

Mon.-Frid. 8:30-6:00
 Saturday 9:00-noon
Retail Food List
 Updated: May 8, 2012



FOOD ITEM	SIZE	PRICE	SIZE	PRICE
BREAKFAST CEREALS AND FOODS				
7 Grain Porridge	1kg	\$5.60	12kg	\$48.25
Almond Butter	500g	\$13.45		
Buckwheat porridge	0.5kg	\$4.00		
Corn Flakes/Mesa Sunrise	750g	\$9.85	Case of 6	\$52.00
Cream of Rice Cereal	0.5kg	\$3.75		
Granola-Cran Almond	350g	\$5.10		
Granola-Ginger/Hemp	1kg	\$15.20	11.34kg	\$123.00
Hazelnut Spread	350g	\$7.00	250g	\$7.00
Jams, various flavours	235g	\$4.15		
Peanut Butter-assorted	0.5kg	\$6.75		
Tahini	0.5kg	\$7.75	Case 12	\$90.00
BAKING SUPPLIES				
All Spice	26g	\$4.45		
Almond Extract	118ml	\$7.00		
Baking Chocolate	200g	\$7.45		
Baking Powder-no alu. **	500g	\$4.50		
Cinnamon, ground	69g	\$6.10		
Cloves-whole	31.7g	\$5.15		
Coconut Milk	400ml	\$2.70		
Cornstarch	454g	\$7.25		
Garlic Powder	103g	\$7.25		
Ginger-Crystalized	150g	\$4.85		
Ginger-ground	46.5g	\$6.45		
Mustard-ground	38g	\$3.30		
Nutmeg-whole	32g	\$4.25	Ground	\$5.50
Potato Starch**	680g	\$5.75	Case of 6	\$29.85
Savory	30g	\$3.20		
Tapioca Pearls	500g	\$3.25		
Tumeric	30g	\$2.75		
Vanilla Extract	118ml	\$9.70	Yeast	\$1.50
Xanthan Gum**	500g	\$16.00	5kg	\$126.00
DAIRY PRODUCTS - FROZEN & REFRIGERATED FOODS*				
Butter, salted or not	454gr	\$10.25	Case of 15	\$150.00
Cheese-Emmental slice	0.180kg	\$6.50		
Cheese-Med. Cheddar	0.325kg	\$9.50	0.340kg	\$11.15
Cheese-Mild Cheddar	325g	\$8.80	340g	\$11.50
Cheese - Mozzarella	0.325kg	\$8.95	0.340kg	\$11.00
Cheese - Old Cheddar	0.325kg	\$9.50	0.340kg	\$11.85
Ice cream, Mapleton's	476ml	\$7.30	11.4L*	\$94.50
Kefir-Reg.#	1L	\$6.25		
Milk-Skim, 1%,2%, 3.8%* (2L cartons)	\$3.85/1L	\$6.85/2L	\$6.85/2L	\$8.15/2L
Sour Cream	500ml	\$4.50		
Tofu	500g	\$2.55		
Yogurt-Mapleton	750ml	\$4.60		
Yogurt-Pinehedge#	1L	\$6.25		
#\$2.00 bottle & \$1.00jar deposit included				
<i>*Dairy products available upon request. Please call two weeks in advance!</i>				
DRIED FRUIT				
Apricots-Turkey	0.5kg	\$8.99	12.5kg	\$160.00
Cranberries w/cane sugar	0.25kg	\$5.15(*)	11.34kg	\$165.75(*)
Figs, Black Mission	0.5kg	\$9.30	13.7kg	\$181.00
Medjool Dates-USA	0.5kg	\$11.25	4.98 kg	\$78.15
Prunes-USA	0.5kg	\$8.70	13.7kg	\$168.50
Raisins, Sultanas-Tur.	1kg	\$8.25	12.5kg	\$74.10
Raisins, ThompsonUS	1kg	\$8.15	13.6kg	\$79.35
Tomatoes, sundried	0.25kg	\$10.00	2kg	\$70.00
FLOUR				

7-Grain Flour	1kg	\$6.00	Millet Flour	\$6.35
All-Purpose, unbl'd	1.5kg	\$6.00	10kg	\$29.35
All-Purpose, unbl'd*	22.68kg	\$58.75		
Buckwheat -whole	1kg	\$4.45	10kg	\$31.70
Cornmeal	1kg	\$4.75	5kg	\$17.00
Hard white/ no germ	1.5kg	\$6.00	10kg	\$26.75
Hard white/ no germ	22.7kg	\$58.75		
Hard white/ with germ	1.5kg	\$6.00	10kg	\$28.50
Hard white/ with germ	25kg	\$65.00		
Hard whole wheat	1.5kg	\$3.75	10kg	\$18.30
Hard whole wheat	25kg	\$45.00		
Kamut	1kg	\$5.25	10kg	\$37.60
Oat	1kg	\$4.75	12kg	S.O.
Quinoa Flour	1kg	\$16.90		
Rice flour-whole grain	1kg	\$4.50	10kg	\$34.35
Rice flour-white	1kg	\$11.30	10kg	\$70.15
Rye	1kg	\$2.40	10kg	\$17.15
Soft white -Pastry	1.5kg	\$5.60	10kg	\$27.00
Soft whole-Pastry	1.5kg	\$4.90	10kg	\$27.00
Sorghum Flour	623g	\$5.45		
Spelt-light	1kg	\$4.00	10kg	\$32.00
Spelt-light	20kg	\$57.45		
Spelt whole	1kg	\$3.90	10kg	\$27.20
Spelt whole	25kg	\$67.15		
Tapioca Flour	500g	\$6.00		
<i>Most flours are available in 20-25kg bags. Call at least 2 weeks ahead to give us time to bring it in fresh!</i>				
GRAINS				
Barley - pearled	1kg	\$2.90	22.7kg	\$46.65
Barley - pot, hulled	1kg	\$2.60	22.7kg	\$42.00
Buckwheat Grain	1 kg	\$2.50		
Buckwheat groats Chi.	1kg	\$6.45	22.7kg	\$60.00
Buckwheat Hulls (*)	10.43 kg	\$16.00(*)		(23 lbs)
Bulgur	0.5kg	\$2.45		
Couscous	0.5kg	\$5.85	Box	\$25.00
Flax seed, brown	0.5kg	\$2.15	22.7kg	\$65.10
Flax seeds, golden	0.5kg	\$2.20	22.7kg	\$70.00
Hemp Seeds	340g	\$15.00		
Kamut kernels	1kg	\$3.50	22.7kg	\$55.50
Millet - hulled	1kg	\$3.00	22.7kg	\$45.25
Oat bran	0.5kg	\$2.95	12kg	\$50.60
Oat Flakes-Large	1kg	\$4.20	12kg	\$34.90
Oat Flakes-Large	20kg	\$60.15		
Oat Flakes-Quick	1kg	\$4.20	12kg	\$35.80
Oat Flakes-Quick	20kg	\$60.15		
Oat groats, stabilized	1kg	\$3.40	22.7kg	\$55.00
Oats - steel cut	0.5kg	\$2.30	12kg	\$39.00
Popcorn	1kg	\$4.00	22.7kg	\$65.00
Pumpkin Seeds	0.25kg	\$6.95	25kg	\$496.40
Quinoa	1kg	\$9.50	11.34kg	\$77.20
Quinoa, Royal White	11.34kg	\$86.45		
Rye flakes	0.5kg	\$2.50	Case 8	\$19.00
Rye kernels	1kg	\$2.25	22.7kg	\$26.50
Sesame seed, dehulled	0.5kg	\$4.85	22.7kg	\$227.00
Sesame seed, whole	0.5kg	\$5.50	11.34kg	\$81.10
Spelt kernels	1kg	\$3.25	12kg	\$27.75
Sunflower, dehulled	0.5kg	\$3.00	11.34kg	\$45.00
Wheat kernels - hard	1kg	\$2.30	22.7kg	\$35.15
Wheat kernels - soft	25kg	\$34.70		
Wheat bran	0.5kg	\$1.00	10kg	\$14.25
Wheat germ	250g	\$4.50		
HEALTH & BEAUTY AIDS**				
Body Wash Ass't	325 ml	\$8.50 (*)	Conditioner	\$9.70 (*)
Deodorant-Ass't'd	50g	\$5.40 (*)	Face Cream	\$12.95 (*)

Toll free: 1-877-984-0480 ext 221
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Hand Balm	40g	\$8.30 (*)	Facial Clean.	\$12.29 (*)
Hand/Body Lotion	240ml	\$10.45 (*)	Lip Balm	\$3.50 (*)
Shampoo-Ass't'd	325ml	\$9.00 (*)	Soap,foaming	\$7.05 (*)
Toothpaste-various	75ml	\$4.60 (*)		
Sunscreen SPF 30	90ml	\$17.65(*)		
JUICES				
Apple Juice	300ml	\$1.85		
Fruit Sodas-ass't	355ml	\$1.95 (*)	12 bottles	\$22.30 (*)
Lemon Limeade/Orang	311ml	\$1.75(*)		
Orange Mango Juice	355ml	\$2.20		
MAPLE SYRUP & HONEY				
Maple Syrup	540ml	\$11.30		
Organic Honey-raw	500g	\$10.90		
NUTS				
Almonds-Spain	0.5kg	\$10.25	25kg	\$360.00
Cashews – pieces	0.5kg	\$8.00	22.7kg	\$363.95
Cashews-whole	0.5kg	\$15.70	22.7kg	\$508.00
Coconut, Desiccated	0.5kg	\$5.00	11.34kg	\$81.30
Pistachios, salted-USA	0.5kg	\$16.70(*)	11.34kg	\$270.00 (*)
Walnuts -USA	0.5kg	\$16.40	13.6kg	\$265.90
OILS & VINEGAR				
Apple Cider Vinegar	.946ml	\$7.60	3.8L	\$25.00
Balsamic Vinegar	0.5L	\$12.65	3.0L	\$84.50
Canola oil	.750L	\$13.75		
Coconut Oil	.908kg	\$20.00		
Flax oil-Special Order	0.25L	\$7.15	<i>Larger size Special Order</i>	
Olive oil-Fruity	.750L	\$19.00	Delicate	\$15.00
Safflower oil	0.5L	\$12.00		
Sunflower oil	0.5L	\$7.85		
PASTA				
Brown Rice-various	0.5kg	\$6.65	4.5kg	\$43.15
Brown Rice -lasagne	0.5kg	\$6.75	4.5kg	\$43.75
Kamut – various	454-500g	\$5.35	5-10kg	\$30.65-71.80
Kamut/Veg. Spirals	0.5kg	\$6.35	5kg	\$45.50
Quinoa/Rice –var.	0.227kg	\$4.00	12/case	\$40.00
Rice & Amaranth Penn	0.227kg	\$4.00	12/Case	\$42.00
Spelt- various	454-500g	\$5.00	4-10kg	\$32.95-\$78
Spinach-assorted	230g	\$3.50	340g	\$4.20
Spinach Spaghetti	0.3kg	\$3.70	5kg	\$28.50
Vegetable-Alegria	350g-500g	\$3.70-\$4.00	Felicity,500g	\$4.25
Vegetable –Bioitalia	0.5kg	\$5.40		
Whole Wheat-various	454g	\$4.25	5.448kg	\$45.00
PRESERVED FOODS				
Canned beans, ass't	540ml	\$3.00	Cs (12)	\$34.25
Canned tomatoes-ass't	796ml	\$3.00	Cs.(12)	\$34.45
Dips & Gravies	19.9g-42.5g	\$2.10	Ass't Chili	\$2.10
Fajita mix/Sloppy Joe	28g	\$2.25	40g	\$2.10
Frozen Vegetables	500ml	\$4.90		
Ketchup	575ml	\$3.90	BBQ Sauce	\$5.25
Pasta sauces	700ml	\$4.50	Cs (12)	\$42.10
Pesto	140ml	\$6.55	Cs (12)	\$72.50
Tamari sauce	592ml	\$8.90		
Tapioca Starch	0.25kg	\$3.50	Case of 6	\$18.50
Tomato Paste	156ml	\$1.25	Cs (24)	\$29.00
PULSES				
Black turtle beans	1kg	\$4.40	11.34kg	\$35.40
Chick peas	1kg	\$5.10	11.34kg	\$41.15
Lentils, French	1kg	\$5.70	22.7kg	\$168.65
Lentils, green	1kg	\$4.60	22.7kg	\$74.65
Lentils, red split	1kg	\$5.50	11.34kg	\$44.50
Mung beans	1kg	\$8.10	11.34kg	\$65.60
Navy beans	1kg	\$3.90	11.34kg	\$31.30
Peas – Green split	1kg	\$2.90	22.7kg	\$46.90

Peas – Yellow split	1kg	\$3.00	22.7kg	\$48.10
Pinto beans	1kg	\$6.10	11.34kg	\$49.15
Red Kidney beans	1kg	\$4.90	11.34kg	\$39.90
Soybeans	1kg	\$2.05	25kg	\$37.00
RICE				
Basmati- Brown Rice	1kg	\$7.15	11.34kg	\$52.85
Basmati- White Rice	1kg	\$7.50	11.34kg	\$60.75
Jasmine- White Rice	1kg	\$8.25	25kg	\$108.25
Long Grain- Brown	1kg	\$3.30	25kg	\$59.00
Wild Rice	0,5kg	\$11.75	22.7kg	\$384.65
SALT & SPICES				
Bay leaves, whole	14g	\$1.05	454g	\$23.20
Black Pepper-grnd/whol	44.2g	\$4.50	75g	\$4.75
Cardamom Seeds	28g	\$3.90	Caraway seed	\$3.45
Cayenne Pepper	32.6g	\$4.05		
Dill Flakes	14.2g	\$3.95		
Grilling Spice & Rub	50.7g	\$4.29	Onion Ground	\$3.35
Paprika	36g	\$4.10	Onion granul	\$3.50
Parsley Flakes	7g	\$3.15	Peppercorn/wh	\$3.05
Red Peppers, crushed	68g	\$5.00	Rosemary	\$2.65
Sea salt – coarse grey**	0.5kg	\$2.85	5kg	\$13.05
Sea salt – fine grey**	0.5kg	\$3.35	5/10kg	\$25.85/58.35
Thyme	12.2g	\$3.65		
SNACKS				
Almonds- S & R	200g	\$5.40 (*)	-Tamari, 125g	\$4.25 (*)
Cashews, Milk Choco	120g	\$6.95 (*)	Cashew, S R	\$4.20(*)
Candy, Tins Lemon or Mint	50g	\$3.85 (*)		
Chocolate Bars-Ass't	32/35g	\$1.50/2.50(*)	100g-80g	\$4.30-4.75(*)
Cookies-Assorted	155g	\$5.75	198g	\$6.00
Cool Hemp Cookies	60g	\$2.00 (*)	Chia/Ginger	\$2.00(*)
Crackers-asst. flavours	184g	\$5.50		
Crackers-Nut Thins**	120g	\$3.50	Spelt, 120g	\$3.25
Läraryar** (various)	51g	\$2.25 (*)	16 bars	\$30.50(*)
Oskri Bars** (ass't)	53g	\$2.00 (*)	Coconut bar	\$2.55 (*)
Popcorn, Microwave	297g	\$3.60		
QuePasaTortilla chips	454g	\$4.50 (*)	Salted, yellow	
Quinoa Crunchies-asst	85g	\$4.00 (*)	Cs/6	\$19.70
Salsa, assorted	430ml	\$4.75	Cs./12	\$31.75
Whistler Chocolates	80g	\$4.45 (*)		
SPROUTING SEEDS				
Alfalfa Seeds	350g	\$7.95		
Arugula	125g	\$4.20	Cress	\$5.25
Broccoli Blend	100g	\$4.60		
Fenugreek	125g	\$3.50		
Mustard seed	250g	\$3.25		
Radish seed Daikon	100g	\$3.00		
Red Clover seed	100g	\$1.70		
Sprouters	1 unit	\$20.00(*)	Tony Hornick model	
Sunflower Seeds	150g	\$4.00	Black only	
SUGAR, TEA & COFFEE				
Agave Syrup	652ml	\$8.60	Stevia 113g	\$32.00
Brown Rice Syrup	596ml	\$7.65	Fructose**	\$5.00
Hot Chocolate- Asst.	275-336g	\$7.20	Cocoa 225g	\$6.80
Hot Chocolate-chili	275g	\$6.00		
Instant Org. Coffee	100g	\$7.45		
MountainPath Coffees	454g	\$13.75	De-caf	\$15.80
MountainPath Coffees	2.27kg	\$58.75	De-caf	\$70.00
Stash Teas	18bags	\$4.50	24 bags	\$9.50
Sugar– Golden	1kg	\$4.45	25kg	\$70.00
Sugar – Sucanat	1kg	\$7.80	22.7kg	\$139.00

Retail Food Notes: (*) HST applies/TVH en sus (**): Not organic/ Pas biologique
1. Prices are subject to change without notice.
2. Retail discount over \$300 before tax: 4% on pickup if paid COD (no credit cards).
Buying clubs over \$500 before dairy & tax: 10% on pickup, COD (no credit cards).
Wholesale discount to retail food stores over \$300.

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3. Sp. Or. –Special Order, Call 2 weeks in advance.

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