



Food Catalog

To order, contact us at:
(604) 859-2566
abc@bcadventist.ca

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 May 29, 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

\$12.29 each
\$132.72 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

\$56.89 each
\$307.20 case of 6



V, LF

Big Franks Low Fat (6 Dogs)

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

\$12.29 each
\$132.72 case of 12



Chili (New Size)

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

\$8.66 each
\$93.48 case of 12



Chili LG

x 40 oz
Meatless Chili with a zesty flavor; made with pinto beans and sustainable plant-based protein!

\$25.47 each
\$275.04 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



LF

Choplets (New Size)

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

\$14.69 each
\$158.76 case of 12



LF

Diced Chik

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

\$13.89 each
\$150.00 case of 12



FriChik - Reg

x 12.5 oz
A vegetarian alternative to chicken.

\$13.69 each
\$147.84 case of 12

**FriChik - Reg LG**

x 40 oz

A vegetarian alternative to chicken.

\$32.69 each
\$353.04 case of 12



LF

FriChik - LF

x 12.5 oz

A lower fat and cholesterol version of the classic FriChik.

\$13.69 each
\$147.84 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.

\$13.89 each
\$150.00 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

\$13.29 each
\$143.52 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

\$57.69 each
\$311.52 case of 6



V

Little Links

x 19 oz

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

\$13.29 each
\$143.52 case of 12

OOS **Nutmeat**

x 14.5 oz

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

V, NG

\$13.29 each
\$71.76 case of 6

**Nutolene**

x 14.5 oz

Nutolene is a versatile meat substitute made from peanuts.

V, NG, GF

\$13.29 each
\$71.76 case of 6

**Prime Stakes**

x 13 oz

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

\$13.89 each
\$150.00 case of 12

**Prime Stakes LG**

x 40oz

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

\$32.69 each
\$353.04 case of 12

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



V, LF

Redi-Burger

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

\$13.29 each
\$143.52 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!

\$13.29 each
\$143.52 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.

\$13.29 each
\$143.52 case of 12



Swiss Stake

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

\$13.89 each
\$150.00 case of 12



Swiss Stake LG

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

\$32.69 each
\$353.04 case of 12

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V

Tender Bits (New Size)

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

\$14.69 each
\$158.64 case of 12



Tender Rounds (New Size)

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

\$13.29 each
\$143.52 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.

\$57.69 each
\$311.52 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

\$13.29 each
\$143.52 case of 12



Vegetable Skallops LG

x 40 oz
A vegetarian protein alternative to scallops, with mild seasoning, both versatile and tasty.

V, LF

\$32.69 each
\$353.04 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

\$13.29 each
\$143.52 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

\$13.29 each
\$143.52 case of 12



Vegetarian Burger

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

V, LF

\$13.29 each
\$143.52 case of 12



Vegetarian Burger LG

x 40 oz
A tasty meatless alternative to ground meat; all the protein, none of the guilt.

V, LF

\$32.69 each
\$353.04 case of 12

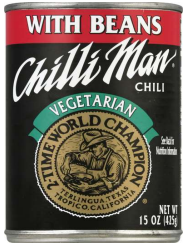


Veja-Links

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

\$13.29 each
\$143.52 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

\$3.99 each
\$86.16 case of 24



Curry Chai Pow Yu

x 10 oz

Braised gluten in yellow curry sauce

V, NG

\$3.99 each
\$86.16 case of 24



Mock Chicken

x 10 oz

Braised bean curd

V, NG

\$3.99 each
\$86.16 case of 24



Tuno

x 5 oz

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

\$4.25 each
\$45.96 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

\$3.99 each
\$86.16 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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V

Vegan Bacon

x 300g

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

\$9.99 each
\$89.90 case of 10



V

Vegan Chicken Nuggets

x 454g

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

\$15.29 each
\$137.60 case of 10



V, NG

Vegan Citrus Spareribs

x 300g

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

\$7.99 each
\$71.90 case of 10



V, NG

Vegan Citrus Spareribs 3Kg

x 3kg

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

\$68.99 each
case of 1



V

Vegan Crab Sticks

x 600g

Imitation crab sticks from Happy Veggie World!

\$13.29 each
\$71.76 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'.

\$92.99 each
case of 1



V, NG

Vegan Ginger Chicken

x 300g

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

\$7.99 each
\$71.90 case of 10



V, NG

Vegan Ginger Chicken 3Kg

x 3kg

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

\$68.99 each
case of 1

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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.

\$65.59 each
\$236.12 case of 4

Corned Beef Roll

x 4 lbs

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

\$65.59 each
\$236.12 case of 4

XL Sausage

x 7.5 oz

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

\$12.69
\$91.36 case of 8



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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



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.

\$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.

\$17.79 each
\$192.12 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

\$65.59 each
\$236.12 case of 4

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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.

\$65.59 each
\$236.12 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



V, NG

XBurger

x 8 oz

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

\$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

\$65.59 each
\$236.12 case of 4



Bacon Strips

x 5.2oz

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

\$9.59 each
\$103.56 case of 12



BBQ Chik'n Nuggets

x 13 ct.

A Vegan take on an 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

\$9.99 each
\$71.92 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

PRICE DROP!



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
\$85.40 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

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Assorted Frozen Cont'd



V

Vegan Beefy Ribs

x 7oz
A tasty vegan beef ribs alternative, can be used as a substitute for beef in a variety of meals

\$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

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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 Sl

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



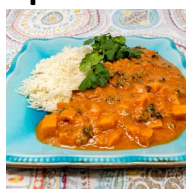
Gardein Ultimate Burger

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

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

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

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.

\$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.

V

\$16.89 each
\$182.40 case of 12



Blaney's Soup

x 625g
Vegan Tomato soup mix. Low sodium, vegan, CHIP approved.

V

\$18.99 each
\$205.08 case of 12

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



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

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.

\$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 gravy. 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

\$26.84 each
\$289.92 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 Sprinkles
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

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	18.99
\$124.68	case of	102.54

SALE



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

\$8.99	each	
\$145.62	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

V, GF, NG

\$196.98	each	
\$196.98	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



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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	
1 lbs	\$6.29	2 for \$5.39 ea



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	SALE
2 lbs	\$54.09	\$449.99
4 lbs	\$98.49	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	OOS
0.5 lbs	\$17.89	
Flavours: BBQ, Bacon, Spicy		
Chicken*, Pepperoni*,		
Tandori, 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	\$920.99	
1 lb	\$10.99	
2 lbs	\$19.99	



V, GF, NG



Burger Granules No color/flavor bulk

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

50 lbs	\$964.00	
1 lb	\$19.89	
2 lbs	\$37.59	



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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

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LaLuna Protein Donuts

x 200g
Delicious handcrafted, gluten-free donuts packed with protein. Comes in Chocolate, Cinnamon or Salted

	SALE
\$9.99 each	6.99

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

\$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

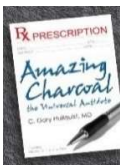


Charcoal Topical Salve

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

\$24.99 each
\$269.88 case of 12



Charcoal Tablets

x 60tabs

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

\$18.89 each
\$204.00 case of 12



Charcoal Loose Tablets

x 135tabs

Crushable tablets with no fillers. 265mg per tablet

\$24.49 each
\$264.48 case of 12

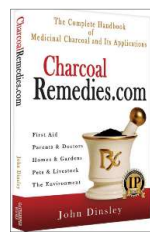


Activated Charcoal book

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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