

# ABC Christian Store Food Catalog



To order:

(604) 859-2566

**800-765-6955**

[abc@bcadventist.ca](mailto:abc@bcadventist.ca)

British Columbia

<b>Contents</b>	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 5, 2024

**DIS** = Discontinued

**OOS** = Out of Stock

**LOMA LINDA**



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  
\$115.44 case of 12

**SALE**  
**\$10.10**  
**\$109.08**



**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  
\$289.32 case of 12

**SALE**  
**\$25.73**  
**\$277.92**



**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  
\$151.08 case of 12

**SALE**  
**\$12.96**  
**\$139.92**



LF

**Diced Chik**

x 13 oz  
Loma Linda Low Fat Diced Chik are small cubes with chicken texture.

\$12.99 each  
\$140.28 case of 12

**SALE**  
**\$12.34**  
**\$133.32**



**FriChik - Reg**

x 12.5 oz  
A vegetarian alternative to chicken.

\$12.99 each  
\$140.28 case of 12

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

**LOMA LINDA - CONT'D**



**FriChik - Reg LG**

x 42 oz

A vegetarian alternative to chicken.

\$32.49 each  
\$350.88 case of 12

**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

**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

**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



**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**



**DIS 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**



**DIS Nutolene**

x 14.5 oz

Nutolene is a versatile meat substitute made from peanuts.

\$14.99 each  
\$80.94 case of 6

**V, NG, GF**



**Prime Stakes**

x 13 oz

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

\$12.99 each  
\$140.28 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

LOMA LINDA - CONT'D



V, LF

**Redi-Burger**

x 15 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



**Super Links LG**

x 960 oz  
Super Links are completely meat-free alternative with the same big juicy link of a real hot dog.

\$52.59 each  
\$283.98 case of 6

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

LOMA LINDA - CONT'D



**OOS Vegetable Skallops (New Size)**

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

V, LF

\$11.99 each  
\$129.48 case of 12



**Vegetable Skallops LG**

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

V, LF

\$32.49 each  
\$350.88 case of 12



**Vegetable Steaks (New Size)**

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

V, LF

\$11.69 each  
\$126.24 case of 12

**SALE**

11.15  
120.48



**Vege-Burger (New Size)**

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

V, LF

\$11.69 each  
\$126.24 case of 12



**Vegetarian Burger**

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

V, LF

\$11.69 each  
\$126.24 case of 12



**Vegetarian Burger LG**

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

V, LF

\$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.

\$11.89 each  
\$128.40 case of 12

**LOMA LINDA BLUE**



**Dis**  
Limited offer  
**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-Chai 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

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

**HAPPY VEGGIE**



V

**Vegan Bacon**

x 300g

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

\$8.99 each  
\$80.90 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 = Vegan; LF = Low Fat; GF = Gluten Free; NG = Non-GMO

**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!

V, NG

\$7.49 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



**Vegan Kung Pao Chicken 3Kg**

x 3kg  
Zippy with a bit of spice, this goes great in stir fry for authentic oriental flavours!

V, NG

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



**OOS Vege Fried Prawn**

x 300g  
Vegetarian Fried Prawns from Happy Veggie World!

\$9.99 each  
\$89.90 case of 10



**Vegan Lemongrass Chicken**

x 300g  
Chick'n with a lemony zing! Great in stir fry for authentic oriental flavours!

V

\$7.49 each  
\$67.40 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



**Vegan Poached Eggs**

x 200g  
A tasty Vegan alternative to a poached or fried egg. Great for breakfasts or sandwich toppers

V, NG

\$7.79 each  
\$70.10 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



**Vegan Shrimp**

x 300g  
Captures the look and texture of shrimp in a Vegan option. Put these 'shrimp' on the barby!

V

\$8.99 each  
\$67.40 case of 10



**Vege Stewed Mutton**

x 600g  
Vegan Stewed Mutton Great in stir fry for authentic oriental flavours!

\$15.99 each  
\$143.90 case of 10  
\$71.99 3KG

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



**HAPPY VEGGIE - CONT'D**



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



**Vege Black Pepper Chicken Patty (breaded)**

x454g

\$8.99 each



**Vegan Thai Lemon Chicken**

\$7.99 each



**Vegan Black Pepper Ste'ks**

\$8.99 each  
\$80.90 case of 10

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

**WORTHINGTON**



NG

**Breakfast Sausage**

x 6.4 oz

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

\$8.99 each  
\$64.72 case of 8

**Chic-ketts**

x 1 lbs

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

\$15.29 each  
\$165.12 case of 12

**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

**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

**XL SAUSAGE**



Our vegan breakfast size sausage patty gets it's meaty goodness directly from clean protein-rich plant sources!

\$10.99 eqch  
\$79.12 case of 8



NG

**Dinner Roast**

x 2 lbs

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

\$31.79 each  
\$171.66 case of 6

**SALE**

**\$29.99**  
**\$161.94**

**Deli Slices (7 types)**

x 6.9 oz

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

NG, (Salami & S. Turkey = V)

\$8.99 each  
\$64.72 case of 8



**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  
\$61.12 case of 8



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.

\$25.99 each  
\$93.56 case of 4



NG

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

**WORTHINGTON - CONT'D**



**Leanie's Deli Dog**

x 8.5oz

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

NG

\$8.99 each  
\$64.72 case of 8

**Prosage Roll**

x 16 oz

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

NG

\$14.99 each  
\$161.88 case of 12

**Salami Roll**

x 4 lbs

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

V, NG

\$57.69 each  
\$207.68 case of 4

**Tuna Roll**

x 12 oz

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

V, NG

\$10.49 each  
\$113.28 case of 12

**Turkey Roll (Original Smoked)**

x 4 lbs

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

NG

\$57.69 each  
\$207.68 case of 4

**Ham Roll (Wham)**

x 4 lbs

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

NG

\$57.69 each  
\$207.68 case of 4

**NEW Pepperoni Slices (for pizza)**

x 5.5 oz

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

NG, V

\$10.99 each  
\$79.12 case of 8

**Pepperoni Slices Bulk (for pizza)**

x 2.5 lbs.

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

V, NG

\$42.69 each  
\$153.68 case of 4

**X Burger**

x 8 oz

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

V, NG

\$10.99 each  
\$59.34 case of 6

**NEW Smoked Turkey Roll (Vegan)**

x 4 lbs

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

V, NG

\$57.69 each  
\$207.68 case of 4

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

**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		<b>\$93.84</b>



**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 Rtl**

x 9 oz.

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

\$8.99 each		
\$64.72 case of	8	



**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**



**Meal Starter Chik'n Strips**

x 10oz

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

V, NG

\$8.99 each  
\$48.54 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



**Spicy Black Bean**

x 9.5 oz

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

NG

\$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

MORNING STAR FARMS - CONT'D



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.

\$158.19 each  
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.

\$130.39 each  
2.72 kg case of 1

**SALE**  
125.99



### FS. MSF Grillers

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

\$23.99 each  
\$86.36 case of 4

**SALE**  
22.49  
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**

\$31.99 each  
\$115.16 case of 4

**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

\$8.49 each  
\$91.68 case of 12



**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

\$12.49 each  
\$67.44 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

\$10.49 each  
\$113.28 case of 12



**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



**OOS 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



**Quorn Meatless Grounds**

\$ 10.49 each

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



**Assorted Frozen Cont'd**



**Gardein Crabless Cakes**

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

V, NG

\$11.29 each  
\$81.28 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

V, NG

\$11.29 each  
\$81.28 case of 8



**Gardein Mandarin Orange Chicken**

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

V, NG

\$11.29 each  
\$81.28 case of 8



**Gardein Meatless Meatballs**

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

V, NG

\$11.29 each  
\$81.28 case of 8



**NEW Creative Cuisine Vege Stea**

x 16 oz  
100% Natural, non-soy, vege steak substitute. Great for a Heart Healthy diet and delicious!

V

\$10.49 each  
\$113.28 case of 12



**Gardein Turk'y Cutlets**

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

V, NG

\$11.29 each  
\$81.28 case of 8



**OOS Gardein Ultimate Beefless**

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

V, NG

\$7.99 each  
\$43.14 case of 6



**Gardein Ultimate Burger**

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

V, NG

\$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

### 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 Vinager

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	



### Blaney's Seasoning

x 625g

A low-salt alternative to Chicken, Spicy Chicken, Beef flavourings and Mushroom soup.

**V**

\$15.99 each	
\$172.68 case of 12	



### Blaney's Soup

x 625g

Vegan Tomato soup mix. Low sodium, vegan, CHIP approved.

**V**

**SALE**

\$17.99 each	
\$194.28 case of 12	



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



### 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

\$3.09 each  
\$66.72 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 gravey. Great on Bisquits. 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

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



**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.

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

SALE



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.

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

SALE



V

### Buena 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

### Marshmallows (Vegan)

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

\$8.99 each | 7.99  
\$97.08 case of 12 | 86.28

SALE



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 |

\$11.99 1lb

### Soy Curls Bulk

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

\$143.99 each |  
\$143.99 case of 1 |

V, GF, NG



### Gefen Vegan Jello

x 85 g  
Comes in Cherry, Clear, 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 |

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

Bulk Bagged Goods

**OOS Bakon Bits (Crispy) bulk**

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



**Cashews Small Pcs. Case**

25 lbs	\$109.99	
2 lbs	\$11.99	
4 lbs	\$18.99	



**DIS Better Than Milk bulk**

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

**Gluten Flour bulk**

55 lbs	\$253.17	
5 lbs	\$27.59	



**Burger Chunks bulk**

50 lbs	\$199.99	
2 lbs	\$9.99	
4 lbs	\$17.99	

**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	\$149.00	
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	\$159.99	
2 lbs	\$8.59	
4 lbs	\$14.99	

**Yeast Flakes bulk**



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

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

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.

V, GF, NG

\$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

## Burger Granules Unflavor Caramel Color

2 lb \$8.59



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

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. Flouride 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



### Charcoal Topical Salve

x 2 oz  
The benefits of charcoal in a topical cream. Keep one handy in medicine cabinet or handbag.

\$21.99 each  
\$237.48 case of 12



### Amazing Charcoal booklet

32 pgs. paperback  
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



### 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



### OOS 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

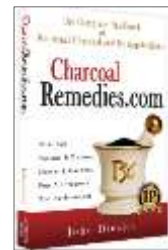
V  
\$22.99 each  
\$248.28 case of 12



### Activated Charcoal book

102 pgs. paperback  
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.

\$16.99 each



### CharcoalRemedies.com book

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

\$27.99 each

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