground beef alternative that’s perfect for use in patties, hashes and casseroles.

\$9.99 each
\$107.88 case of 12



Vegetable Skallops

x 20 oz
A vegetarian protein alternative to scallops, with mild seasoning, both versatile and tasty.

\$9.99 each
\$107.88 case of 12



NEW Vegetable Skallops LG

x 50 oz
A vegetarian protein alternative to scallops, with mild seasoning, both versatile and tasty.

\$22.79 each
\$246.12 case of 12



Vegetable Steaks

x 20 oz
Hearty meatless steak chunks, perfect for breading, in the fry pan or your favorite casserole.

\$9.99 each
\$107.88 case of 12



Vegetarian Burger

x 20 oz
A tasty meatless alternative to ground meat; all the protein, none of the guilt.

\$9.99 each
\$107.88 case of 12



Vegetarian Burger LG

x 50 oz
A tasty meatless alternative to ground meat; all the protein, none of the guilt.

\$21.49 each		SALE	20.99
\$232.08 case of 12			226.68



Veja-Links

x 19 oz
A vegetarian traditional hot dog. Heat and serve or add with baked beans and other recipes.

\$9.99 each
\$107.88 case of 12

LOMA LINDA BLUE



OOS **Simple Franks**

x 20 oz
(Temporarily unavailable) Naturally colored with fruit and vegetable juice and low in sodium.

\$9.99 each
\$107.88 case of 12

COMPANION



Mun Chai Ya

x 10 oz
Imitation roast duck (Braised gluten chunks)

\$3.49 each
\$75.36 case of 24



Curry Chai Pow Yu

x 10 oz
Braised gluten in yellow curry sauce

\$3.49 each
\$75.36 case of 24



NEW **Mock Chicken**

x 10 oz
Braised bean curd

\$3.49 each
\$75.36 case of 24



Chai Pow Yu

x 10 oz
Braised gluten (Seitan tidbits) Great to add in stir fry or rice dishes

\$3.49 each
\$75.36 case of 24



NEW **Lo Han Chai**

x 10 oz
Assorted oriental delights

\$3.49 each
\$75.36 case of 24

HERITAGE

DIS Chik'n Bites

x 13 oz

Vegan choice for chicken bites to be added in any recipe.



\$8.19 each

\$88.44 case of 12

DIS Vege-Skallops

x 19 oz

Vegan choice for scallops that is cholesterol and dairy free.



\$9.89 each

\$53.40 case of 6



Vegan Bacon

x 300g

A great vegan bacon option. Crispy when fried, or cold on a BLT

\$7.99 each
\$71.90 case of 10



Vegan Chicken Nuggets

x 300g

These are tasty vegan breaded chicken nuggets. Great for dunking into your favourite sauce.

\$7.29 each
\$65.60 case of 10



Vegan Citrus Spareribs

x 300g

Bursting with tangy, citrus flavour. Great in stir fry for authentic oriental flavours!

\$7.29 each
\$107.88 case of 10



Vegan Citrus Spareribs 3Kg

x 3kg

Bursting with tangy, citrus flavour. Great in stir fry for authentic oriental flavours!

\$53.99 each
\$53.99 case of 1



Vegan Crab Sticks

x 300g

Imitation crab sticks from Happy Veggie World!

\$8.99 each
\$48.54 case of 8



Vegan Drumsticks

x 300g

Yummy faux chicken drumsticks including wooden sticks for added 'authenticity'.

\$8.99 each
\$80.90 case of 10



Vegan Drumsticks 3Kg

x 3kg

Yummy faux chicken drumsticks including wooden sticks for added 'authenticity'.

\$78.99 each
\$78.99 case of 1



Vegan Ginger Chicken

x 300g

A favourite and is best enjoyed stir-fried. Has a hint of spice.

\$7.29 each
\$65.60 case of 10



Vegan Ginger Chicken 3Kg

x 3kg

A favourite and is best enjoyed stir-fried. Has a hint of spice.

\$53.99 each
\$53.99 case of 1

HAPPY VEGGIE - CONT'D



Vegan Kung Pao Chicken

x 300g

Zippy with a bit of spice, this goes great in stir fry for authentic oriental flavours!

\$7.29 each
\$65.60 case of 10



Vegan Kung Pao Chicken 3Kg

x 3kg

Zippy with a bit of spice, this goes great in stir fry for authentic oriental flavours!

\$53.99 each
\$53.99 case of 1



Vegan Lemongrass Chicken

x 300g

A veggie sausage patty paired with egg & cheese on an english muffin. Individually wrapped. 4/pk

\$7.29 each
\$65.60 case of 10



Vegan Shrimp

x 300g

Captures the look and texture of shrimp in a Vegan option. Put these 'shrimp' on the barby!

\$7.69 each
\$65.60 case of 10



Vege Beef Balls

x 300g

Vegetarian Beef Balls will go great with your next italian night.

\$11.69 each
\$126.24 case of 10



Vege Fried Prawn

x 300g

Vegetarian Fried Prawns from Happy Veggie World!

\$8.89 each
\$80.00 case of 10

Vegan Salty Chicken

x 290g

Vegan Salty Chicken. Great in stir fry for authentic oriental flavours!

\$7.29 each
\$65.60 case of 10



Vege Sesame Beef

x 300g

Vegan Sesame Beef With a bit of spice. Great in stir fry for authentic oriental flavours!

\$7.29 each
\$65.60 case of 10



Vege Stewed Mutton

x 300g

Vegan Stewed Mutton Great in stir fry for authentic oriental flavours!

\$7.29 each
\$65.60 case of 10

HAPPY VEGGIE - CONT'D



Vegan Sweet & Sour Pork

x 300g

Just warm up this Sweet & Sour dish,
and add to your favourite veggies and
rice!

			SALE
\$7.29	each		\$5.99
\$65.60	case of	10	\$53.90



Vege Thai Chicken

x 300g

Chick'n with a Thai twist of lemon!
Great in stir fry for authentic oriental
flavours!

			SALE
\$7.29	each		\$5.99
\$65.60	case of	10	\$53.90

WORTHINGTON



Breakfast Sausage

x 8 oz

Tasty sausage links make a great side for any breakfast, or crumbled in your favourite dish.

\$6.99 each
\$50.32 case of 8

Chic-ketts

x 1 lbs

Our meatless Chicketts™ gets its meaty goodness directly from clean protein-rich plant sources!

\$11.99 each
\$129.48 case of 12

Chicken Roll

x 4 lbs

A classic chicken substitute in a roll for the holidays or slice for sandwiches.

\$45.99 each
\$154.76 case of 4

Corned Beef Roll

x 4 lbs

A classic corned beef substitute in a roll or slice for sandwiches.

\$45.99 each
\$165.56 case of 4



Dinner Roast

x 2 lbs

Our most popular holiday treat. Replicating Turkey with stuffing, adds goodness to any meal.

\$24.59 each
\$132.78 case of 6

Deli Slices (5 types)

x 8 oz

Veggie Deli sandwich slices, choose from turkey, ham, salami, chicken, or corned beef!

\$6.99 each
\$50.32 case of 8



Steaklets

x 10 oz

The meatless steaklet goes perfectly with your next lunch or dinner.

\$6.99 each
\$50.32 case of 8

Fri-Pats FS

x 12 pk

A Non-GMO burger patty great for picnics or crumbled into your favourite dish.

\$18.99 each
\$68.36 case of 4



WORTHINGTON - CONT'D



Leanies Deli Dog

x 8.5oz

Perfect for grilling or slice and add to baked beans, mac & Cheese, or mash to make sandwich filling.

\$6.99 each
\$50.32 case of 8

Prosage Roll

x 16 oz

Vegetarian Sausage. Delicious sliced and fried or crumbled in your favourite recipe.

\$11.49 each
\$124.08 case of 12

Salami Roll

x 4 lbs

A classic salami substitute in a roll or slice for sandwiches.

\$45.99 each
\$165.56 case of 4

NEW Tuna Roll

x 12 oz

Winner for its taste among seafood alternatives, this meatless tuna is from plant sources!

\$8.39 each
\$90.60 case of 12

Turkey Roll

x 4 lbs

A classic turkey substitute in a roll for the holidays or slice for sandwiches.

\$45.99 each
\$165.56 case of 4

DIS Turkey Roast

x 16oz

This product is discontinued by manufacturer. Please see Dinner Roast.

\$12.39 each
\$89.20 case of 8

Ham Roll (Wham)

x 4 lbs

A classic Ham-like substitute in a roll. Glaze with cloves for the holidays or slice for sandwiches.

\$45.99 each
\$165.56 case of 4

X Burger

x 8 oz

Looks, cooks, and satisfies like a real meat burger. Non-GMO, vegan 1/4 lb. patties.

\$8.89 each
\$48.00 case of 6



MORNING STAR FARMS



Bacon Strips

x 5.2oz

Veggie bacon strips with a great smoky flavor that crisp right up when cooked.

\$7.69 each		SALE	\$6.69
\$83.04 case of	12		\$72.24



NEW BBQ Chik'n Nuggets

x 13 ct.

A Vegan take on and American classic. BBQ flavoured crispy nuggets.

\$7.69 each	
\$41.52 case of	6



Buffalo Wings

x 10.5 oz

Buffalo is hot right now, and our crispy and breaded veggie buffalo wings are joining the mix.

\$7.69 each		SALE	\$6.69
\$41.52 case of	6		\$36.12



Chik'n Nuggets

x 10.5 oz

Our vegetarian chik'n nuggets are lightly seasoned and crisped just right.

\$7.69 each		SALE	\$6.69
\$41.52 case of	6		\$36.12



Corn Dogs

x 10 oz

America's favorite veggie dog wrapped in sweet, crispy cornmeal for on-the-go goodness. 4/pk

\$7.69 each	
\$55.36 case of	8



Garden Veggie Burger

x 9.5 oz.

Burgers filled with veggies like mushrooms, water chestnuts, onions, carrots & red peppers.

\$7.69 each		SALE	\$6.69
\$55.36 case of	8		\$48.16



Griller Crumbles

x 12oz

Containing 75% less fat than regular ground beef, a tasty veggie addition to almost any dish.

\$7.99 each	
\$43.14 case of	6

DIS Grillers (See Food Service)

x 4 pk

See Food Service Section, Sold in Sleeves of 12

\$5.90 each	
\$42.48 case of	8



Grillers Prime

x 12oz

Smokehouse flavor is packed into our savory and smoky prime veggie burger. 4 patties/pk

\$7.69 each	
\$55.36 case of	8



NEW InCogMeato Burger

x 4.25 oz.

Vegan plant-based patties, look, cook, and taste like beef. From Non-GMO Soy. 2 patties

\$13.99 each	
\$50.36 case of	4

MORNING STAR FARMS - CONT'D



Meal Starter Chik'n Strips

x 10oz

Batter, fry, saute, wrap, or toss these yummy meatless chik'n strips into any meal.

\$7.69 each
\$41.52 case of 6



Parmesan Garlic Wings

x 10oz

Containing 61% less fat than regular chicken wings.

\$7.69 each
\$41.52 case of 6



NEW Pepperoni Pizza Bites

x 9.5 oz

MorningStar Farms® Pepperoni Pizza Bites

\$7.99 each
\$43.14 case of 6



Roast Garlic & Quinoa Burg

x 10oz

Made with real ingredients you can see like lentils, carrots, bell peppers and brown rice.

\$8.79 each
\$63.28 case of 8



Sausage Egg & Cheese Sandwich

x 14.8oz

A veggie sausage patty paired with egg & cheese on an english muffin. Individually wrapped. 4/pk

\$10.99 each
\$79.12 case of 8



Sausage Links

x 8 oz

For a twist on the traditional breakfast, try these plump and delicious veggie sausage links.

\$7.69 each
\$55.36 case of 8

SALE

6.69

48.16



Sausage Patties

x 8 oz

Add savory to the most important meal of the day with these veggie sausage patties.

\$7.69 each
\$41.52 case of 6



Sausage Patties Hot&Spicy

x 8 oz

Rise and shine with a bit of spice, and sautee some heat back into breakfast.

\$7.69 each
\$41.52 case of 6



Sausage Patties - Maple

x 8 oz

Rise and shine for these vegetarian breakfast maple flavored sausage patties.

\$7.69 each
\$41.52 case of 6



Spicy Black Bean VP

x 18.5 oz

Add some variety to burger night with our spicy black bean veggie burger. 8 patties/pk

\$12.69 each
\$57.10 case of 5

MORNING STAR FARMS - CONT'D



Tomato Basil Pizza Veggie Burger

x 9.5 oz
This pizza burger is filled with onion, mushrooms, tomatoes, red peppers & cheeses. 4 patties/pk

\$7.69 each
\$55.36 case of 8



Veggie Dogs

x 8.4 oz
Our 50 calories plant-based veggie dogs are plump and filled with that classic hot-off-the-grill flavor.

\$7.69 each
\$55.36 case of 8



Veggie Meatballs

x 10.3oz
Vegan meatballs made with 100% plant protein.

\$7.69 each
\$41.52 case of 6



Chik Patties

x 10 oz
A tasty breaded chicken substitute patty. 4 patties per package.

\$7.69 each
\$55.36 case of 8

SALE
\$6.25
\$45.04

Morning Star Farms Food Service and Value Paks



FS. MSF Sausage Links

x 3.86 kg
Sausage Links are seasoned with an aromatic blend of herbs and spices.
Approx 168 pcs.

\$119.99	each	
8.5lb	case of	0



FS. MSF Sausage Patties

x 4.2 kg
Sausage Patties are plant based;
Seasoned with an aromatic blend of herbs and spices.

\$118.99	each	
4.2kg	case of	1



FS. MSF Bacon Strips

x 18 pk
A delicious meat-free addition to any breakfast. 18 pkgs.

\$102.09	each		SALE
2.72 kg	case of	1	97.49



FS. MSF Grillers

x 12 pk
Grillers Original Veggie Burgers offer a classic, char-grilled taste & great texture. 12 patties/sleeve.

\$20.99	each		SALE
\$75.56	case of	4	17.99
			64.76



FS. MSF Chik Patties

x 16 pk
Chik'n Patties are lightly seasoned. A crispy, crunchy breading outside and tender inside. 16/sleeve

\$27.99	each		SALE
\$100.76	case of	4	24.99
			89.96



VP. MSF Sausage Patties

x 16 pcs
Veggie Breakfast Sausage Patties;
Seasoned with herbs and spices.

\$13.29	each	
\$59.80	case of	5

Assorted Frozen



Beyond Meat Burger

x 8 oz
Non-GMO, Soy and Gluten free burgers, so real you won't believe it's made from plants. 2 patties/pk

\$9.99 each
\$71.92 case of 8



Beyond Meat Brat/Sausage

x 14 oz
Non-GMO, Soy & Gluten free Brat Sausage, so real you won't believe it's made from plants. 4 dogs/pk

\$14.99 each
\$107.92 case of 8



Quorn Chik'n Nuggets

x 10.6 oz
Tasty nuggets in light crispy breading. Non-GMO, Soy Free.

\$8.29 each
\$89.52 case of 12



Quorn Chik'n Patties

x 10.6 oz
Meatless patties encased in crunchy breadcrumbs. Non-GMO, Soy Free

\$8.29 each
\$89.52 case of 12



Quorn Meatless Pieces

x 12 oz
Great in Salads, stir fries, or marinades. Soy Free, Non-GMO.

\$8.29 each
\$89.52 case of 12



NEW Quorn Meatless Roast

x 16oz
Vegetarian turkey roast, perfect for the holidays or family dinner. Gluten Free.

\$12.99 each
\$140.28 case of 12



NEW Quorn Sausage Patties

x 7.8oz
Kickstart your mornings with these guilt-free and fuss-free vegetarian sausage patties.

SALE
\$8.29 each 7.79
\$89.52 case of 12 84.12



Gardenburger (original)

x 10 oz
The classic vegetarian burger made from rice, oats, mushrooms, and cheese.

SALE
\$7.49 each 5.99
\$53.92 case of 8 43.12



SOL Quinoa Chia Burger

x 284g
Sprouted Quinoa Chia is a tasty, vegan, soy-free, Non-GMO option for burger night.

\$8.49 each
\$91.68 case of 12



NEW Vegan Philly Shred. Steak

x 7oz
A tasty vegan steak alternative you can use in a variety of dishes or on-the-go meals.

\$8.99 each
\$48.54 case of 6

Assorted Frozen Cont'd



NEW Ruth's Sweet & Tangy Meatballs

x 8oz
A veggie sausage patty paired with egg
& cheese on an english muffin.
Individually wrapped. 4/pk

SALE

\$7.99 each		6.69
\$43.14 case of	6	36.12



Gardein Crabless Cakes

x 8.8 oz
Full of flavour, these imitation crab
cakes are made for sharing. Vegan,
Non-GMO

\$7.99 each	
\$57.52 case of	8



Gardein Crispy Chik'n Patty

x 12.4oz
Crispy on the outside, juicy in the
middle, better than your usual burger.
Vegan, Non-GMO

\$7.99 each	
\$57.52 case of	8



Gardein Mandarin Orange Chicken

x 10.5oz
An easy, on-the-go meal. Vegan, Non-
GMO

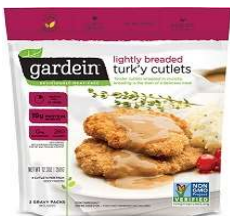
\$7.99 each	
\$57.52 case of	8



Gardein Meatless Meatballs

x 12.7oz
Large and full of flavour. Vegan, Non-
GMO

\$7.99 each	
\$57.52 case of	8



Gardein Turk'y Cutlets

x 12.4 oz
Tender Cutlets wrapped in crunchy
breading. Vegan, Non-GMO

\$7.99 each	
\$57.52 case of	8



NEW Gardein Ultimate Beefless

x 10oz
4 sliders with 4 buns makes a sizzling
good snack. Ready in 2 minutes!

\$7.99 each		SALE	7.59
\$43.14 case of	6		40.98



Gardein Ultimate Burger

x 12oz
A tasty burger with great flavour.
Vegan, Non-GMO

\$7.99 each	
\$57.52 case of	8

Gravy, Seasonings, and Soups



Bakon Hickory Yeast

x 3.5 oz
A natural way to spice up soup, salad, and meals. Comes in a shaker-ready bottle.

\$8.99 each
\$97.08 case of 12



Bill's Best Beef

x 10 oz
Hearty beef style flavouring from a unique blend of spices. Vegan, MSG, GMO, & Gluten Free

\$11.29 each
\$121.92 case of 12



Bill's Best Chik'nish

x 11 oz
Chicken-style flavouring from a unique blend of spices. Vegan, MSG, GMO, & Gluten Free

\$10.99 each
\$79.12 case of 8



Bill's Best Curry

x 4 oz
Vegan curry powder that is free from black & white pepper, MSG, GMO and Gluten.

\$8.99 each
\$97.08 case of 12

Blaney's Seasoning

x 625g
A low-sodium alternative to Chicken, Spicy Chicken, & Beef flavourings. Vegan, CHIP approved.

\$14.99 each
\$161.88 case of 12



Blaney's Soup

x 710g
Tomato or Mushroom soup mixes. Low sodium, vegan, CHIP approved.

\$18.49 each
\$199.68 case of 12



Bragg Liquid Aminos Spray

x 6 oz
Natural Soy Sauce Alternative. Made from soy protein, not fermented, no alcohol, Non-GMO.

\$5.29 each
\$114.24 case of 24



Bragg Liquid Aminos Med.

x 32 oz
Natural Soy Sauce Alternative. Made from soy protein, not fermented, no alcohol, Non-GMO.

\$11.99 each
\$129.48 case of 12



Bragg Liquid Aminos Gal.

x 128 oz
Natural Soy Sauce Alternative. Made from soy protein, not fermented, no alcohol, Non-GMO.

\$41.79 each
\$150.44 case of 4

Gravy, Seasonings, and Soups Cont'd



Butler Chik-Style Seasoning

x 10.75oz

A Great vegan chicken style seasoning from the producers of Soy Curls.

\$11.99 each
\$129.48 case of 12



George Washington Broth

x 1.1 oz

Small packets of flavouring. Choose between golden or brown gravy mix. Contains MSG

\$2.99 each
\$64.56 case of 24



Leahey Gravy Golden/Brown

x 454g

Choose Golden or Brown gravy. Qty. makes 1 gallon. Resealable packaging.

\$10.99 each
\$118.68 case of 12

Leahey Gravy Mushroom

x 454g

Gluten Free mushroom gravy. Great on Biscuits. Qty. makes 1 gallon. Resealable packaging.

\$11.99 each
\$129.48 case of 12



NEW Mayacamas Brown Gravy

x 0.7oz

Gluten Free vegetarian beef-like mix. Just add water. Each packet makes 1 cup.

\$1.99 each
\$21.48 case of 12



NEW Mayacamas Chicken Gravy

x .75oz

Gluten Free vegetarian Chicken-like mix. Just add water. Each packet makes 1 cup.

\$1.99 each
\$21.48 case of 12



McKay's Beef (Jar)

x 12 oz

Most popular beef seasoning. Can also replace salt & pepper. Vegan. No MSG, Gluten, or GMO

\$15.99 each
\$172.68 case of 12



McKay's Chicken (Jar)

x 12 oz

Most popular chicken seasoning. Can also replace salt & pepper. Vegan. No MSG, Gluten, or GMO

\$14.99 each
\$161.88 case of 12

Gravy, Seasonings, and Soups Cont'd



Veg. Ex Chick Seasoning

x 170g

All natural seasoning. In shaker canister.

\$10.49 each
\$113.28 case of 12



OOS Veg. Ex Parma Zaan

x 6 oz

Great vegan substitute for any food calling for parmesan cheese. In shaker canister.

\$14.99 each
\$161.88 case of 12



Veg Ex Ro Gar & R Pepper

x 5 oz

A zippy all-purpose seasoning for your food. In shaker canister.

\$11.49 each
\$124.08 case of 12



Veg Ex Saucy Ranch

x 2.4 oz

Great in Potato dishes, salads and casseroles. In shaker canister.

\$8.99 each
\$97.08 case of 12

Misc. Substitutes



OOS Egg Replacer Mix

x 4.5 oz
An easy-to-mix, all-natural egg replacer where egg is the bonding agent. Replaces 18 eggs.

\$6.99 each
\$37.74 case of 6



Akava

x 250g
All natural, caffeine free instant coffee alternative from Barley, Rye, Chicory & Sugar Beet. Non-GMO.

\$11.99 each
\$129.48 case of 12



Roma

x 7 oz
Caffeine Free roasted grain coffee replacment. Roasted Barley, Chicory & Rye. Non-GMO, Vegan.

\$13.99 each
\$75.54 case of 6

SALE 12.69 68.52



Postum Original

x 8 oz
A well-loved classic coffee replacer made from roasted wheat bran and molasses.

\$17.99 each
\$97.14 case of 6

SALE 16.27 87.84



Gefen Vegan Jello

x 85 g
Comes in Cherry, Clear, Grape, Lemon, Lime, Orange, Raspberry, Strawberry, & Trop. Punch

\$2.69 each
\$58.08 case of 24



Marshmallows (Vegan)

x 283 g
Perfect for roasting over the fire or making s'mores. Vegan, gluten free.

\$7.99 each
\$86.28 case of 12



Soy Curls

x 8 oz
Natural meat alternative. Amazing texture and versatility. Non-GMO, gluten free, Vegan, no sodium

\$6.99 each
\$150.96 case of 24



Soy Curls Bulk

x 12 lb
Natural meat alternative. Amazing texture and versatility. Non-GMO, gluten free, Vegan, no sodium

\$124.99 each
\$124.99 case of 1

SALE 114.99 114.99



Garden Jello & Pudding

x 85 g
Comes in Orange, Raspberry, Strawberry, Cherry, & Unflavoured; Chocolate & Vanilla Pudding mix

\$2.69 each
\$58.08 case of 24

Bulk Bagged Goods



Better Than Milk

25 lbs	\$309.99
2 lbs	\$29.39
4 lbs	\$56.99

SALE
\$289.97

Gluten Flour

50 lbs	\$139.99
5 lbs	\$16.99



Burger Chunks

50 lbs	\$184.29
2 lbs	\$9.99
4 lbs	\$16.99

Jerky Meatless



5 lbs	\$87.99
0.5 lbs	\$10.99

Flavours: BBQ, Spicy Chicken*,
Pepperoni*, Tandoori, Teriyaki,
Original, Wild* *Indicates



Burger Granules

50 lbs	\$184.29
2 lbs	\$9.99
4 lbs	\$16.99

McKays Chicken Seasoning



100 lbs	\$539.99
1 lb	\$7.99
2 lbs	\$12.99



NEW Burger Granules No color/flavor

50 lbs	\$149.99
2 lbs	\$8.59
4 lbs	\$14.99

Yeast Flakes



50 lbs	\$512.00
1 lb	\$12.99
2 lbs	\$21.99



Cashews Small Pcs.

25 lbs	\$139.99
2 lbs	\$13.99
4 lbs	\$23.99

Miscellaneous



Primal Jerky Strips

x 1 oz
A great snack. Saucy flavour. Vegan, Non-GMO. Try: BBQ, Hot & Spicy, Hickory Smoke, Mesq. Lime

\$2.29 each
\$49.44 case of 24



Sam's Harvest Jerky

x 4 oz
Original recipe, Medium heat, made from Butler non-GMO Soy Curls and delicious spices.

\$7.99 each
\$86.28 case of 12



Jerky Meatless

0.50 lbs
Flavours: BBQ, Spicy Chicken*, Pepperoni*, Tandori, Teriyaki, Original, Wild* *Indicates Spicy

\$10.99 each



Charcoal Powder

x 10 oz
A powerful absorbing agent good for poultices or other lifestyle applications. Hardwood

\$16.69 each
\$180.24 case of 12



NEW Charcoal Vege-Capsules

x 125caps
Coconut husk charcoal in vegan capsules. 260mg per capsule

\$18.99 each
\$205.08 case of 12



NEW Charcoal Vege-Capsules

x 300caps
Coconut husk charcoal in vegan capsules. 260mg per capsule

\$33.99 each
\$367.08 case of 12



NEW Charcoal Tablets

x 60 tabs
Tablets perfect for on-the-go. 265mg per tablet

\$15.99 each
\$172.68 case of 12



NEW Charcoal Toothpaste

x 4 oz
Activated Charcoal paste that whitens naturally. Flouride Free with a light minty taste.

\$10.99 each
\$158.24 case of 16



NEW Charcoal Salve Stick

x 0.15oz
A fast-acting activated charcoal drawing salve in a tube. For pocket or purse. For topical application.

\$7.99 each
\$129.42 case of 18