



# *Food Catalog*

To order, contact us at:  
(604) 859-2566  
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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 July 5, 2024

*Last updated in January 21, 2026*

**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

\$13.39 each  
\$144.60 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

\$58.69 each  
\$316.92 case of 6



V, LF

**Big Franks Low Fat (6 Dogs)**

x 15 oz  
Low fat version of our Big Franks. 8 dogs/can

\$13.39 each  
\$144.60 case of 12



**Chili (New Size)**

x 15 oz  
Meatless Chili with a zesty flavor; made with pinto beans and sustainable plant-based protein!

\$9.29 each  
\$100.32 case of 12



**Chili LG**

x 50 oz  
Meatless Chili with a zesty flavor; made with pinto beans and sustainable plant-based protein!

\$29.69 each  
\$320.64 case of 12

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



**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

\$6.29 each  
\$67.92 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

\$6.29 each  
\$67.92 case of 12



**Choplets (New Size)**

x 13 oz  
Perfect for breading or stir-fry. Just heat and serve.

LF

\$15.69 each  
\$158.76 case of 12



**Diced Chik**

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

LF

\$14.89 each  
\$160.80 case of 12



**FriChik - Reg**

x 12.5 oz  
A vegetarian alternative to chicken.

\$14.89 each  
\$160.80 case of 12



**FriChik - Reg LG**

x 40 oz

A vegetarian alternative to chicken.

\$33.89 each  
\$366.00 case of 12

**FriChik - LF**

x 12.5 oz

A lower fat and cholesterol version of the classic FriChik.

\$14.89 each  
\$160.80 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.

\$14.89 each  
\$160.80 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

\$13.69 each  
\$147.84 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

\$58.99 each  
\$318.54 case of 6



**Little Links**

x 19 oz

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

\$13.69 each  
\$147.84 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.

\$9.49 each  
\$51.24 case of 6

**Nutolene**

x 14.5 oz

Nutolene is a versatile meat substitute made from peanuts.

\$14.69 each  
\$79.32 case of 6

**Prime Stakes**

x 13 oz

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

\$14.89 each  
\$160.80 case of 12

**Prime Stakes LG**

x 40oz

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

\$33.89 each  
\$362.88 case of 12

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



**Redi-Burger**

x 15 oz  
 Beef-flavored burger that's ideal for slicing for sandwiches or crumbling for soups and casseroles.

V, LF

\$13.69 each  
 \$147.84 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!

\$13.69 each  
 \$147.84 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.

\$13.69 each  
 \$147.84 case of 12



**Swiss Stake**

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

\$14.99 each  
 \$161.88 case of 12



**Swiss Stake LG**

x 40oz  
 Heat and serve Loma Linda Swiss Stake with Gravy with a side of mashed potatoes.

\$33.89 each  
 \$366.00 case of 12

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**Tender Bits (New Size)**

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

V

\$15.69 each  
 \$169.44 case of 12



**Tender Rounds (New Size)**

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

\$13.69 each  
 \$147.84 case of 12



**Super Links LG**

x 96 oz  
 Super Links are completely meat-free alternative with the same big juicy link of a real hot dog.

\$58.99 each  
 \$318.54 case of 6



**Vegetable Skallops (New Size)**

x 15 oz

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

V, LF

\$13.69 each  
\$147.84 case of 12



**Vegetable Skallops LG**

x 50 oz

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

V, LF

\$33.89 each  
\$366.00 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

\$13.69 each  
\$147.84 case of 12



**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

\$12.29 each  
\$132.72 case of 12

**SALE**  
**\$8.99**  
**\$97.08**



**Vegetarian Burger**

x 15 oz

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

V, LF

\$13.69 each  
\$147.84 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

\$33.89 each  
\$366.00 case of 12



**Veja-Links**

x 15 oz

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

\$13.69 each  
\$147.84 case of 12

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### ChilliMan Chili

x 425 g

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

\$6.59 each  
\$71.16 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 Chai 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

\$3.89 each  
\$42.00 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

\$5.29 each  
\$57.12 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

\$7.29 each  
\$157.44 case of 24

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## NEW PRODUCTS



### NEW Ve-g-Tapa Tocino

x 350g

A convenient, ready-to-eat vegan tapa tocino alternative, perfect for quick meals, wraps, and rice dishes.

\$9.99 each  
\$107.88 case of 12



### NEW Ve-g-Tapa

x 350g

A savory, plant-based tapa alternative, ideal for breakfast, rice dishes, and wraps.

\$9.99 each  
\$107.88 case of 12



### NEW Ve-g-Gluten Tocino

x 350g

A plant-based gluten tocino with a sweet, savory flavor, perfect for breakfast or lunch.

\$9.99 each  
\$107.88 case of 12



### NEW Ve-g-Burger

x 350g

A perfectly seasoned, plant-based burger for roasts, patties, loaves, and any recipe calling for ground meat.

\$9.99 each  
\$107.88 case of 12



### NEW Ve-g-Choplets

x 350g

Juicy, chicken-flavored vegetarian fillets, perfect for entrees, sandwiches, or frying for a quick treat.

\$9.99 each  
\$107.88 case of 12



### NEW Ve-g-Luncheon Meat

x 350g

A vegan alternative to luncheon meat, perfect for sandwiches, salads, and quick meals.

\$9.99 each  
\$107.88 case of 12



### NEW Ve-g-Meat

x 350g

A versatile, meat-free alternative, perfect for stir-fries, stews, and savory dishes.

\$9.99 each  
\$107.88 case of 12



### NEW Ve-g-Franks

x 350g

A savory, plant-based hot dog alternative seasoned and shaped just like the real Frankfurts.

\$9.99 each  
\$107.88 case of 12



### NEW Ve-g-Sausage

x 350g

Versatile, chicken-flavored vegetarian links, perfect as finger food or a chicken substitute in various dishes.

\$9.99 each  
\$107.88 case of 12

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**Vegan Bacon**

x 300g

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

V

\$9.99 each  
\$89.90 case of 10



**DIS Vegan Chicken Nuggets**

x 454g

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

V

\$15.29 each  
\$137.60 case of 10



**Vegan Citrus Spareribs**

x 300g

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

V, NG

\$7.99 each  
\$71.90 case of 10



**Vegan Citrus Spareribs 3Kg**

x 3kg

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

V, NG

\$68.99 each  
case of 1



**Vegan Crab Sticks**

x 600g

Imitation crab sticks from Happy Veggie World!

V

\$9.49 each  
\$51.24 case of 8



**Vegan Drumsticks**

x 280g

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

V

\$9.99 each  
\$89.90 case of 10



**Vegan Drumsticks 3Kg**

x 3kg

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

V

\$92.99 each  
case of 1



**Vegan Ginger Chicken**

x 300g

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

V, NG

\$7.99 each  
\$71.90 case of 10



**Vegan Ginger Chicken 3Kg**

x 3kg

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

V, NG

\$68.99 each  
case of 1

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**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

\$7.99 each  
\$71.90 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

\$68.99 each  
case of 1



**Vegan Lemongrass Chicken**

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

V

\$7.99 each  
\$71.90 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

\$8.19 each  
\$73.70 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

\$9.69 each  
\$80.90 case of 10



**Vege Beef Balls**

x 600g  
Vegetarian Beef Balls will go great with your next italian night.

\$14.59 each  
\$131.30 case of 10



**OOS Vege Fried Prawn**

x 300g  
Vegetarian Fried Prawns from Happy Veggie World!

\$10.49 each  
\$94.40 case of 10

**Vegan Salty Chicken**

x 290g  
Vegan Salty Chicken. Great in stir fry for authentic oriental flavours!

V

\$9.99 each  
\$89.90 case of 10



**Vege Sesame Beef**

x 300g  
Vegan Sesame Beef With a bit of spice. Great in stir fry for authentic oriental flavours!

\$7.99 each  
\$71.90 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**

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V

### Vegan Sweet & Sour Pork

x 300g

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

\$8.99 each  
\$80.90 case of 10



### Vege Thai Chicken

x 300g

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

\$7.99 each  
\$71.90 case of 10



### Vege Black Pepper Chicken

#### Patty (breaded)

x 454g

\$8.99 each  
\$80.90 case of 10



### Vegan Thai Lemon Chick'n

x 300g

\$7.99 each  
\$71.90 case of 10



### Vegan Black Pepper Ste'ks

x 300g

\$7.99 each  
\$71.90 case of 10

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NG

### Breakfast Sausage

x 6.4 oz

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

\$9.49 each  
\$68.32 case of 8

### Chic-ketts

x 1 lbs

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

\$16.09 each  
\$173.76 case of 12

### Chicken Roll

x 4 lbs

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

\$59.89 each  
\$215.60 case of 4

### Corned Beef Roll

x 4 lbs

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

\$60.59 each  
\$218.12 case of 4

### XL Sausage

x 7.5 oz

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

\$12.69  
\$91.36 case of 8



NG

### Dinner Roast

x 2 lbs

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

\$33.39 each  
\$180.30 case of 6

### 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)

\$9.49 each  
\$68.32 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.

\$9.49 each  
\$68.32 case of 8



NG

### Steaklets

x 10 oz

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

\$9.49 each  
\$68.32 case of 8



NG

### Fri-Pats FS

x 12 pk

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

\$27.39 each  
\$98.60 case of 4



NG

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### Leanies Deli Dog

x 8.5oz

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

NG

\$9.49 each  
\$68.32 case of 8

### Prosage Roll

x 16 oz

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

NG

\$15.79 each  
\$170.52 case of 12

### Salami Roll

x 4 lbs

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

V, NG

\$60.59 each  
\$218.12 case of 4

### Tuna Roll

x 12 oz

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

V, NG

\$10.99 each  
\$118.68 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

\$60.59 each  
\$218.12 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

\$60.59 each  
\$218.12 case of 4

### Pepperoni Slices

NEW (for pizza)

x 5.5 oz

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

NG, V

\$11.59 each  
\$83.44 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

\$44.79 each  
\$161.24 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

\$11.59 each  
\$62.58 case of 6

### Smoked Turkey Roll

NEW (Vegan)

x 4 lbs

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

V, NG

\$60.59 each  
\$218.12 case of 4



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### Bacon Strips

x 5.2oz  
Veggie bacon strips with a great smoky flavor that crisp right up when cooked.

\$9.49 each  
\$102.48 case of 12



### BBQ Chik'n Nuggets

x 13 ct.  
A Vegan take on and American classic. BBQ flavoured crispy nuggets.

V, NG

\$9.49 each  
\$51.24 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

\$9.49 each  
\$51.24 case of 6



### Chik'n Nuggets

x 10.5 oz  
Our vegetarian chik'n nuggets are lightly seasoned and crisped just right.

V, NG

\$9.69 each  
\$52.32 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

\$9.49 each  
\$68.32 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

\$9.49 each  
\$68.32 case of 8



### Garden Veggie Burger

x 9.5 oz.  
Burgers filled with veggies like mushrooms, water chestnuts, onions, carrots & red peppers.

NG

\$9.49 each  
\$68.32 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

\$9.49 each  
\$51.24 case of 6



### Grillers Rtl

x 9 oz.  
Grillers Original Veggie Burgers offer a classic, char-grilled taste & great texture. 4 patties/pack

\$9.49 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

\$9.49 each  
\$68.32 case of 8

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**Meal Starter Chik'n Strips**

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

V, NG

\$9.69 each  
\$52.32 case of 6



**NEW Buffalo Chik'n Patties**

x 10 oz  
Buffalo flavor packed into a crispy, boneless, veggie pattie.

V

\$9.99 each  
\$62.93 case of 7



**DIS Pepperoni Pizza Bites**

x 9.5 oz  
MorningStar Farms® Pepperoni Pizza Bites

V, NG

\$9.49 each  
\$51.24 case of 6



**Sausage Links**

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

\$9.69 each  
\$52.32 case of 6

**Sausage Patties**

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

\$9.69 each  
\$52.32 case of 6



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**Sausage Patties**

**Hot&Spicy**

x 8 oz  
Rise and shine with a bit of spice, and sautee some heat back into breakfast.

\$9.49 each  
\$51.24 case of 6



**Sausage Patties - Maple**

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

\$9.49 each  
\$51.24 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

\$9.49 each  
\$68.32 case of 8



**NEW Fluffy Pancake & Sausage on a Stick**

x 9.7 oz  
Fluffy pancake wrapped around savory plant-based sausage for a fun, portable breakfast

V

\$12.99 each  
\$93.52 case of 8



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

\$9.49 each  
\$68.32 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.

\$9.69 each  
\$52.32 case of 6



V, NG

### Veggie Meatballs

x 10.3oz

Vegan meatballs made with 100% plant protein.

\$9.49 each  
\$51.24 case of 6

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### FS. MSF Sausage Links

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

\$166.09 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.

\$157.49 each  
4.2kg case of 1



### FS. MSF Bacon Strips

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

\$136.89 each  
2.72 kg case of 1



### FS. MSF Grillers

x 12 pk  
Grillers Original Veggie Burgers offer a classic, char-grilled taste & great texture. 4 patties/pack

\$25.19 each  
\$95.96 case of 4



### 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

\$33.59 each  
\$120.92 case of 4

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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

\$12.69 each  
\$91.36 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

\$17.89 each  
\$128.80 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

\$9.49 each  
\$95.40 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

\$8.89 each  
\$96.00 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

\$13.09 each  
\$70.68 case of 6



**Quorn Chik'n Nuggets**

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

NG

\$10.99 each  
\$118.68 case of 12



**Quorn Chik'n Patties**

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

NG

\$10.79 each  
\$116.52 case of 12



**Quorn Meatless Pieces**

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

NG

\$10.99 each  
\$118.68 case of 12



**Quorn Meatless Roast**

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

NG

\$19.49 each  
\$210.48 case of 12



**OOS Quorn Sausage Patties**

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

NG

\$10.79 each  
\$116.52 case of 12

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

Assorted Frozen Cont'd



**Vegan Beefy Ribs**

x 7oz

A tasty vegan beef ribs alternative, can be used as a substitute for beef in a variety of meals

V

\$13.59 each  
\$73.38 case of 6



**NEW Vegan Chicken Nuggets Original**

x 8oz

A tasty plant-based, chicken nuggets bite sized snack, perfect for shareable snacking.

V

\$13.59 each  
\$73.38 case of 6



**NEW Vegan Extra Crispy Fried Chicken**

x 8oz

A tasty plant-based, extra crispy fried chicken—a perfect alternative for meals

V

\$13.59 each  
\$73.38 case of 6



**Quorn Meatless Grounds**

x 12 oz

\$10.99 each  
\$113.28 case of 12

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

**Assorted Frozen Cont'd**



**Gardein Crabless Cakes  
Gardein Crispy Chik'n Patty**

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

V, NG

\$11.89 each  
\$85.60 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

\$11.89 each  
\$85.60 case of 8



**Gardein Mandarin Orange Chicken**

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

V, NG

\$11.89 each  
\$85.60 case of 8



**Gardein Meatless Meatballs**

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

V, NG

\$11.89 each  
\$85.60 case of 8



**Gardein Home Style Beefless Tips**

x 8.8 oz  
These taste and tender vegan "beef" tips offer hearty protein. Vegan, Non-GMO

V, NG

\$11.89 each  
\$85.60 case of 8



**NEW Creative Cuisine Vege Steak**

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

V

\$10.99 each  
\$118.68 case of 12



**Gardein Turk'y Cutlets**

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

V, NG

\$11.89 each  
\$85.60 case of 8



**OOS Gardein Ultimate Beefless S**

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

V, NG

\$8.49 each  
\$45.84 case of 6



**Gardein Ultimate Burger**

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

V, NG

\$10.09 each  
\$72.64 case of 8



**PON West African Peanut St**

x 580g  
This hearty stew is perfect for busy days, with sweet yams and peanut butter that satisfy and delight.

\$13.59 each  
\$13.59 case of 1

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Assorted Frozen Cont'd



**PON Lentil Almond Veggie  
Loaf with Miso Gravy**

x 680g

Revive this classic with your favorite sides—try it with mixed greens, in a wrap, or in a sandwich.

\$35.69 each



**PON Lentil Mushroom  
Walnut Meatballs**

x 100oz

Enjoy as an appetizer, on spaghetti squash, zucchini noodles, pasta, in a sub, or on pizza.

\$13.59 each



**PON Yam-Black Bean Burger w/ BBQ Sauce**

x 125g

Grill or bake those patties. This oil free meal option won't let you down in taste and texture.

\$29.39 each

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Gravy, Seasonings, and Soups



**Bacon Hickory Yeast**

x 3.5 oz

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

\$16.29 each  
\$175.92 case of 12

**Blaney's Seasoning**

x 625g

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

\$16.89 each  
\$182.40 case of 12

**Blaney's Soup**

x 625g

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

\$18.99 each  
\$205.08 case of 12

**Bragg Liquid Aminos 1Pt**

x 16 oz

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

NG

\$11.99 each  
\$129.48 case of 12

**Bragg Liquid Aminos Med.**

x 32 oz

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

NG

\$18.19 each  
\$196.44 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

\$59.89 each  
\$215.60 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

\$14.19 each  
\$153.24 case of 12



V



V



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### Butler Chik-Style Seasoning

x 10.75oz

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

\$12.69 each  
\$137.04 case of 12



### George Washington Broth

x 1.1 oz

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

\$3.29 each  
\$71.04 case of 24



### Leahey Gravy Golden/Brown

x 480g

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

GF, V

\$11.59 each  
\$125.16 case of 12



### Leahey Gravy Mushroom

x 320g

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

GF, V

\$12.69 each  
\$137.04 case of 12



### Mayacamas Brown Gravy

x 0.7oz

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

GF, V

\$2.39 each  
\$25.80 case of 12



### Mayacamas Chicken Gravy

x .75oz

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

GF, V

\$2.39 each  
\$25.80 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

\$2.39 each  
\$25.80 case of 12



### Mayacamas Turkey Gravy

x .75oz

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

GF, V

\$2.39 each  
\$25.80 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

\$21.09 each  
\$227.76 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

\$14.79 each  
\$159.72 case of 12



**SALE Veg Ex Chick Seasoning**

x 170g

All natural Chicken-like seasoning. In shaker canister.

V

\$10.99 each  
\$118.68 case of 12



**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

\$20.69 each  
\$223.44 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

\$23.19 each  
\$166.96 case of 8



**Veg Ex 24/7 Saucy Ranch**

x 9.1 oz

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

V

\$23.19 each  
\$166.96 case of 8

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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.

\$10.49 each  
\$56.64 case of 6



NG

**Akava**

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

\$13.69 each  
\$147.84 case of 12



V, NG

**Roma**

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

\$15.89 each  
\$85.80 case of 6



**SALE Postum Original/Cocoa Blend**

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

\$23.09 each  
\$124.68 case of 6

**SALE**

18.99  
102.54



V

**Bueno Coffee Alternative**

x 7 oz  
Enjoy this natural, caffeine-free 'coffee' from chickpeas. Creamy Hazelnut or Pecan Praline.

\$11.59 each  
\$125.16 case of 12



V

**Marshmallows (Vegan)**

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

\$9.49 each  
\$102.48 case of 12



**#### Soy Curls**

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

V, GF, NG

\$8.39 each  
\$135.90 case of 18

**\$11.99 1lb**



V, GF, NG

**Soy Curls Bulk**

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

\$151.19 each  
\$151.19 case of 1



**Gefen Vegan Jello**

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

\$4.19 each  
\$90.48 case of 24



**Garden Jello & Pudding**

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

\$4.19 each  
\$90.48 case of 24

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



## Haskap Juice 375mL

x 375 mL

A rich, sweet-and-tangy drink. Great alone or with mixers like apple juice or ginger ale.

\$26.29 each

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

**Bulk Bagged Goods**

**OOS Bakon Bits (Crispy) bulk**

25 lbs	\$133.09	2 for \$5.39 ea
1 lbs	\$6.29	



**Cashews Small Pcs. Case**

25 lbs	\$143.89	
2 lbs	\$13.69	
4 lbs	\$23.09	



**DIS Better Than Milk bulk**

25 lbs	\$562.49	<b>SALE</b>
2 lbs	\$54.09	
4 lbs	\$98.49	

**SALE**  
~~\$449.99~~  
**43.272**  
**78.792**

**Gluten Flour bulk**

55 lbs	\$265.79	
5 lbs	\$28.99	



**Burger Chunks bulk**

50 lbs	\$209.99	
2 lbs	\$10.49	
4 lbs	\$18.99	



**Jerky Meatless bulk**

5 lbs	\$151.19	<b>OOS</b>
0.5 lbs	\$17.89	

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



**Burger Granules bulk**

25 lbs	\$157.59	
2 lbs	\$15.79	
4 lbs	\$27.29	



**McKays Chicken Seasoning Bulk**

100 lbs	\$829.49	
1 lb	\$12.59	
2 lbs	\$20.99	

V, GF, NG



**Burger Granules No color/flavor bulk**

50 lbs	\$199.49	
2 lbs	\$8.99	
4 lbs	\$15.79	



50 lbs	\$772.79	
1 lb	\$17.89	
2 lbs	\$33.59	

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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

\$3.49 each  
\$75.36 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

\$10.49 each  
\$113.28 case of 12



**Noble Jerky**

x 70g  
A savory, dried soya snack that's a great jerky alternative. Available in: Sweet BBQ, Chipotle, Teriyaki

\$7.39 each



**Sesame Pucks**

x 135g  
Delicious Crunchy Candy on A Tapioca Wafer

\$4.19 each  
\$4.19 case of 1



**Haskap Jam 250mL**

x 250 mL  
A rich, sweet-and-tart spread. Perfect on toast, as a topping for ice cream, or mixed into yogurt.

\$11.59 each



**Vegan Rob's Dragon Puffs**

x 99g  
Think cheese puffs but with kickin' heat and a touch of sweetness. Delicious!

V, GF, NG

\$7.89 each  
\$85.20 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

\$1.99 each  
\$89.50 case of 50

**Burger Granules Unflavor Caramel Color**



2 lb \$8.59



**Dried Mango**

x 200g  
Sweet and Tangy Dried Mangos

\$5.79 each  
\$5.79 case of 1



**Olives, Lindsay (green ripe)**

x 6 oz  
Lindsay's green olives are firm, smooth, buttery, and bursting with flavor!

\$7.89 each  
\$85.20

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Miscellaneous



## LaLuna Protein Donuts

x 200g

Delicious handcrafted, gluten-free donuts packed with protein. Comes in Chocolate, Cinnamon or Salted

\$9.99 each

**SALE**

6.99

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Miscellaneous



**Charcoal Powder**

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

\$24.49 each  
\$220.40 case of 10



**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.

\$23.09 each  
\$249.36 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 320**

x 125caps  
Coconut husk charcoal in vegan capsules. Now larger 320mg per capsule

V  
\$24.99 each  
\$269.88 case of 12



**Charcoal Tablets**

x 60tabs  
Crushable tablets individually sealed perfect for on-the-go. 265mg per tablet

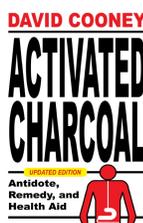
V  
\$18.89 each  
\$204.00 case of 12



**Charcoal Loose Tablets**

x 135tabs  
Crushable tablets with no fillers. 265mg per tablet

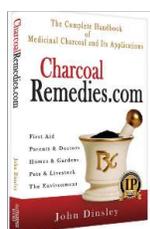
V  
\$24.49 each  
\$264.48 case of 12



**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

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