

# ABC Christian Store Food Catalog



To order:  
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British Columbia

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Prices subject to change or correction without notice.  
Quantities limited, prices in effect while stock lasts.  
Produced in October 2023

**DIS** = Discontinued  
**OOS** = Out of Stock



LF

### Big Franks (6 dogs)

x 15 oz

Plant-based protein with juicy, full-flavoured taste. A popular hot dog alternative. 6 dogs/can

\$10.89 each	
\$117.60 case of	12



V

### Big Franks LG

x 96 oz

Plant-based protein with juicy, full-flavoured taste. A popular hot dog alternative. 30 dogs/can

\$51.89 each	
\$280.20 case of	6



V, LF

### Big Franks Low Fat (6 Dogs)

x 15 oz

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

\$10.69 each		<b>SALE</b>	<b>\$10.10</b>
\$115.44 case of	12		<b>\$109.08</b>



### Chili (New Size)

x 15 oz

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

\$7.89 each	
\$85.20 case of	12



### Chili LG

x 50 oz

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

\$26.79 each		<b>SALE</b>	<b>\$25.73</b>
\$289.32 case of	12		<b>\$277.92</b>



### NEW Chik'n in Broth

x 5 oz

Plant-based chicken in a mild broth. Eat cold or warm up. Use in many recipes that call for chicken.

V, NG

\$5.99 each	
\$64.68 case of	12



### NEW Chik'n in BBQ Sauce

x 5 oz

Plant-based chicken in a rich sauce. Serve warm or cold in a wrap, sandwich, on pizza, or in a salad.

V, NG, GF

\$5.99 each	
\$64.68 case of	12



LF

### Choplets (New Size)

x 13 oz

Perfect for breading or stir-fry. Just heat and serve.

\$13.99 each		<b>SALE</b>	<b>\$12.96</b>
\$151.08 case of	12		<b>\$139.92</b>



LF

### Diced Chik

x 13 oz

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

\$12.99 each		<b>SALE</b>	<b>\$12.34</b>
\$140.28 case of	12		<b>\$133.32</b>



### FriChik - Reg

x 13 oz

A vegetarian alternative to chicken.

\$12.99 each		<b>SALE</b>	<b>\$12.34</b>
\$140.28 case of	12		<b>\$133.32</b>

LOMA LINDA - CONT'D



**FriChik - Reg LG**

x 42 oz

A vegetarian alternative to chicken.

\$32.49 each  
\$350.88 case of 12



LF

**FriChik - LF**

x 12.5 oz

A lower fat and cholesterol version of the classic FriChik.

\$12.99 each  
\$140.28 case of 12

SALE

**12.34**  
**133.32**



**Fried Chik'n**

x 13 oz

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

\$12.99 each  
\$140.28 case of 12



V

**Linketts**

x 15 oz

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

\$11.99 each  
\$129.48 case of 12



V

**Linketts LG**

x 96 oz

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

\$52.59 each  
\$283.98 case of 6



V

**Little Links**

x 19 oz

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

\$12.49 each  
\$134.88 case of 12

SALE

**11.15**  
**120.48**



V, NG

**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



V, NG, GF

**Nutolene**

x 14.5 oz

Nutolene is a versatile meat substitute made from peanuts.

\$14.99 each  
\$80.94 case of 6



**Prime Stakes**

x 13 oz

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

\$12.49 each  
\$134.88 case of 12



**Prime Stakes LG**

x 47 oz

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

\$31.99 each  
\$345.48 case of 12



V, LF

### Redi-Burger

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

\$11.59 each  
\$125.16 case of 12



### Saucettes

x 15 oz  
Ready-to-eat meatless alternative to breakfast sausage links that you can enjoy any time of the day!

\$11.59 each  
\$125.16 case of 12



### Super Links (New Size)

x 15 oz  
Super Links are a completely meat-free alternative with the same big juicy link of a real hot dog.

\$11.59 each  
\$125.16 case of 12



### Swiss Stake

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

\$12.99 each  
\$140.28 case of 12



### Swiss Stake LG

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

\$32.49 each  
\$350.88 case of 12



V

### Tender Bits (New Size)

x 15 oz  
You can enjoy Tender Bits as an easy entrée, or used in stews, casseroles, or loaves.

\$13.69 each  
\$147.84 case of 12



### Tender Rounds (New Size)

x 15 oz  
Small beef-flavored vegetable meatballs, made from vegetable and grain protein.

\$11.69 each  
\$126.24 case of 12





V, LF

**Vegetable Skallops (New Size)**

x 15 oz  
A vegetarian protein alternative to scallops, with mild seasoning, both versatile and tasty.

			<b>SALE</b>
\$11.99	each		<b>\$11.15</b>
\$129.48	case of	12	<b>\$120.48</b>



V, LF

**Vegetable Skallops LG**

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

\$32.49	each	
\$350.88	case of	12



V, LF

**Vegetable Steaks (New Size)**

x 15 oz  
Hearty meatless steak chunks, perfect for breading, in the fry pan or your favorite casserole.

			<b>SALE</b>
\$11.69	each		11.15
\$126.24	case of	12	120.48



V, LF

**Vege-Burger (New Size)**

x 15 oz  
A versatile meatless ground beef alternative that's perfect for use in patties, hashes and casseroles.

\$11.69	each	
\$126.24	case of	12



V, LF

**Vegetarian Burger**

x 15 oz  
A tasty meatless alternative to ground meat; all the protein, none of the guilt.

\$11.69	each	
\$126.24	case of	12



V, LF

**Vegetarian Burger LG**

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

\$32.49	each	
\$350.88	case of	12



**Veja-Links**

x 15 oz  
A vegetarian traditional hot dog. Heat and serve or add with baked beans and other recipes.

			<b>SALE</b>
\$11.89	each		11.15
\$128.40	case of	12	120.48

LOMA LINDA BLUE



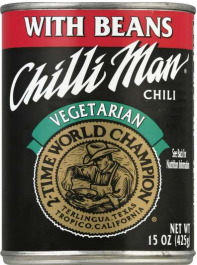
Simple Franks

x 20 oz

Naturally colored with fruit and vegetable juice and low in sodium.

V, NG

\$13.69 each  
\$147.84 case of 12



ChilliMan Chili

x 425 g

Vegetarian twist on the 2-time world champion recipe chili. Just delicious!

\$6.29 each  
\$67.92 case of 12

COMPANION



Mun Cha'i Ya

x 10 oz

Imitation roast duck (Braised gluten chunks)

V, NG

\$4.39 each  
\$94.80 case of 24



Curry Cha'i Pow Yu

x 10 oz

Braised gluten in yellow curry sauce

V, NG

\$4.39 each  
\$94.80 case of 24



Mock Chicken

x 10 oz

Braised bean curd

V, NG

\$4.39 each  
\$94.80 case of 24



Tuno

x 5 oz

Single serving, made from textured soy protein, this is an awesome tuna alternative

\$3.69 each  
\$39.84 case of 12



NEW

Chili Starter Bush's Best

x 15.5oz

Pintos with smoky chipotle & green peppers. Add more beans and veggies as desired. Med. spice

\$4.99 each  
\$53.88 case of 12



Cha'i Pow Yu

x 10 oz

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

V, NG

\$4.39 each  
\$94.80 case of 24



Soya Fluff

x 7 oz

A ready-to-eat savory jerky-like meat sub. Use as you would a shredded meat or as a snack.

V, NG

\$7.69 each  
\$166.08 case of 24



V

### Vegan Bacon

x 300g

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

\$8.79 each  
\$79.10 case of 10



V

### Vegan Chicken Nuggets

x 454g

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

\$14.59 each  
\$131.30 case of 10



V, NG

### Vegan Citrus Spareribs

x 300g

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

\$7.49 each  
#REF! case of 10



V, NG

### Vegan Citrus Spareribs 3Kg

x 3kg

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

\$57.99 each  
\$57.99 case of 1



V

### Vegan Crab Sticks

x 300g

Imitation crab sticks from Happy Veggie World!

\$8.99 each  
\$48.54 case of 8



V

### Vegan Drumsticks

x 280g

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

\$9.99 each  
\$89.90 case of 10



V

### Vegan Drumsticks 3Kg

x 3kg

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

\$89.99 each  
\$89.99 case of 1



V, NG

### Vegan Ginger Chicken

x 300g

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

\$7.49 each  
\$67.40 case of 10



V, NG

### Vegan Ginger Chicken 3Kg

x 3kg

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

\$57.99 each  
\$57.99 case of 1





V, NG

### Vegan Kung Pao Chicken

x 300g

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

\$7.49 each  
\$67.40 case of 10



V, NG

### Vegan Kung Pao Chicken 3Kg

x 3kg

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

\$57.99 each  
\$57.99 case of 1 #REF!



V

### Vegan Lemongrass Chicken

x 300g

Chick'n with a lemony zing! Great in stir fry for authentic oriental flavours!

\$7.49 each  
\$67.40 case of 10



V, NG

### Vegan Poached Eggs

x 200g

A tasty Vegan alternative to a poached or fried egg. Great for breakfasts or sandwich toppers

\$7.79 each  
\$70.10 case of 10



V

### Vegan Shrimp

x 300g

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

\$8.99 each  
\$67.40 case of 10



### Vege Beef Balls

x 600g

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

#REF! each  
#REF! case of 10



OOS

### Vege Fried Prawn

x 300g

Vegetarian Fried Prawns from Happy Veggie World!

\$9.99 each  
\$89.90 case of 10

### Vegan Salty Chicken

x 290g

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

V

\$9.49 each  
\$85.40 case of 10



### Vege Sesame Beef

x 300g

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

\$7.49 each  
\$67.40 case of 10



### Vege Stewed Mutton

x 600g

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

\$15.29 each  
\$137.60 case of 10





V

**Vegan Sweet & Sour Pork**

x 300g

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

\$8.69	each	
\$78.20	case of	10



**Vege Thai Chicken**

x 300g

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

\$7.49	each	
\$67.40	case of	10



NG

## Breakfast Sausage

x 6.4 oz

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

\$7.99 each	
\$57.52 case of	8



NG

## Chic-ketts

x 1 lbs

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

\$15.29 each	
\$165.12 case of	12



NG

## Chicken Roll

x 4 lbs

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

\$57.69 each	
\$207.68 case of	4



NG

## Corned Beef Roll

x 4 lbs

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

\$57.69 each	
\$207.68 case of	4



NG

## Dinner Roast

x 2 lbs

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

\$31.79 each		<b>SALE</b>	\$29.99
\$171.66 case of	6		\$161.94



NG, (Salami & S. Turkey = V)

## Deli Slices (7 types)

x 6.9 oz

Choose from Chicken, Corned Beef, Ham, Roast Turkey, Salami, Turkey (Original), Turkey (Vegan)

\$8.99 each	
\$64.72 case of	8



NG

## Roast Turkey Deli Slices

x 6.9 oz

Enjoy the taste of the popular Dinner Roast, thinly sliced on a sandwich or in a casserole.

\$8.49 each		<b>SALE</b>	\$7.57
\$61.12 case of	8		\$54.48



NG

## Steaklets

x 10 oz

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

\$8.99 each	
\$64.72 case of	8



NG

## Fri-Pats FS

x 12 pk

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

\$25.49 each	
\$91.76 case of	4



NG

### Leanies Deli Dog

x 8.5oz

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

\$8.99 each  
\$64.72 case of 8



NG

### Prosage Roll

x 16 oz

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

\$14.99 each  
\$161.88 case of 12



V, NG

### Salami Roll

x 4 lbs

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

\$57.69 each  
\$207.68 case of 4



V, NG

### Tuna Roll

x 12 oz

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

\$10.49 each  
\$113.28 case of 12



NG

### Turkey Roll (Original Smoked)

x 4 lbs

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

\$57.69 each  
\$207.68 case of 4



NG

### Ham Roll (Wham)

x 4 lbs

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

\$57.69 each  
\$207.68 case of 4



NG, V

### NEW Pepperoni Slices (for pizza)

x 5.5 oz

Great on Pizza, Stromboli, Charcuterie, salads, pastas and more.

\$10.99 each  
\$79.12 case of 8



V, NG

### Pepperoni Slices Bulk (for )

x 2.5 lbs.

Plant-based alternative to the most popular topping. ~600 pcs per bag. Enough for 6-8 Lg. Pizzas

\$42.69 each  
\$153.68 case of 4



V, NG

### X Burger

x 8 oz

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

\$10.99 each  
\$59.34 case of 6



V, NG

### NEW Smoked Turkey Roll (Vegan)

x 4 lbs

The classic smoked turkey is now Vegan! The same taste you love without the egg.

\$57.69 each  
\$194.36 case of 4

MORNING STAR FARMS



Bacon Strips

x 5.2oz

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

\$8.99 each		<b>SALE</b>	\$8.69
\$97.08 case of	12		\$93.84



BBQ Chik'n Nuggets

x 13 ct.

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

V, NG

\$8.99 each	
\$48.54 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.

V, NG

\$8.99 each	
\$48.54 case of	6



Chik'n Nuggets

x 10.5 oz

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

V, NG

\$8.99 each	
\$48.54 case of	6



Chik Patties retail

x 10 oz

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

V, NG

\$8.99 each	
\$64.72 case of	8



Corn Dogs

x 10 oz

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

V, NG

\$8.99 each	
\$64.72 case of	8



Garden Veggie Burger

x 9.5 oz.

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

NG

\$8.99 each	
\$64.72 case of	8



Griller Crumbles

x 12oz

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

V, NG

\$8.99 each	
\$48.54 case of	6



Grillers

x 12 pk

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

**SALE**

\$23.69 each		\$22.49
\$85.28 case of	4	\$80.96



Grillers Prime

x 12oz

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

NG

\$8.99 each	
\$64.72 case of	8

V = Vegan; LF = Low Fat; GF = Gluten Free; NG = Non-GMO



MORNING STAR FARMS - CONT'D



V, NG

Meal Starter Chik'n Strips

x 10oz  
Batter, fry, saute, wrap, or toss these yummy meatless chik'n strips into any meal.

\$8.39 each  
\$45.30 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.

\$8.99 each  
\$48.54 case of 6



Sausage Patties - Maple

x 8 oz  
Rise and shine for these vegetarian breakfast maple flavored sausage patties.

\$8.99 each  
\$48.54 case of 6



DIS

Pepperoni Pizza Bites

x 9.5 oz  
MorningStar Farms® Pepperoni Pizza Bites

V, NG

\$8.39 each  
\$45.30 case of 6



NG

Spicy Black Bean

x 9.5 oz  
Add some variety to burger night with our spicy black bean veggie burger. 8 patties/pk

\$8.99 each  
\$64.72 case of 8



Sausage Links

x 8 oz  
For a twist on the traditional breakfast, try these plump and delicious veggie sausage links.

\$8.99 each  
\$48.54 case of 6



Sausage Patties

x 8 oz  
Add savory to the most important meal of the day with these veggie sausage patties.

\$8.99 each  
\$48.54 case of 6

V = Vegan; LF = Low Fat; GF = Gluten Free; NG = Non-GMO



NG

### Tomato Basil Pizza Veggie Burger

x 9.5 oz

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

\$8.99 each  
\$64.72 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.

\$8.99 each  
\$48.54 case of 6



V, NG

### Veggie Meatballs

x 10.3oz

Vegan meatballs made with 100% plant protein.

\$8.39 each  
\$45.30 case of 6



**FS. MSF Sausage Links**

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

**SALE**

\$158.19	each			149.97
8.5lb	case of	1		



**FS. MSF Sausage Patties**

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

\$149.99	each			
4.2kg	case of	1		



**FS. MSF Bacon Strips**

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

**SALE**

\$130.39	each			127.58
2.72 kg	case of	1		



**FS. MSF Grillers**

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

**SALE**

\$23.69	each			22.49
\$85.28	case of	4		80.96



**FS. MSF Chik Patties**

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

**V, NG**

**SALE**

\$31.99	each			30.69
\$115.16	case of	4		110.48

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

V, GF, NG

\$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

V, GF, NG

\$15.99 each  
\$115.12 case of 8



**NEW Alpha Breakfast Sandwich**

x 5.5 oz  
Individually wrapped egg, cheese, and sausage sandwich on an english muffin, all 100% Vegan.

V

\$8.99 each  
\$80.90 case of 10

**OOS SOL Extreme Griller**

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

V, NG

**SALE**

\$8.49 each 7.69  
\$91.68 case of 12 83.04

**Vegan Philly Shred. Steak**

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

V

\$10.49 each  
\$56.64 case of 6



**Quorn Chik'n Nuggets**

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

NG

\$10.49 each  
\$113.28 case of 12



**Quorn Chik'n Patties**

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

NG

\$10.29 each  
\$111.12 case of 12



**Quorn Meatless Pieces**

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

NG

\$10.29 each  
\$111.12 case of 12



**NEW Quorn Meatless Roast**

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

NG

\$18.59 each  
\$200.76 case of 12



**NEW Quorn Sausage Patties**

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

NG

\$10.29 each  
\$111.12 case of 12

V = Vegan; LF = Low Fat; GF = Gluten Free; NG = Non-GMO



Assorted Frozen Cont'd



V, NG

**Gardein Crabless Cakes**

x 8.8 oz

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

\$11.29 each  
\$81.28 case of 8



V, NG

**Gardein Crispy Chik'n Patty**

x 12.4oz

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

\$11.29 each  
\$81.28 case of 8



V, NG

**Gardein Mandarin Orange Chicken**

x 10.5oz

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

\$11.29 each  
\$81.28 case of 8



V, NG

**Gardein Meatless Meatballs**

x 12.7oz

Large and full of flavour. Vegan, Non-GMO

\$11.29 each  
\$81.28 case of 8



V

**NEW Creative Cuisine Veggie Steak**

x 16 oz

100% Natural, non-soy, veggie steak substitute. Great for a Heart Healthy diet and delicious!

\$10.49 each  
\$113.28 case of 12



V, NG

**Gardein Turk'y Cutlets**

x 12.4 oz

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

\$11.29 each  
\$81.28 case of 8



V, NG

**OOS Gardein Ultimate Beefless**

x 10oz

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

\$7.99 each  
\$43.14 case of 6



V, NG

**Gardein Ultimate Burger**

x 12oz

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

\$9.59 each  
\$69.04 case of 8

V = Vegan; LF = Low Fat; GF = Gluten Free; NG = Non-GMO



## Bakon Hickory Yeast

x 3.5 oz

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

**SALE**

\$12.99 each	11.99
\$140.28 case of 12	129.48



## Blaney's Soup

x 625g

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.

**NG**



\$6.19 each	
\$133.68 case of 24	

## Bragg Liquid Aminos Med.

x 32 oz

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

**NG**



\$15.59 each	
\$168.36 case of 12	

## Bragg Liquid Aminos Gal.

x 128 oz

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

**NG**



\$56.99 each	
\$205.16 case of 4	

## NEW Bragg Apple Cider Vinegar

x 32 oz

Organic, raw, unfiltered, unpasteurized and 5% acidity. From the brand you can trust.

**NG**



\$10.49 each	
\$113.28 case of 12	



## DIS Bill's Best Chik'nish (Bagged)

x 11 oz

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

**V, GF, NG**

\$12.49 each	
\$134.88 case of 12	

## Blaney's Seasoning

x 625g

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

**V**

\$14.99 each	
\$161.88 case of 12	



**V = Vegan; LF = Low Fat; GF = Gluten Free; NG = Non-GMO**

**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 480g

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

\$10.99 each	
\$118.68 case of 12	

## Leahey Gravy Mushroom

x 320g

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

\$11.99 each	
\$129.48 case of 12	

## Mayacamas Brown Gravy

x 0.7oz

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

\$2.29 each	
\$24.72 case of 12	



## Mayacamas Chicken Gravy

x .75oz

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

GF, V

\$2.29 each	
\$24.72 case of 12	

## Mayacamas Country Gravy

x .75oz

Gluten Free vegetarian Texas style Country gravy mix. Just add water. Each packet makes 1 cup.

GF, V

\$2.29 each	
\$24.72 case of 12	

## Mayacamas Turkey Gravy

x .75oz

Gluten Free vegetarian Turkey gravy mix. Just add water. Each packet makes 1 cup.

GF, V

\$2.29 each	
\$24.72 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

V, GF, NG

\$19.99 each	
\$215.88 case of 12	



GF, V



GF, V



GF, V



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**NEW Veg Ex 24/7 All Purpose Salt**

x 3.4oz

An all purpose zippy seasoning for your food. In shaker canister

V

\$13.99 each  
\$151.08 case of 12



**SALE Veg Ex Chick Seasoning**

x 170g

All natural Chicken-like seasoning. In shaker canister.

V

\$10.49 each  
\$113.28 case of 12

**SALE**

6.97  
75.24



**Veg Ex 24/7 Parma Zaan Sprinkels**

x 6 oz

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

V, GF

\$19.69 each  
\$212.64 case of 12



**NEW Veg Ex 24/7 Pepper-like**

x 8.5 oz

Black pepper lovers now have this healthy alternative seasoning for your food. In shaker canister.

V

\$21.99 each  
\$158.32 case of 8



**Veg Ex 24/7 Saucy Ranch**

x 9.1 oz

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

V

\$21.99 each  
\$158.32 case of 8

V = Vegan; LF = Low Fat; GF = Gluten Free; NG = Non-GMO

Misc. Substitutes





V

## Egg Replacer Mix

x 4.5 oz

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

SALE

\$9.99 each	8.39
\$53.94 case of 6	45.3



NG

## Akava

x 250g

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

\$12.99 each	
\$140.28 case of 12	



V, NG

## 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

## Postum Original

x 8 oz

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

SALE

\$21.99 each	18.99
\$118.74 case of 6	102.54

NEW

## Bueno Coffee Alternative

x 7 oz

Enjoy this natural, caffeine-free 'coffee' from chickpeas. Creamy Hazelnut or Pecan Praline.

\$10.99 each	
\$118.68 case of 12	



V



V

## Marshmallows (Vegan)

x 283 g

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

\$8.99 each	
\$97.08 case of 12	



V, GF, NG

## Soy Curls

x 8 oz

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

\$7.99 each	
\$129.42 case of 18	



V, GF, NG

## Soy Curls Bulk

x 12 lb

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

\$141.99 each	
\$141.99 case of 1	



## Gefen Vegan Jello

x 85 g

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

\$3.99 each	
\$86.16 case of 24	



## Garden Jello & Pudding

x 85 g

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

\$3.99 each	
\$86.16 case of 24	

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Bulk Bagged Goods

### **OOS Bakon Bits (Crispy) bulk**

25 lbs	\$126.79	
1 lbs	\$5.99	2 for \$5.39 ea



### **Cashews Small Pcs. Case**

25 lbs	\$145.99	
2 lbs	\$14.99	
4 lbs	\$25.99	



### **DIS Better Than Milk bulk**

25 lbs	\$535.69	<b>SALE</b>
2 lbs	\$51.49	<b>\$428.55</b>
4 lbs	\$93.79	<b>41.192</b>
		<b>75.032</b>

### **Gluten Flour bulk**

55 lbs	\$266.50	
5 lbs	\$27.59	



### **Burger Chunks bulk**

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



### **OOS Jerky Meatless bulk**

5 lbs	\$143.99	
0.5 lbs	\$16.99	
Flavours: BBQ, Bacon, Spicy		
Chicken*, Pepperoni*,		
Tandori, Teriyaki, Original,		
Wild* *Indicates Spicy		



### **Burger Granules bulk**

25 lbs	\$142.99	
2 lbs	\$14.99	
4 lbs	\$25.99	



### **McKays Chicken Seasoning**

100 lbs	\$789.99	
1 lb	\$10.99	
2 lbs	\$18.99	

V, GF, NG



### **Burger Granules No color/flavor bulk**

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



### **Yeast Flakes bulk**

50 lbs	\$735.99	
1 lb	\$16.99	
2 lbs	\$31.99	

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Miscellaneous

## Primal Jerky Strips

x 1 oz

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

\$3.29 each

\$71.04 case of 24

## Sam's Harvest Jerky

x 4 oz

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

\$8.99 each

\$97.08 case of 12

## Jerky Meatless 0.5 lb.

0.50 lbs

Flavours: BBQ, Bacon, Spicy Chicken\*, Pepperoni\*, Tandori, Teriyaki, Original, Wild\* \*Indicates Spicy

\$16.99 each

## Vegan Rob's Dragon Puffs

x 99g

Think cheese puffs but with kickin' heat and a touch of sweetness. Delicious!

V, GF, NG

\$7.49 each

\$80.88 case of 12

## Sesame Crepes

x 100g

Sesame seeds cover a yummy sweet and nutty center that is rolled out like a thin pancake.

V

\$1.89 each

\$85.00 case of 50

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## Miscellaneous



## Charcoal Powder

x 10 oz

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

\$22.49 each  
\$242.88 case of 12



## Charcoal Toothpaste

x 4 oz

Activated Charcoal paste that whitens naturally. Fluoride Free with a light minty taste.

\$10.99 each  
\$158.24 case of 16

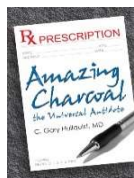


## Charcoal Salve Stick

x 0.15oz

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

\$10.99 each  
\$118.68 case of 12

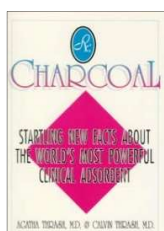


## Amazing Charcoal booklet

32 pgs.

Brief but packed with information, this little gem will give readers an introduction to charcoal, its history, manufacture, and medical applications.

\$2.99 each  
\$2.47 pack of 10



## RX: Charcoal book

108 pgs.

Written by two doctors, this illustrated book discusses the impact of using charcoal as a natural remedy for many health needs and preventions.

\$9.99 each



## Charcoal Vege-Capsules 32

x 125caps

Coconut husk charcoal in vegan capsules. Now larger 320mg per capsule

V

\$23.99 each  
\$259.08 case of 12



## Charcoal Blister pak Tablet

x 60tabs

Crushable tablets individually sealed perfect for on-the-go. 265mg per tablet

V

\$16.99 each  
\$183.48 case of 12



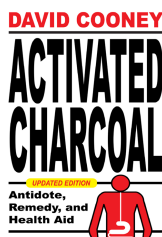
## Charcoal Loose Tablets

x 135tabs

Crushable tablets with no fillers. 265mg per tablet

V

\$22.99 each  
\$248.28 case of 12

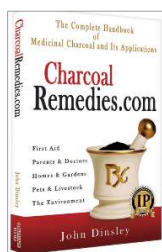


## Activated Charcoal book

102 pgs.

This is a layman's introduction to the effectiveness of activated charcoal as used in medical applications as an oral antidote and remedy for other ailments.

\$15.99 each



## CharcoalRemedies.com book

304 pgs.

A complete handbook of medicinal charcoal and its applications. First Aid, Parents & Doctors, Homes and Gardens, Pets & Livestock, the environment.

\$27.99 each

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