



# Wildwood

N A T U R A L F O O D M A R K E T

## Product Catalog

[wildwoodnaturalfood.com](http://wildwoodnaturalfood.com)

# Contact

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Herb store & phone orders

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# Hours

Sunday: 3pm - 6pm

Monday: 10am - 6pm

Tuesday: 10am - 6pm

Wednesday: 10am - 6pm

Thursday: 10am - 7pm

Friday: 10am - 1pm

Saturday: Closed

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# BEANS



VID#	PLU#	DESCRIPTION	SIZE/lbs.
1020	15806	ADZUKI BEANS, ORG	1 lb
1020	19459	ADZUKI BEANS, ORG	25 lb
<b>BLACK BEANS</b>			
1039	15810	BLACK BEANS	2 lb
1039	19119	BLACK BEANS	5 lb
1039	25332	BLACK BEANS	25 lb
1039	30005	BLACK BEANS	50 lb
1040	15812	BLACK BEANS, ORG	2 lb
1040	21003	BLACK BEANS, ORG	5 lb
1040	19792	BLACK BEANS, ORG	25 lb
<b>BLACK-EYED PEAS</b>			
1029	15807	BLACK-EYED PEAS	2 lb
1029	18913	BLACK-EYED PEAS	25 lb
1030	15808	BLACK-EYED PEAS, ORG	2 lb
1030	13874	BLACK-EYED PEAS, ORG	25 lb
<b>CHILI BEANS</b>			
1160	15832	CHILI BEANS, SMALL, ORG	2 lb
1160	18744	CHILI BEANS, SMALL, ORG	25 lb
1050	15813	FAVA BEANS, ORG	1 lb
<b>GARBONZO BEANS</b>			
1079	15815	GARBANZO BEANS	2 lb
1079	25810	GARBANZO BEANS	5 lb
1080	15816	GARBANZO BEANS, ORG	2 lb
1080	15817	GARBANZO BEANS, ORG	5 lb
1080	60w027	GARBANZO BEANS, ORG	25 lb
<b>GREAT NORTHERN BEANS</b>			
1095	15818	GREAT NORTHERN BEANS	2 lb
1095	21054	GREAT NORTHERN BEANS	25 lb
1100	15819	GREAT NORTHERN BEANS, ORG	2 lb
1100	13849	GREAT NORTHERN BEANS, ORG	25 lb

\*Bulk products over 10 lbs are only available for pick up!

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VID#	PLU#	DESCRIPTION	SIZE/lbs.
<b>KIDNEY BEANS</b>			
1169	15833	KIDNEY BEANS, LIGHT RED	2 lb
1169	18914	KIDNEY BEANS, LIGHT RED	25 lb
1170	15834	KIDNEY BEANS, RED, ORG	2 lb
1170	19795	KIDNEY BEANS, RED, ORG	25 lb
<b>LENTILS</b>			
1035	18918	LENTILS, BLACK, ORG	2 lb
1035	21239	LENTILS, BLACK, ORG	25 lb
1075	19323	LENTILS, FRENCH	2 lb
1070	15814	LENTILS, FRENCH, ORG	2 lb
1070	3258	LENTILS, FRENCH, ORG	25 lb
1109	15820	LENTILS, GREEN	2 lb
1109	19157	LENTILS, GREEN	25 lb
1109	23948	LENTILS, GREEN	50 lb
1110	15821	LENTILS, GREEN, ORG	2 lb
1110	14448	LENTILS, GREEN, ORG	25 lb
1180	15835	LENTILS, RED	2 lb
1180	20506	LENTILS, RED	25 lb
1190	15836	LENTILS, RED, ORG	2 lb
1190	18995	LENTILS, RED, ORG	25 lb
<b>LIMA BEANS</b>			
1119	17777	LIMA BEANS, BABY	2 lb
1119	18837	LIMA BEANS, BABY	25 lb
1120	22757	LIMA BEANS, LARGE	2 lb
1120	22757	LIMA BEANS, LARGE	25 lb
<b>MUNG BEANS</b>			
1130	15826	MUNG BEANS, ORG	1 lb
1130	2717	MUNG BEANS, ORG	25 lb
<b>PEAS</b>			
1115	15823	PEAS, SPLIT GREEN, ORG	2 lb
1115	20758	PEAS, SPLIT GREEN, ORG	25 lb
<b>PINTO BEANS</b>			
1149	15829	PINTO BEANS	2 lb
1149	15831	PINTO BEANS	5 lb
1149	25263	PINTO BEANS	12 lb
1149	25743	PINTO BEANS	25 lb
1149	19281	PINTO BEANS	50 lb
1150	11960	PINTO BEANS, ORG	2 lb
1150	20379	PINTO BEANS, ORG	5 lb
1150	9836	PINTO BEANS, ORG	25 lb

### NAVY BEANS

1135	15827	NAVY BEANS	2 lb
1135	18994	NAVY BEANS	25 lb
1140	17415	NAVY BEANS, ORG	2 lb
1140	28526	NAVY BEANS, ORG	25 lb

### SOY BEANS

1200	15837	SOY BEANS, NGMO, ORG	2 lb
1200	15838	SOY BEANS, NGMO, ORG	5 lb
1200	20457	SOY BEANS, NGMO, ORG	25 lb



# GRAINS



VID#	PLU#	DESCRIPTION	SIZE/lbs.
<b>AMARANTH</b>			
2400	15970	AMARANTH, ORG	1 lb
2400	19881	AMARANTH, ORG	25 lb
<b>BARLEY FLAKES</b>			
2410	15971	BARLEY FLAKES	2 lb
2410	18820	BARLEY FLAKES	50 lb
2425	15974	BARLEY, HULLED, ORG	2 lb
2425	19897	BARLEY, HULLED, ORG	25 lb
2415	15972	BARLEY, PEARLED, ORG	2 lb
2415	19888	BARLEY, PEARLED, ORG	25 lb
<b>BUCKWHEAT</b>			
2440	15976	BUCKWHEAT GROATS, RAW, ORG	1 lb
2440	20149	BUCKWHEAT GROATS, RAW, ORG	25 lb
2430	15975	BUCKWHEAT, ROASTED, ORG	1 lb
2430	18976	BUCKWHEAT, ROASTED, ORG	25 lb
<b>BULGAR WHEAT</b>			
2450	18931	BULGUR WHEAT	2 lb
2450	19506	BULGUR WHEAT	50 lb
2451	24857	BULGUR WHEAT (COARSE GRD) ORG	2 lb
2451	24855	BULGUR WHEAT (COARSE GRD) ORG	25 lb
2455	24030	BULGUR WHEAT, TURKISH	2 lb
<b>CORN GRITS</b>			
2468	11546	CORN GRITS (COARSE) NGMO, ORG	2 lb
2468	15981	CORN GRITS (COARSE) NGMO, ORG	5 lb
2468	20825	CORN GRITS (COARSE) NGMO, ORG	25 lb
2460	18929	CORN GRITS (FINE) NGMO, ORG	2 lb
2460	15979	CORN GRITS (FINE) NGMO, ORG	5 lb
2460	19785	CORN GRITS (FINE) NGMO, ORG	50 lb
<b>CORN</b>			
2500	15984	CORN, WHOLE, NGMO, ORG	2 lb
2500	19779	CORN, WHOLE, NGMO, ORG	50 lb

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2510	15986	CORNMEAL, (YELLOW) NGMO, ORG	2 lb
2510	15988	CORNMEAL, (YELLOW) NGMO, ORG	5 lb
<b>COUSCOUS</b>			
2530	15989	COUSCOUS, SEMOLINA	2 lb
<b>KAMUT</b>			
2570	15993	KAMUT, ORG	1 lb
2570	19192	KAMUT, ORG	25 lb
<b>MILET</b>			
2590	15995	MILLET, ORG	2 lb
2590	26565	MILLET, ORG	5 lb
2590	19334	MILLET, ORG	25 lb
<b>OAT GROATS</b>			
2600	15996	OAT BRAN	2 lb
2620	16000	OAT GROATS, WHOLE	2 lb
2620	2620	OAT GROATS, WHOLE	50 lb
2621	16001	OAT GROATS, WHOLE, ORG	2 lb
2621	19913	OAT GROATS, WHOLE, ORG	50 lb
2670	16010	OAT GROATS, STEEL CUT	2 lb
2670	2670	OAT GROATS, STEEL CUT	50 lb
2671	16011	OAT GROATS, STEEL CUT, ORG	2 lb
2671	2671	OAT GROATS, STEEL CUT, ORG	50 lb
<b>OATS</b>			
2630	16003	OATS, QUICK ROLLED	2.5 lb
2630	16503	OATS, QUICK ROLLED	5 lb
2630	19306	OATS, QUICK ROLLED	50 lb
2640	16005	OATS, QUICK ROLLED, ORG	2.5 lb
2640	16004	OATS, QUICK ROLLED, ORG	5 lb
2640	23173	OATS, QUICK ROLLED, ORG	25 lb
2640	18848	OATS, QUICK ROLLED, ORG	50 lb
2650	16007	OATS, ROLLED, REGULAR	2.5 lb
2650	16006	OATS, ROLLED, REGULAR	5 lb
2650	22271	OATS, ROLLED, REGULAR	50 lb
2660	16009	OATS, ROLLED, ORG	2.5 lb
2660	16008	OATS, ROLLED, ORG	5 lb
2660	19545	OATS, ROLLED, ORG	25 lb
2660	30083	OATS, ROLLED, ORG	50 lb
<b>POPCORN</b>			
2690	16013	POPCORN, WHITE	2 lb
2690	2690	POPCORN, WHITE	50 lb
2700	16014	POPCORN, YELLOW, NGMO	2 lb
2700	20121	POPCORN, YELLOW, NGMO	50 lb
2680	19079	POPCORN, YELLOW, ORG	2 lb
2680	30084	POPCORN, YELLOW, ORG	25 lb





## QUINOA

2715	16017	QUINOA, RED, ORG	1 lb
2715	20166	QUINOA, RED, ORG	25 lb
2711	20701	QUINOA, TRICOLOR, ORG	1 lb
2711	20711	QUINOA, TRICOLOR, ORG	25 lb
2706	11581	QUINOA, WHITE, ORG	1 lb
2706	19292	QUINOA, WHITE, ORG	2 lb
2706	21062	QUINOA, WHITE, ORG	25 lb

## RICE, BAMATI

2720	16018	RICE, BASMATI, BROWN	2 lb
2720	22162	RICE, BASMATI, BROWN	10 lb
2719	25772	RICE, BASMATI, BROWN (DELLA)	10 lb
2837	21486	RICE, BASMATI, WHITE (ROYAL)	20 lb

## RICE, BLACK JAPONICA

2745	21962	RICE, BLACK JAPONICA	1 lb
2745	18182	RICE, BLACK JAPONICA	2 lb
2745	19377	RICE, BLACK JAPONICA	25 lb

## RICE, BROWN

2760	25217	RICE, BROWN RICE (PULMONE PREMIUM)	2 lb
2760	25227	RICE, BROWN RICE (PULMONE PREMIUM )	5 lb
2760	25210	RICE, BROWN RICE (PULMONE PREMIUM)	15 lb
2820	160727	RICE, BROWN, SWEET	2 lb
2820	24875	RICE, BROWN, SWEET	5 lb
2820	21180	RICE, BROWN SWEET	25 lb
2823	24877	RICE, BROWN/SWEET BROWN (CJ BARN)	2 lb
2823	24876	RICE, BROWN/SWEET BROWN (CJ BARN)	5 lb
2823	24010	RICE, BROWN/SWEET BROWN (CJ BARN)	15 lb

## RICE, JASMINE

2740	22165	RICE, JASMINE, WHITE	2 lb
2740	22627	RICE, JASMINE, WHITE	25 lb
2740	25214	RICE, JASMINE, WHITE (THAI HM)	25 lb
2740	25215	RICE, JASMINE, WHITE (THAI HM)	50 lb
2735	24930	RICE, JASMINE, WHITE, ORG	2 lb
2735	24929	RICE, JASMINE, WHITE, ORG	25 lb

## RICE, LONG GRAIN

2750	18964	RICE, LONG GRAIN, BROWN	2 lb
2750	16022	RICE, LONG GRAIN, BROWN	5 lb
2750	3205	RICE, LONG GRAIN, BROWN	25 lb
2780	16023	RICE, LONG GRAIN, BROWN, ORG	2 lb
2780	19363	RICE, LONG GRAIN, BROWN, ORG	5 lb
2780	2780	RICE, LONG GRAIN, BROWN, ORG	25 lb





### RICE, LONG GRAIN

2765	25284	RICE, LONG GRAIN, WHITE	2 lb
2765	25283	RICE, LONG GRAIN, WHITE	5 lb
2765	26670	RICE, LONG GRAIN, WHITE	25 lb
2765	25282	RICE, LONG GRAIN, WHITE	50 lb
138638526773		RICE, LONG GRAIN, WHITE (KIRKLAND)	25 lb
2730	25216	RICE, MEDIUM GRAIN, WHITE (CJ CHUN)	2 lb
2730	25209	RICE, MEDIUM GRAIN, WHITE (CJ CHUN)	20 lb

### RICE, SHORT GRAIN

2800	16025	RICE, SHORT GRAIN, BROWN	2 lb
2800	18005	RICE, SHORT GRAIN, BROWN	5 lb
2800	2800	RICE, SHORT GRAIN, BROWN	25 lb
2810	20753	RICE, SHORT GRAIN, BROWN, ORG	2 lb
2810	20755	RICE, SHORT GRAIN, BROWN, ORG	5 lb
2810	23176	RICE, SHORT GRAIN, BROWN, ORG	50 lb

### RICE, SUSHI

2825	18947	RICE, SUSHI (NISHIKI PREMIUM)	2 lb
2825	24440	RICE, SUSHI (NISHIKI PREMIUM)	40 lb
2824	24596	RICE, SUSHI, YELLOW (KOKUHO)	2 lb
2824	24595	RICE, SUSHI, YELLOW (KOKUHO)	5 lb

### RICE, WILD

36327	24593	RICE, WILD, RED, ORG (FIOR DI RISO)	500g
373416	27006	RICE, WILD, COUNTRY WILD (LUNDBERG)	1 lb



# FLOURS



VID#	PLU#	DESCRIPTION	SIZE/lbs.
<b>6-GRAIN FLOUR</b>			
2170	24934	6-GRAIN FLOUR, ORG	2 lb
2170	24932	6-GRAIN FLOUR, ORG	5 lb
2170	24931	6-GRAIN FLOUR, ORG	25 lb
2365	23504	ALL PURPOSE UNBLEACHED FLOUR, ORG	5 lb
2365	23503	ALL PURPOSE UNBLEACHED FLOUR, ORG	25 lb
<b>ALMOND FLOUR</b>			
2125	18170	ALMOND FLOUR, BLANCHED	1 lb
2125	24498	ALMOND FLOUR, BLANCHED	25 lb
<b>BARLEY FLOUR</b>			
2130	15942	BARLEY FLOUR, ORG	2 lb
2130	25949	BARLEY FLOUR, ORG	5 lb
2130	30059	BARLEY FLOUR, ORG	25 lb
<b>BROWN RICE FLOUR</b>			
2155	19980	BROWN RICE FLOUR (BRM)	2 lb
2150	15944	BROWN RICE FLOUR, ORG (BRM)	2 lb
<b>BUCKWHEAT FLOUR</b>			
2160	15945	BUCKWHEAT FLOUR, ORG	2 lb
2160	25948	BUCKWHEAT FLOUR, ORG	5 lb
2160	30060	BUCKWHEAT FLOUR, ORG	25 lb
2175	17234	COCONUT FLOUR, ORG	2 lb
<b>CORN FLOUR</b>			
2180	15947	CORN FLOUR, ORG	2 lb
2180	18749	CORN FLOUR, ORG	25 lb
2184	23318	GARBANZO (CHICKPEA) FLOUR, ORG	2 lb
22877	183752-5	JOVIAL EINKORN WHOLE WHEAT FLOUR	2 lb
2225	14340	MILLET FLOUR NGMO	2 lb
74823	25394	MOCHIKO SWEET RICE FLOUR	16 oz

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**OAT FLOUR**

2230	15951	OAT FLOUR, ORG	2 lb
2230	25915	OAT FLOUR, ORG	5 lb
2230	19799	OAT FLOUR, ORG	25 lb

2280	15956	POTATO FLOUR	2 lb
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**RYE FLOUR**

2300	15957	RYE FLOUR, ORG	2 lb
2300	25887	RYE FLOUR, ORG	5 lb
2300	30061	RYE FLOUR, ORG	25 lb

**SOY FLOUR**

2310	15959	SOY FLOUR, ORG	2 lb
2310	12748	SOY FLOUR, ORG	25 lb

**SPELT FLOUR**

2320	11526	SPELT FLOUR, ORG	2 lb
2320	25896	SPELT FLOUR, ORG	5 lb
2320	30062	SPELT FLOUR, ORG	25 lb

**TAPIOCA FLOUR**

2340	19376	TAPIOCA FLOUR	1 lb
2340	15963	TAPIOCA FLOUR	2 lb
2340	30063	TAPIOCA FLOUR	50 lb

**TEFF FLOUR**

2520	23815	TEFF FLOUR, GLUTEN FREE	2 lb
2520	23810	TEFF FLOUR, GLUTEN FREE	25 lb

**VITAL WHEAT GLUTEN FLOUR**

2190	15948	VITAL WHEAT GLUTEN FLOUR	2 lb
2190	25922	VITAL WHEAT GLUTEN FLOUR	5 lb
2190	19564	VITAL WHEAT GLUTEN FLOUR	50 lb

**WHITE FLOUR**

2350	15964	WHITE FLOUR, UNBLEACHED (WM)	5 lb
2350	15965	WHITE FLOUR, UNBLEACHED (WM)	10 lb
2350	22089	WHITE FLOUR, UNBLEACHED (WM)	50 lb

**WHOLE WHEAT FLOUR**

2371	15966	WHOLE WHEAT FLOUR, BRONZE CHIEF	5 lb
2371	15968	WHOLE WHEAT FLOUR, BRONZE CHIEF	10 lb
2371	20574	WHOLE WHEAT FLOUR, BRONZE CHIEF	5 lb
2373	15969	WHOLE WHEAT FLOUR, PRAIRIE GOLD	5 lb
2373	26001	WHOLE WHEAT FLOUR, PRAIRIE GOLD	10 lb
2373	21458	WHOLE WHEAT FLOUR, PRAIRIE GOLD	50 lb
2360	23501	WHOLE WHEAT FLOUR, STONE GROUND	5 lb
2360	23500	WHOLE WHEAT FLOUR, STONE GROUND	25 lb

**WHOLE WHEAT PASTRY FLOUR**

2250	11519	WHOLE WHEAT PASTRY FLOUR, ORG	2 lb
2250	15955	WHOLE WHEAT PASTRY FLOUR, ORG	5 lb
2250	25933	WHOLE WHEAT PASTRY FLOUR, ORG	25 lb

8 **\*Call for availability and pricing**



# PASTA/NOODLES/SOUP



VID#	PLU#	DESCRIPTION	SIZE/lbs.
<b>ANCIENT HAVEST</b>			
257468	20275	PENE, GREEN LENTIL	8 oz
92195	22265	PENNE, CORN/QUINOA, ORG, GF	8 oz
257467	30043	ROTINI, RED LENTIL	8 oz
56572	30050	SPAGHETTI, GREEN LETNIL, ORG	8 oz
<b>BARILLA</b>			
558520	19368	ELBOWS	1 lb
61729	22488	PENNE	1 lb
61729	18254	SPAGHETTI	1 lb
1127683	20706	SPAGHETTI	2 lb
980175	25643	SPAGHETTI, THIN	1 lb
<b>CHICKAPEA</b>			
374696	26596	ELBOWS, ORG	8 oz
374870	26599	LASAGNE, ORG	8 oz
342888	26595	LINGUINE, ORG	8 oz
374867	26598	PENNE, GREEN, ORG	8 oz
374863	26597	SPAGHETTI, GREEN, ORG	8 oz
<b>DAIYA</b>			
258617	17146	CHEEZY MAC, CHEDDAR	10.6 oz
258618	18131	CHEEZY MAC DELUXE, ALFREDO STYLE	10.6 oz
258619	18089	CHEEZY MAC DELUXE, WHITE CHEDDAR VEGGIE	10.6 oz
300918	20805	DELUXE CHEEZE SAUCE, CHEDDAR	14.2 oz
300920	20806	DELUXE CHEEZE SAUCE, ALFREDO STYLE	14.2 oz
<b>GAROFALO</b>			
993449	15102	CASAREECE, ORG	17.6 oz
993449	15103	GEMELLI, ORG	17.6 oz
993449	15101	PENNE ZITI, ORG	17.6 oz

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**MANTOVA**

101602	23345	ELBOWS, WHOLE WHEAT, ORG	1 lb
101622	22136	RIGATONI, WHOLE WHEAT, ORG	1 lb
101608	23344	SHELLS, WHOLE WHEAT, ORG	1 lb
101624	22138	SPAGHETTI, WHOLE WHEAT, ORG	1 lb
101625	22137	SPIRALI, WHOLE WHEAT, ORG	1 lb

**REGGANO**

41498	22966	ANGEL HAIR	2 lb
141981	22947	ELBOW MACARONI	2 lb
41498	22948	SPAGHETTI	2 lb

**THE ONLY BEAN**

368441	26600	FETTUCINE, BLACK BEAN, ORG	8 oz
368673	26602	SPAGHETTI, BLACK BEAN, ORG	8 oz
368599	26603	FETTUCINE, EDAMAME, ORG	8 oz
368598	26604	SPAGHETTI, EDAMAME, ORG	8 oz
368596	26604	SPAGHETTI, SOYBEAN, ORG	8 oz

**TINKYADA**

151605	21506	ELBOW, BROWN RICE	16 oz
152015	21510	ELBOW, BROWN RICE, ORG	16 oz
151589	21509	FETTUCINI, BROWN RICE	14 oz
925271	6779	FUSILI, BROWN RICE	16 oz
25620	21507	LASAGNE, TINKYADA, BROWN RICE	10 oz
152013	17245	LASAGNE, TINKYADA, BROWN RICE, ORG	10 oz
151597	9681	PENNE, BROWN RICE	16 oz
967752	14623	PENNE, BROWN RICE, ORG	12 oz
213132	9680	SHELLS, BROWN RICE	16 oz
213298	9682	SPIRALS, BROWN RICE	16 oz
967778	21491	SPIRALS, BROWN RICE, ORG	12 oz
151613	9677	VEGE SPIRALS	12 oz

**TOLERANT**

215529-9	23585	PENNE, CHICKPEA	8 oz
183303-7	23584	ELBOW, TOLERANT GREEN LENTIL, ORG	8 oz
241275-724854		ROTINI, GREEN LENTIL	8 oz





**OTHER**

365769	25715	FETTUCCINE, KONJAC, GF (NU PASTA)	7.4 oz
504530	22476	LASAGNE, WHOLE WHEAT	16 oz
637769	21927	LINGUINE, "ANH", GF	8 oz
370126	26210	LINGUINE, BOTTICELLI, CASA MILO	16 oz
5595	22482	PENNE, WHOLE WHEAT, WHOLE GRAIN	1 lb
377768	26213	SHELLS, SEEDS OF WELLNESS, CHIA/CHICKPEA	8.8 oz
280433	20867	SPAGHETTI, EXPLORE CUISINE, ORG	8.8 oz
SPAGHETT	22338	SPAGHETTI, SIMPLY NATURE, WW, ORG	16 oz

**NOODLES/RAMEN/SOUP****KOREAN VERMICELLI (SWEET POTATO NOODLES)**

693503	26799	CJ BARN BRAND	1.1 lb
645175	24061	OTTOGI BRAND	
880104	26958	OTTOGI BRAND- "CHINESE" WIDE	

**KOYO RAMEN**

1272491	17479	ASIAN VEG	2.1 oz
130701	22110	ASIAN VEG, REDUCED SODIUM	2.1 oz
1272525	22073	LEMONGRASS	2.1 oz
1272335	22072	MUSHROOM	2.1 oz
1272350	22074	SEAWEED	2.1 oz
1272392	18478	TOFU MISO	2.1 oz

**ROLAND**

136982	222739	LO MEIN NOODLES	12.8 oz
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**SAHMYOOK**

26471/4	N/A	JAJANG	
36600230	26471	JAJANG	4 PACK
23813/4	N/A	VEGETABLE (MILD)	
36671018	23813	VEGETABLE (MILD)	4 PACK
23814/4	N/A	VEGETABLE (SPICY)	
36671025	23814	VEGETABLE (SPICY)	4 PACK

**THAI KITCHEN**

428391	21694	STIR FRY NOODLES	14 oz
428375	20682	THIN RICE NOODLES	8.8 oz





# MEAT SUBSTITUTES



VID#	PLU#	DESCRIPTION	SIZE/lbs.
155002	5035	COMPANION CHA'I POW YU	10 oz
155004	5128	COMPANION CURRY CHA'I POW YU	10 oz
155006	52699	COMPANION MUN CHA'I YA	10 oz
<b>LOMA LINDA</b>			
330100	21327	BIG FRANKS	20 oz
		BIG FRANK 21329 BIG FRANKS	96 oz
298732	20628	SIMPLE FRANKS (BLUE)	20 oz
330104	17277	CHOPLETS, VEGI LOW FAT	20 oz
330106	17239	CHIK, VEGI DICED	13 oz
330108	15474	FRI-CHIK, ORIGINAL	12.5 oz
330004	21465	FRI-CHIK, ORIGINAL	42 oz
330118	5397	FRI-CHIK, ORIGINAL, LOW FAT	12.5 oz
330110	4808	FRIED CHIK'N W/GRAVY	13 oz
330112	14462	LINKETTS, VEGAN	20 oz
330006	3213	LINKETTS, VEGAN	96 oz
330114	5057	LITTLE LINKS, VEGAN	19 oz
330124	22211	NUTMEAT	14.6 oz
330122	22212	NUTOLENE	14.6 oz
330126	21466	PRIME STAKES	13 oz
330008	21470	PRIME STAKES	47 oz
330128	4811	REDI BURGER, LOW FAT	19 oz
330132	17697	SAUCETTES	19 oz
258669	17706	SKALLOPS	20 oz
330010	17387	SKALLOPS	50 oz
330136	15651	SUPER LINKS, VEGI	19 oz
268357	4455	SWISS STAKE	13 oz
266970	4483	SWISS STAKE	47 oz
330140	4702	TENDER BITS, VEGAN	19 oz
330142	3912	TENDER ROUNDS	19 oz
259904	19279	VEGE BURGER, VEGAN, LOW FAT	19 oz
330146	17281	VEGETABLE STAKES	20 oz

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259899	5244	VEGETARIAN BURGER	20 oz
330016	20746	VEGETARIAN BURGER	50 oz
330150	21043	VEJA LINKS	19 oz
259919	21326	VEJA LINKS, LOW FAT	19 oz

**LOMA LINDA BLUE MEAL**

330310	22221	SLOPPY JOE	10 oz
302597	22216	SPICY PAD THAI	10 oz
302031	22220	TACO FILLING	10 oz
302587	23145	THAI GREEN CURRY W/CHIKN +RICE	10 oz
330320	23146	THAI RED CURRY W/COCONUT + MOCK DUK	10 oz
302593	23143	TIKKA MASALA	10 oz
330308	22217	TOMATO + OLIVE W/PASTA	10 oz

**SOY CURLS**

4615	16185	SOY CURLS, NON GMO	8 oz
4615	18959	SOY CURLS, NON GMO	1 lb
4615	4615	BUTLER SOY CURLS (BOX)	12 lb

**TVP (TEXTURED VEGETABLE PROTEIN)**

4770	16200	DARK GRANULES	1 lb
4740	16165	LIGHT GRANULES	1 lb
4760	16199	DARK STRIPS	1 lb
4750	16196	LIGHT CHUNKS	1 lb



# SEASONINGS



VID#	PLU#	DESCRIPTION	SIZE/lbs.
<b>APPLE CIDER VINEGAR</b>			
140012	22625	APPLE CIDER VINEGAR, BRAGG'S ORG	16 oz
133102	22624	APPLE CIDER VINEGAR, BRAGG'S ORG	9 oz
<b>BACON</b>			
4050	16144	BACON BITS, IMITATION	8 oz
4050	16143	BACON BITS, IMITATION	1 lb
4061	16146	BAKON SEASONING- TORULA YEAST	4 oz
4061	16147	BAKON SEASONING- TORULA YEAST	1 lb
<b>BEEF SEASONING</b>			
4070	16148	BEEF SEASONING, MCKAY'S (VEGAN)	4 oz
4070	16148	BEEF SEASONING, MCKAY'S (VEGAN)	8 oz
4070	16149	BEEF SEASONING, MCKAY'S (VEGAN)	1 lb
4070	22347	BEEF SEASONING, MCKAY'S (VEGAN)	5 lb
130000	22209	BEAF SEASONING, BILL'S BEST	9 oz
<b>BOUILLON</b>			
774398	22113	BETTER THAN BOUILLON NOCHICK BASE	8 oz
143947	22701	BETTER THAN BOUILLON VEGE BASE	8 oz
277859-5	26725	BOUILLON, ORGANIC GOURMET VEGE	8 CUBES
208920-9	26726	BOUILLON, ORGANIC GOURMET LS	8 CUBES
NOW 2420	25962	BREWER'S YEAST, NOW BRAND	1 lb
<b>BROTH</b>			
237002	4211	BROTH, G. WASHINGTON GOLDEN	1 oz
237000	2781	BROTH, G. WASHINGTON RICH BROWN	1 oz
3375	21622	CAJUN SEASONING	1 lb
<b>CHIICKEN SEASONING</b>			
4200	16157	CHICKEN SEASONING, MCKAY'S (VEGAN)	1 lb
4200	16158	CHICKEN SEASONING, MCKAY'S (VEGAN)	2 lb
4200	21719	CHICKEN SEASONING, MCKAY'S (VEGAN)	5 lb

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130002	22210	CHIK'NISH SEASONING, BILL'S BEST	11 oz
288640	21625	COCONUT AMINOS, BRAGG'S ORG	10 oz
<b>CURRY POWDER</b>			
4250	17397	CURRY POWDER	4 oz
4250	21170	CURRY POWDER	1 lb
<b>GRAVY</b>			
CWGW	25484	GRAVY, SPICES 24/7 CREAMY WHITE	9.5 oz
342000	20744	GRAVY, MAYACAMAS BROWN	.65 oz
342002	22214	GRAVY, MAYACAMAS CHICKEN	.65 oz
342004	22213	GRAVY, MAYACAMAS COUNTRY	.65 oz
342006	22215	GRAVY, MAYACAMAS SAVORY	.65 oz
342008	20745	GRAVY, MAYACAMAS TURKEY	.65 oz
131003	22272	HERBAMARE HERBED SEA SALT	8.8 oz
385890	26913	HOLLANDAISE SAUCE, PRIMAL KITCHEN	7.5 oz
<b>LIQUID AMINOS</b>			
140087	20850	LIQUID AMINOS, BRAGG'S ORG (SPRAY)	6 oz
133104	21599	LIQUID AMINOS, BRAGG'S ORG	16 oz
133106	21600	LIQUID AMINOS, BRAGG'S ORG	32 oz
21626	133002	LIQUID AMINOS, BRAGG'S ORG	1 GAL
311316	18307	LIQUID SMOKE, COLGIN HICKORY	4 oz
190158622077		PARMESAN, GO VEGGIE PLANT BASED	4 oz
<b>SOY SAUCE</b>			
32235	24292	SOY SAUCE, KIKKOMAN	1 GAL
32300	20853	SOY SAUCE, LA CHOY	1 GAL
<b>SPIKE SEASONING</b>			
1120203	15112	SPIKE SEASONING, ORIGINAL	3 oz
1120260	15109	SPIKE SEASONING, ORIGINAL	14 oz
1120195	18400	SPIKE SEASONING, SALT FREE	1.9 oz
1120559	22109	SPIKE SEASONING, VEGE SAL	4 oz
1120609	3124	SPIKE SEASONING, VEGE SAL	10 oz
1120658	15418	SPIKE SEASONING, VEGE SAL	20 oz
1120104	19582	SPIKE SEASONING, VEGIT LOW SALT	2 oz
<b>TACO SEASONING</b>			
4657	18256	TACO SEASONING-CHILI POWDER BASE	8 oz
4657	18255	TACO SEASONING-CHILI POWDER BASE	1 lb
<b>VEGETABLE FLAKES</b>			
4020	25898	VEGETABLE FLAKES	4 oz
4020	20132	VEGETABLE FLAKES	1 lb
<b>YEAST FLAKES</b>			
4830	16205	YEAST FLAKES, NGMO	8 oz
4830	16204	YEAST FLAKES, NGMO	1 lb
4830	22720	YEAST FLAKES, NGMO	2 lb
4830	25806	YEAST FLAKES, NGMO	5 lb

**\*Call for availability and pricing**



# CULINARY HERBS



VID#	PLU#	DESCRIPTION	SIZE/lbs.
<b>ANISE SEED</b>			
3270	16067	ANISE SEED, GROUND	2 oz
3260	19122	ANISE SEED, WHOLE	2 oz
4041	19065	ASPARAGUS POWDER	4 oz
<b>BASIL LEAVES</b>			
3280	18919	BASIL LEAVES, SWEET	2 oz
498063	26293	BASIL, SIMPLY ORGANIC (SHAKER)	.54 oz
3300	26080	BAY LEAVES, WHOLE	2 oz
<b>BEET POWDER</b>			
3875	25907	BEET POWDER, RED	4 oz
3875	21967	BEET POWDER, RED	1 lb
4184	17388	CABBAGE POWDER	4 oz
3350	16072	CARAWAY SEED	4 oz
3370	16074	CARDAMOM, GROUND	2 oz
<b>CAYENNE</b>			
3380	20274	CAYENNE, GROUND (40,000 SHU)	4 oz
3380	12207	CAYENNE, GROUND (40,000 SHU)	1 lb
<b>CELERY</b>			
3400	16078	CELERY SALT	4 oz
3400	16077	CELERY SALT, REGAL SPICE (CONTAINER)	1 lb
3420	16079	CELERY SEED, WHOLE	4 oz
3430	23528	CELERY SEED, GROUND	4 oz
3440	16081	CHIVES, CHOPPED	0.5 oz
3450	16082	CILANTRO FLAKES	1 oz
263140	26292	CINNAMON, SIMPLY ORG CEYLON	2.08 oz
3460	16083	CORIANDER SEED, WHOLE	2 oz

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3470	16084	CORIANDER SEED, GROUND	3 oz
3485	16085	CUMIN, GROUND	4 oz
3485	19086	CUMIN, GROUND	1 lb
<b>DILL</b>			
3490	16087	DILL SEED	4 oz
3500	16088	DILL WEED	1 oz
<b>FENNEL SEED</b>			
3520	91046	FENNEL SEED, GROUND	2 oz
3510	16089	FENNEL SEED, WHOLE	4 oz
<b>GARLIC</b>			
3550	16095	GARLIC, GRANULATED	4 oz
3550	16092	GARLIC, GRANULATED	1 lb
3570	19576	GARLIC, MINCED	4 oz
3570	3570	GARLIC, MINCED	1 lb
3580	19251	GARLIC POWDER	4 oz
3580	16096	GARLIC POWDER	1 lb
498139	26297	GARLIC POWDER, SIMPLY ORG (SHAKER)	3.64 oz
<b>GINGER</b>			
3620	22705	GINGER POWDER	4 oz
3620	19253	GINGER POWDER	1 lb
<b>ITALIAN SEASONING</b>			
3630	16604	ITALIAN SEASONING	2 oz
3630	20750	ITALIAN SEASONING	8 oz
3640	16013	KELP POWDER	4 oz
4376	17314	KALE POWDER	4 oz
3660	30072	MARJORAM LEAVES	1 oz
<b>MUSTARD</b>			
3680	16107	MUSTARD LEAVES, WHOLE	4 oz
3685	5864	MUSTARD POWDER	4 oz
3685	22805	MUSTARD POWDER	1 lb
<b>ONION</b>			
3720	16112	ONION, GRANULATED	4 oz
3720	19085	ONION, GRANULATED	1 lb
3700	16110	ONION, MINCED "FLAKES"	4 oz
3700	19073	ONION, MINCED "FLAKES"	1 lb
3740	16114	ONION POWDER	4 oz
3740	18974	ONION POWDER	1 lb
129680	26295	ONION POWDER, SIMPLY ORG (SHAKER)	3 oz
3780	16118	ORANGE PEEL GRANULES	2 oz
<b>OREGANO</b>			
3790	16119	OREGANO LEAVES	1 oz
3790	34814	OREGANO LEAVES	1 lb
3800	16120	OREGANO, GROUND	2 oz



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521146	26294	OREGANO, SIMPLY ORGANIC (SHAKER)	.75 oz
<b>PAPRIKA</b>			
3810	19083	PAPRIKA, SPANISH	4 oz
3810	19257	PAPRIKA, SPANISH	1 lb
3815	20415	PAPRIKA, SMOKED SPANISH	4 oz
3815	20416	PAPRIKA, SMOKED SPANISH	1 lb
3820	19082	PARSLEY FLAKES	1 oz
<b>PEPPER</b>			
3827	16125	PEPPER, RED BELL (DRIED)	2 oz
3825	3825	PEPPER, GREEN BELL (DRIED)	2 oz
<b>POPPY SEEDS</b>			
5690	17244	POPPY SEEDS	4 oz
5690	17248	POPPY SEEDS	1 lb
<b>RED PEPPER</b>			
3805	25399	RED PEPPER POWDER, KOREAN	4 oz
3805	25400	RED PEPPER POWDER, KOREAN	8 oz
<b>ROSEMARY</b>			
3890	122070	ROSEMARY LEAVES	2 oz
3900	16130	ROSEMARY LEAVES, GROUND	2 oz
104200124832		SAFFRON SPANISH, SHANK'S	7 GRAIN
<b>SAGE</b>			
3910	16131	SAGE LEAVES, GROUND	2 oz
3920	15704	SAGE, RUBBED	1 oz
3920	26010	SAGE, RUBBED	4 oz
<b>SAVORY</b>			
3940	16133	SAVORY, GROUND	2 oz
3930	16132	SAVORY LEAVES	1 oz
4715	17389	SPINACH POWDER	4 oz
3995	21604	TARRAGON LEAVES	2 oz
3980	16135	THYME LEAVES, WHOLE	2 oz
<b>TURMERIC</b>			
4000	19258	TURMERIC POWDER	4 oz
4000	12270	TURMERIC POWDER	1 lb
4000	18238	TURMERIC POWDER	2 lb
4000	23060	TURMERIC POWDER	5 lb
498642	26296	TURMERIC, SIMPLY ORGANIC (SHAKER)	2.38 oz
1564160	21940	TURMERIC, BADIA ORGANIC (SHAKER)	2 oz
4765	16201	VANILLA BEAN	3 CT



# BAKING/SWEETENERS



VID#	PLU#	DESCRIPTION	SIZE/lbs.
<b>AGAR AGAR</b>			
3250	19211	AGAR AGAR POWDER	1 lb
3250	19831	AGAR AGAR POWDER	2 oz
3250	25406	AGAR AGAR POWDER	4 oz
272559	13656	ALMOND EXTRACT, ORG, FLAVORGANICS	2 oz
<b>ARROWROOT</b>			
4040	19091	ARROWROOT STARCH	1 lb
316944	22552	ARROWROOT STARCH, BOB'S RED MILL	1 lb
414981	3462	BAKING SODA, BAKER'S CORNER	16 oz
<b>BARLEY MALT SYRUP</b>			
5810	26824	BARLEY MALT SYRUP	1 PINT
5810	16287	BARLEY MALT SYRUP	1 QT
<b>BETTER STEVIA</b>			
NOW 6952	24307	BETTER STEVIA GLYCERITE, NOW	2 oz
NOW 6953	17670	BETTER STEVIA GLYCERITE, NOW	8 oz
NOW 6981	16935	BETTER STEVIA HAZELNUT LIQUID, NOW	2 oz
NOW 6960	16928	BETTER STEVIA POWDER, NOW ORG	1 oz
NOW 6942	14085	BETTER STEVIA PACKETS, NOW ORG	75/BOX
NOW 6968	14084	BETTER STEVIA BALANCE PACKETS, NOW	100/BOX
NOW 6863	14076	BETTER STEVIA VANILLA PACKETS, NOW	75/BOX
<b>CAROB</b>			
1260	15844	CAROB CHIPS, BARLEY MALT SWEETENED	2 lb
1280	15845	CAROB CHIPS, SWEET	1 lb
1280	15846	CAROB CHIPS, SWEET	2 lb
1300	15847	CAROB CHIPS, UNSWEETENED	1 lb
1300	15848	CAROB CHIPS, UNSWEETENED	2 lb
1350	15853	CAROB POWDER, ROASTED, UNSWEETENED	1 lb
1350	15854	CAROB POWDER, ROASTED, UNSWEETENED	2 lb
127238	16159	CITRIC ACID	1 lb

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4225	16160	CLEAR JEL (INSTANT)	1 lb
5930	16291	COCONUT SUGAR ORG	1 lb
<b>CORNSTARCH</b>			
4240	12294	CORNSTARCH	1 lb
4240	16162	CORNSTARCH	2 lb
276472	21412	CORNSTARCH, RUMFORD NON-GMO	12 oz
5830	16292	DATE SUGAR	1 lb
<b>ENERGY BAKING POWDER</b>			
4048	19090	ENERGY BAKING POWDER	4 oz
4048	18413	ENERGY BAKING POWDER	1 lb
NOW 690	24880	ERYTHRITOL, NOW CONFECTIONER'S ORG	1 lb
5850	16296	FRUCTOSE	2 lb
<b>HONEY</b>			
17293	HONEY, PC CANADIAN		2.2 lb
190002	24763	HONEY, EISELE'S PURE	16 oz
5890	25375	HONEY, PURE RAW LOCAL	1 PINT
5890	16301	HONEY, PURE RAW LOCAL	1 QUART
5890	16821	HONEY, PURE RAW LOCAL	2 QUART
5890	12438	HONEY, PURE RAW LOCAL	5 GAL
190004	24764	HONEY, EISELE'S RAW	16 oz
12A	13765	HONEY, YS RAW GRADE A	14 oz
12B	12509	HONEY, YS RAW GRADE A	22 oz
12C	13766	HONEY, YS RAW GRADE A	3 lb
127	12502	HONEY, YS RAW ORGANIC	1 lb
128	12510	HONEY, YS RAW ORGANIC	2 lb
180	12507	HONEY, YS RAW TUPELO	13.5 oz
761734	25244	HONEY POWDER, CACTUS GOLD	1 lb
<b>LECITHIN GRANULES</b>			
4450	16167	LECITHIN GRANULES	8 oz
4450	16166	LECITHIN GRANULES	1 lb
NOW 2262	26284	LECITHIN GRANULES, NOW NON-GMO SOY	2 lb JAR
NOW 2372	23311	LECITHIN, SUNFLOWER (LIQUID), NOW	16 oz
NOW 2314	27047	LECITHIN, SUNFLOWER (POWDER), NOW	1 lb JAR
098732-1	15668	LEMON EXTRACT, ORG, FLAVORGANICS	2 oz
<b>MANUKA HONEY</b>			
354000	26808	MANUKA HONEY, CAPILANO ACTIVE	12 oz
366088	25692	MANUKA HONEY, COMVITA MGO 50	8.8 oz
366106	2593	MANUKA HONEY, COMVITA MGO 50+	17.6 oz
92206		MANUKA HONEY, MHU UMF 16+	17.5 oz
277862	20776	MANUKA HONEY, WS 100% RAW (KF 12)	17.6 oz
271518	20775	MANUKA HONEY, WS 100% RAW (KF 16)	17.6 oz
114	12506	MANUKA HONEY, YS RAW ACTIVE 15+	12 oz
20	<b>*Call for availability and pricing</b>		



280115	17756	MAPLE FLAVOR, THE SPICERY SHOP	16 oz
<b>MOLASSES</b>			
5820	16289	MOLASSES, BLACKSTRAP UNSULFD	1 QT
5820	5820	MOLASSES, BLACKSTRAP UNSULFD	1 GAL
125BLK	25580	MOLASSES, GB BLACKSTRAP UNSULFD	1 QT
NOW 7111	24883	MONK FRUIT LIQUID, NOW ORG	1.8 FL oz
255345	22010	MONK FRUIT SWEETNER, LAKANTO	8.29 oz
NOW 7125	24882	MONK FRUIT SWEETNER, NOW ORG	70 PKTS
417618	15667	ORANGE EXTRACT, ORG, FLAVORGANICS	2 oz
417626	15666	PEPPERMINT EXTRACT, ORG, FLAVORGANICS	2 oz
<b>PIE CRUST</b>			
364259	3679	PIE CRUST, GLUTEN FREE, BOB'S RED MILL	16 oz
41498	21757	PIE CRUST, GRAHAM CRACKER	6 oz
<b>SORGHUM</b>			
601374	26565	SORGHUM, MUDDY POND	16 oz
25377	649241	SORGHUM, OBERHOLTZER	1 lb 5 OZ
<b>SYRUP</b>			
022889-0	21978	SYRUP, LB BROWN RICE	21 oz
679131	13101	SYRUP, MAPLE KIRKLAND ORG	33.8 oz
14494	14494	SYRUP, SORGHUM	33 oz
BLUEBERRY	26560	SYRUP, SWEET LEAF BLUEBERRY (STEVIA)	12 oz
376866	26212	SYRUP, SWEET LEAF, BUTTER PECAN (STEVIA)	12 oz
376865	26211	SYRUP, SWEET LEAF, BUTTER (STEVIA)	12 oz
<b>TAPIOCA</b>			
4730	16193	TAPIOCA PEARLS	1 lb
4720	18973	TAPIOCA GRANULATED	1 lb
<b>VANILLA</b>			
6748060	26184	VANILLA EXTRACT, DANNCY	12 oz
7503000	25618	VANILLA EXTRACT, DANNCY	33.8 oz
417592	12476	VANILLA EXTRACT, ORG, FLAVORGANICS	2 oz
15665	417501	VANILLA EXTRACT, ORG, FLAVORGANICS	4 oz
281216	12539	VANILLA FLAVOR, THE SPICERY SHOP	16 oz
15556	3344	VANILLA FLAVOR, IMITATION, McCORMICK	32 oz
<b>YEAST</b>			
980279	15553	YEAST, BELLA INSTANT DRY	1 lb
777599	15248	YEAST, HODGSON ACTIVE DRY	5/16 OZ
317929	26507	YEAST, RED STAR ACTIVE DRY	2 lb
<b>XYLITOL</b>			
NOW 6983	6972	XYLITOL NATURAL SWEET, NOW NON-GMO	1 lb
NOW 6988	6973	XYLITOL PLUS PACKETS, NOW	75/BOX



# DRIED FRUIT



VID#	PLU#	DESCRIPTION	SIZE/lbs.
<b>APPLE</b>			
1390	22156	APPLE DICES, UNSULPHURED	8 oz
1390	15857	APPLE DICES, UNSULPHURED	1 lb
1400	15859	APPLE RINGS, UNSULPHURED	1 lb
1460	15865	APRICOTS, UNSULPHURED, ORG	1 lb
<b>BANANA</b>			
1470	15866	BANANA CHIPS, SWEETENED	1 lb
1480	15867	BANANA CHIPS, UNSWEETENED	1 lb
1481	26664	BANANA, WHOLE, DRIED, ORG	4 oz
1481	27025	BANANA, WHOLE, DRIED, ORG	8 oz
1487	20909	BLUEBERRIES, DRIED	1 lb
1510	15870	CANTALOUPE SPEARS, SULPHURED	8 oz
1510	15156	CANTALOUPE SPEARS, SULPHURED	1 lb
<b>CHERRY</b>			
1520	20918	CHERRIES, BING	1 lb
1525	25461	CHERRIES, TART	8 oz
1525	25460	CHERRIES, TART	1 lb
<b>COCONUT</b>			
1550	24058	COCONUT CHIPS, ORG	8 oz
1550	23901	COCONUT CHIPS, ORG	1 lb
1540	15872	COCONUT CHIPS, UNSWEET, UNSULPH	8 oz
1540	15871	COCONUT CHIPS, UNSWEET, UNSULPH	1 lb
1600	15875	COCONUT, MACAROON, UNSWEET UNSUL ORG	1 lb
1600	15876	COCONUT, MACAROON, UNSWEET UNSUL ORG	2 lb
1560	20763	COCONUT, SHREDDED UNSWEET, UNSULPH	1 lb
1560	20762	COCONUT, SHREDDED UNSWEET, UNSULPH	2 lb
1570	15873	COCONUT, SHREDDED UNSW UNSULP, ORG	1 lb
1570	15874	COCONUT, SHREDDED UNSW UNSULP, ORG	2 lb

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1580	25762	COCONUT SLICES, UNSWEET, UNSULPH	8 oz
1580	25761	COCONUT SLICES, UNSWEET, UNSULPH	1 lb
1585	26933	COCONUT SLICES, UNSWEET, UNSULPH, ORG	8 oz
1585	26932	COCONUT SLICES, UNSWEET, UNSULPH, ORG	1 lb

### CRANBERRY

1630	15877	CRANBERRIES, SUGAR SWEETENED	8 oz
1630	15878	CRANBERRIES, SUGAR SWEETENED	1 lb
2055	25985	CRANBERRIES, JUICE SWEETENED	1 lb

1640	15880	CURRANTS, CALIFORNIA	1 lb
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### DATES

1650	15881	DATE COCONUT ROLLS	1 lb
1660	15882	DATE COCONUT ROLLS, ORG	1 lb
1670	24702	DATE PIECES IN OAT FLOUR	8 oz
1670	15883	DATE PIECES IN OAT FLOUR	1.5 lb
400018	26919	DATES, DEGLET NOOR BRANCHES	2 lb
400035	26920	DATES, DEGLET NOOR STANDARD	2 lb
400029	25245	DATES, DEGLET NOOR	24 oz
1720	15889	DATES, MEDJOL	1 lb
1710	23518	DATES, MEDJOL	4 lb
1710	20552	DATES, MEDJOL	11 lb
1720	15890	DATES, MEDJOL, ORG	1 lb
1680	15884	DATES, PITTED COOKING	1 lb
1680	15886	DATES, PITTED COOKING	2 lb
1680	24352	DATES, PITTED COOKING	20 lb

### FIGS

1740	24852	FIGS, BLACK MISSION ORG	8 oz
1740	15892	FIGS, BLACK MISSION ORG	1 lb
1790	24782	FIGS, TURKISH ORG	8 oz
1790	15893	FIGS, TURKISH ORG	1 lb

### GOJI

1808	25999	GOJI BERRIES	1 lb
1803	19774	GOJI BERRIES, ORG	8 oz
1803	19568	GOJI BERRIES, ORG	1 lb

### GINGER

1799	25046	GINGER DICES, SULPHURED	8 oz
1799	21095	GINGER DICES, SULPHURED	1 lb
1801	19327	GINGER SLICES, SULPHURED	8 oz
1802	19326	GINGER SLICES, SULPHURED	1 lb

**\*Call for availability and pricing**





1800	15895	GINGER SLICES, UNSULPHURED, LOW SUGAR	8 oz
1800	19069	GINGER SLICES, UNSULPHURED, LOW SUGAR	1 lb
1804	20915	GUAVA SLICES, SULPHURED	1 lb
1805	16398	KIWI SLICES, SULPHURED	1 lb
1807	25187	MANDARINE SLICES, SULPHURED	8 oz

#### MANGO

1815	25448	MANGO, DICES, SULPHURED	8 oz
1815	22748	MANGO, DICES, SULPHURED	1 lb
1809	15899	MANGO, FRESH DRIED ORG	8 oz
1809	20650	MANGO, FRESH DRIED ORG	1 lb
1810	15900	MANGO, SLICES, SULPHURED	8 oz
1810	15901	MANGO, SLICES, SULPHURED	1 lb
1820	15903	MANGO, SLICES, UNSULPHURED	8 oz
1820	19068	MANGO, SLICES, UNSULPHURED	1 lb

#### MULBERRY FRUIT

1838	24732	MULBERRY FRUIT, ORG	8 oz
1838	20499	MULBERRY FRUIT, ORG	1 lb
1836	20932	NECTARINES, YELLOW, SULPHURED	1 lb
1839	20938	ORANGE PEEL, GLAZED	1 lb

#### PAPAYA

1856	15907	PAPAYA SPEARS, NATURAL	8 oz
1856	17725	PAPAYA SPEARS, NATURAL	1 lb
1870	19372	PAPAYA SPEARS, SULPHURED	8 oz
1870	15910	PAPAYA SPEARS, SULPHURED	1 lb
1880	15912	PAPAYA SPEARS, UNSULPHURED	8 oz
1880	15911	PAPAYA SPEARS, UNSULPHURED	1 lb

1910	18168	PEARS, SULPHURED	1 lb
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#### PINEAPPLE

1920	15915	PINEAPPLE, DICES, SULPHURED	1 lb
1930	24789	PINEAPPLE, DICES, UNSULPHURED	8 oz
1930	15916	PINEAPPLE, DICES, UNSULPHURED	1 lb
1940	15917	PINEAPPLE, CHUNKS, SULPHURED	1 lb
1950	24853	PINEAPPLE, CHUNKS, UNSULPHURED	8 oz
1950	12049	PINEAPPLE, CHUNKS, UNSULPHURED	1 lb
1960	15920	PINEAPPLE, RINGS, SULPHURED	8 oz
1960	15919	PINEAPPLE, RINGS, SULPHURED	1 lb
1980	16422	PINEAPPLE, RINGS, UNSULPHURED. LOW SUGAR	8 oz

24 **\*Call for availability and pricing**



1980	15921	PINEAPPLE, RINGS, UNSULPHURED. LOW SUGAR	1 lb
2000	15923	PINEAPPLE, RINGS, UNSWEETENED, UNSULPHUR	8 oz
2000	15924	PINEAPPLE, RINGS, UNSWEETENED, UNSULPHUR	1 lb
1915	20942	PINEAPLLE, SLICES, RAINBOW CORE	1 lb
4475	20953	PLANTAIN CHIPS, LIGHTLY SALTED	1 lb
4476	25641	PLANTAIN CHIPS, SALTED	1 lb

### PRUNES

2010	15926	PRUNES, PITTED	1 lb
2010	15927	PRUNES, PITTED	2 lb

### RAISINS

2040	24734	RAISINS, GREEN	8 oz
2040	24733	RAISINS, GREEN	1 lb
2030	18968	RAISINS, NATURAL	1 lb
2030	15929	RAISINS, NATURAL	2 lb
2030	15931	RAISINS, NATURAL	5 lb
2070	15932	RAISINS, NATURAL, ORG	1 lb
2070	15933	RAISINS, NATURAL, ORG	2 lb
2070	15935	RAISINS, NATURAL, ORG	5 lb
2090	15937	RAISINS, SULTANA, ORG	1 lb
2097	21405	STARFRUIT, SULPHURED	1 lb
2105	21591	STRAWBERRIES, WHOLE, DRIED	1 lb
2110	15940	TOMATOES, SUNDRIED	8 oz



# SEEDS/NUTS



VID#	PLU#	DESCRIPTION	SIZE/lbs.
AH 240124974		ALFALFA SEED, SPROUTING, ORG	4 oz
<b>ALMOND BUTTER</b>			
18352	367391	ALMOND BUTTER, EW CRUNCHY, NO SALT	16 oz
18348	367383	ALMOND BUTTER, EW SMOOTH, NO SALT	16 oz
14630	859695	ALMOND BUTTER, KIRKLAND	27 oz
21833	1109404	ALMOND BUTTER, KIRKLAND ORG	27 oz
<b>ALMOND</b>			
4905	16216	ALMOND, MEAL, RAW	1 lb
4860	22933	ALMONDS, BLANCHED, SLICED, RAW	8 oz
4860	16209	ALMONDS, BLANCHED, SLICED, RAW	1 lb
4900	24049	ALMONDS, NATURAL, ORG	1 lb
4920	18308	ALMONDS, NATURAL, SLICED	8 oz
4920	16218	ALMONDS, NATURAL, SLICED	1 lb
4925	26005	ALMONDS, SLICED, ORG	8 oz
4925	26006	ALMONDS, SLICED, ORG	1 lb
4930	30069	ALMONDS, WHOLE, RAW	1 lb
4930	16722	ALMONDS, WHOLE, RAW	2 lb
3260	19122	ANISE SEED, WHOLE	2 oz
<b>BRAZIL NUTS</b>			
4960	16221	BRAZIL NUTS, RAW, WHOLE	1 lb
4960	26839	BRAZIL NUTS, RAW, WHOLE	2 lb
4965	23449	BRAZIL NUTS, RAW, WHOLE, ORG	1 lb
<b>CASHEW</b>			
18350	22567	CASHEW BUTTER, RAW, NO SALT	16 oz
22567	367375	CASHEW BUTTER, ROASTED, NO SALT	16 oz
5010	16223	CASHEW PCS, RAW	1 lb
5010	16224	CASHEW PCS, RAW	2 lb
5010	22768	CASHEW PCS, RAW	5 lb
5000	21959	CASHEW PCS, ROASTED & SALTED	8 oz
5000	21959	CASHEW PCS, ROASTED & SALTED	1 lb
5016	25355	CASHEWS, WHOLE, RAW	1 lb
5016	25353	CASHEWS, WHOLE, RAW	5 lb

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5011	24244	CASHEWS, WHOLE, RAW, ORG	1 lb
5011	24245	CASHEWS, WHOLE, RAW, ORG	5 lb
5005	21958	CASHEWS, WHOLE, ROASTED & SALTED	8 oz
5005	18164	CASHEWS, WHOLE, ROASTED & SALTED	1 lb

#### CHIA SEED

5645	16266	CHIA SEED, BLACK, ORG	1 lb
5645	18922	CHIA SEED, BLACK, ORG	2 lb
5645	21936	CHIA SEED, BLACK, ORG	5 lb

3530	16091	FENUGREEK, WHOLE	4 oz
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#### FLAX SEED

5650	16267	FLAX SEED, BROWN	1 lb
5650	16268	FLAX SEED, BROWN	2 lb
5650	20040	FLAX SEED, BROWN	5 lb
5660	16269	FLAX SEED, BROWN, ORG	1 lb
5660	16270	FLAX SEED, BROWN, ORG	2 lb
5660	18066	FLAX SEED, BROWN, ORG	5 lb
5675	16271	FLAX SEED, GOLDEN	1 lb
5675	16272	FLAX SEED, GOLDEN	2 lb
5675	18067	FLAX SEED, GOLDEN	5 lb
5680	16273	FLAX SEED, GOLDEN, ORG	1 lb
5680	16274	FLAX SEED, GOLDEN, ORG	2 lb
5680	18068	FLAX SEED, GOLDEN, ORG	5 lb

#### MACADEMIA NUTS

5050	20489	MACADEMIA NUTS, RAW	8 oz
5050	20488	MACADEMIA NUTS, RAW	1 lb

#### PECAN

5120	16229	PECAN MEAL	1 lb
5145	24902	PECAN PCS, RAW	1 lb

#### PEANUTS

5103	24038	PEANUTS, BLANCHED, JUMBO, RAW	1 lb
5101	18452	PEANUTS, BLANCHED, ROASTED&SALTED	1 lb
5100	25111	PEANUTS FOR PEANUT BUTTER RNS	1 lb
5111	16823	PEANUTS , SPANISH, RAW	1 lb
4595	25300	PEANUT BUTTER, BAKE SENSE CREAMY	1 PINT
26686	4596	PEANUT BUTTER, NO SALT, ORG	1 QUART
12620	555000	PEANUT BUTTER, KIRKLAND CREAMY ORG	28 oz
24458	336926	PEANUT BUTTER, PB&CO SMOOTH	16 oz
19491	PEANUT	PEANUT BUTTER, SIMPLY NATURAL ORG	16 oz

#### PINE NUTS

5160	16234	PINE NUTS, PIGNOLIA	8 oz
5160	22766	PINE NUTS, PIGNOLIA	1 lb
5165	19609	PINE NUTS, PIGNOLIA, ORG	8 oz
5165	25258	PINE NUTS, PIGNOLIA, ORG	1 lb





## PISTACHIOS

5170	16236	PISTACHIOS, ROASTED&SALTED IN SHELLS	8 oz
5170	16235	PISTACHIOS, ROASTED&SALTED IN SHELLS	1 lb

## POPPY SEEDS

5690	17244	POPPY SEEDS	4 oz
5690	17248	POPPY SEEDS	1 lb

## PUMPKIN SEEDS

5701	18666	PUMPKIN SEEDS, RAW, ORG	1 lb
5701	25382	PUMPKIN SEEDS, RAW, ORG	2 lb
5701	18043	PUMPKIN SEEDS, RAW, ORG	5 lb
5703	16277	PUMPKIN SEEDS, ROASTED & SALTED	1 lb

AH 2404	25500	RED CLOVER SEED FOR SPROUTING, ORG	4 oz
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## SESAME SEEDS RAW

5730	16826	SESAME SEEDS, RAW, HULLED	1 lb
5720	16279	SESAME SEEDS, RAW, HULLED, ORG	1 lb
5710	16278	SESAME SEEDS, RAW, UNHULLED	1 lb
5720	16279	SESAME SEEDS, RAW, UNHULLED, ORG	1 lb

## SUNFLOWER BUTTER

14420	381491	SUNFLOWER BUTTER, NATURAL	16 oz
14422	132585	SUNFLOWER BUTTER, NO SUGAR ADDED	16 oz
21729	1207737	SUNFLOWER BUTTER, UNSWEETENED ORG	16 oz

## SUNFLOWER SEEDS

5760	18957	SUNFLOWER SEEDS, RAW	1 lb
5760	20442	SUNFLOWER SEEDS, RAW	2 lb
5760	18031	SUNFLOWER SEEDS, RAW	5 lb
5760	26663	SUNFLOWER SEEDS, RAW	55 lb
5750	16281	SUNFLOWER SEEDS, RAW, ORG	1 lb
5750	20441	SUNFLOWER SEEDS, RAW, ORG	2 lb
5750	18975	SUNFLOWER SEEDS, RAW, ORG	5 lb
5750	25991	SUNFLOWER SEEDS, RAW, ORG	25 lb
5780	16284	SUNFLOWER SEEDS, ROASTED&SALTED	1 lb

## WALNUTS

5235	25261	WALNUTS, CHANDLER HALVES&PIECES	1 lb
5200	24735	WALNUTS, ENGLISH HALVES & PIECES	8 oz
5200	18920	WALNUTS, ENGLISH HALVES & PIECES	1 lb
5210	20936	WALNUTS, PIECES	1 lb

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# CANNED GOODS



VID# PLU# DESCRIPTION SIZE/lbs.

## -BEANS

### BUSH'S

647418	25219	BLACK BEANS	15 oz
649086	25764	PINTO BEANS	15 oz

### CADIA

40691	24620	BLACK BEANS, ORG	15 oz
41038	24622	BLACK BEANS, REFRIED	15 oz
40717	24623	GARBANZO BEANS, ORG	15 oz
40733	24624	GREAT NORTHERN BEANS, ORG	15 oz
40741	24625	KIDNEY BEANS, ORG	15 oz
40972	24627	PINTO BEANS, ORG	16 oz
41111	24626	REFRIED BEANS, FAT FREE	16 oz
42614	24637	GREEN BEANS, CUT, ORG	15 oz

### DP

155193	4531	BLACK BEANS	15.5 oz
7975	21382	CANNELLINI BEANS	15.5 oz
19168	19168	GARBANZO BEANS	15.5 oz
4603	4603	GREAT NORTHERN BEANS	15.5 oz
7812	17457	KIDNEY, LIGHT RED, BEANS	15.5 oz
13180	13180	PINTO BEANS	30 oz

### EDEN ORGANIC

185002	26255	BLACK BEANS	15 oz
18511	25728	BLACK BEANS	29 oz
185004	26632	BLACK EYED PEAS	15 oz
185006	26468	SOY BEANS	15 oz
185112	25729	CANNELLINI BEANS	29 oz
185012	26634	GARBANZO BEANS	15 oz
185114	25730	GARBANZO BEANS	29 oz
185014	26635	GREAT NORTHERN BEANS	15 oz

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185116	25731	GREAT NORTHERN BEANS	29 oz
185016	26636	KIDNEY BEANS	15 oz
185118	25732	KIDNEY BEANS	29 oz
185018	26811	NAVY BEANS	15 oz
185120	25733	NAVY BEANS	29 oz
185020	26676	PINTO BEANS	15 oz
185122	25734	PINTO BEANS	29 oz
18022	26640	RED BEANS, SMALL	15 oz

## HH

10942	5443	GREEN BEANS, CUT	14.5 oz
11191	5027	GREEN BEANS, FRENCH STYLE	14.5 oz

## MICHIGAN MADE

999410	25318	BLACK TURTLE BEANS	15 oz
999755	25319	KIDNEY BEANS, DARK RED	15 oz
999113	25320	PINTO BEANS, LOW SODIUM	15 oz

## SIMPLY NATURE

1000137	19117	BLACK BEANS, ORG	15.5 oz
10001324	20557	KIDNEY BEANS, ORG	15.5 oz
10001315	25329	PINTO BEANS, ORG	15.5 oz

## BULK BEANS

637611	19366	BLACK BEANS LOW SODIUM	#10
637603	20855	GARBANZO BEANS	#10
637801	18592	KIDNEY BEANS, DARK RED	#10
638205	18593	PINTO BEANS	#10

## OTHER

664511	23560	BLACK BEANS, ORG	15.5 oz
REFRIED	21866	REFRIED BEANS, FAT FREE,	16 oz
11700	22133	GREEN BEANS, CUT, NO SALT	14.5 oz
OLIVES			

## LINDSAY

A000892	25995	BLACK, MEDIUM, RIPE	6 oz
A001749	22769	GREEN RIPE	6 oz
A004527	25997	KALAMATA, PITTED	7 oz
A004519	25996	PIMENTO, QUEEN	7 oz

## YBARRA

483279	27098	ALMOND STUFFED	8.4 oz
3483279	25726	GARLIC STUFFED	8.4 oz
3483279	25592	LEMON STUFFED	8.4 oz

30 **\*Call for availability and pricing**



**OTHER**

104963413698	KALAMATA, PITTED, ORG (BRAND)	20 oz
784770 20354	SPANISH, QUEEN, (KIRKLAND BRND)	21 oz
1286114 26526	PAESANA CASTELVETRANO, ORG	34.02 oz
4149814 15042	BLACK, LARGE, PITTED (BRAND)	6 oz
537498 20860	SLICED, RIPE, #10	#10
537308 16889	WHOLE, PITTED, MEDIUM	#10
CAPERS 13990	CAPERS, ORG (SARDES BRAND)	3.5 oz

**-PASTA SAUCE****BOTTICELLI**

255506 25689	BOLOGNES, VEGAN	24 oz
267199 25691	PRIMAVERA	24 oz
326911 25690	ROASTED GARLIC	24 oz
831454 22539	TOMATO, BASIL, ORG (PAESANA BRND)	25 oz

**REGGANO**

40991001	26781 MARINARA	24 oz
232139 21615	TOMATO, BASIL, GARLIC	24 oz
232122 23540	TOMATO, ONION, GARLIC	24 oz

**SIMPLY NATURE**

173487 15040	MARINARA, ORG	24 oz
173494 2315	TOMATO, BASIL, ORG	25 oz

**-SALSA****CHIP MAGNET**

149000 24675	BLACK BEAN	16 oz
149002 24676	CILANTRO LIME	16 oz
149004 24677	GARLICIOUS	16 oz
149008 24678	MANGO HABENERO MEDIUM	16 oz
149012 23882	WILDLY DELICIOUS	16 oz

**OTHER**

362801 25710	SALSA VERDE, ROASTED (IMPERIO)	16 oz
326662 24613	MILD, (TENAYO BRAND)	16 oz
326661 24614	ORIGINAL (TENAYO BRAND)	16 oz

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