

Fall Sale 2018 Product List

*Certified organic except noted items

Ordinary Family Food & Life Ltd.

*Quantities of some items are limited

Valid until Nov 4, 2018

Check the Online Holiday Gift Store, too!

Product #	Product	Volume	Price	\$/unit	Manufacture	Origin	Note
FLOUR (2.27kg, 10kg, 25kg available - contacted for unlisted size)							
11-0B002	Buckwheat Flour	2.27 kg	\$ 19.45	\$ 8.57 /kg	0		
11-0B005	Buckwheat Flour	10 kg	\$ 66.47	\$ 6.65 /kg	Speerville		
11-0B105	Whole Barley Flour	2.27 kg	\$ 12.42	\$ 5.47 /kg	0		
11-0C005	Corn Flour	2.27 kg	\$ 10.53	\$ 4.64 /kg	Speerville	Maritime	
11-0C105	Corn Meal	2.27 kg	\$ 10.53	\$ 4.64 /kg	Speerville	Maritime	
11-0M005	Mochiko (sweetrice flour) NON ORGANIC	1 lb	\$ 2.99	\$ 6.59 /kg	Koda Farm	USA	
11-0R005	Brown Rice Flour	2.27 kg	\$ 16.81	\$ 7.41 /kg	Speerville	Maritime	
11-0R006	Brown Rice Flour	10 kg	\$ 62.83	\$ 6.28 /kg	Speerville	Maritime	
11-Ac005	Acadia Whole Wheat Flour	2.27 kg	\$ 10.76	\$ 4.74 /kg	Speerville	Maritime	
11-Ac103	Acadia Whole Wheat Flour (Bear River Farms)	3 kg	\$ 14.40	\$ 4.80 /kg	Bear River Farms	NS	
11-Ac006	Acadia Whole Wheat Flour	10 kg	\$ 35.16	\$ 3.52 /kg	Speerville	Maritime	
11-Ac120	Acadia Whole Wheat Flour (Bear River Farms)	20 kg	\$ 72.00	\$ 3.60 /kg	Bear River Farms	NS	
11-Ac705	Light Acadia Wheat Flour	2.27 kg	\$ 12.01	\$ 5.29 /kg	Speerville	Maritime	
11-Ac706	Light Acadia Wheat Flour	10 kg	\$ 40.72	\$ 4.07 /kg	Speerville	Maritime	
11-He005	All Purpose Heritage Flour	2.27 kg	\$ 12.51	\$ 5.51 /kg	Speerville		
11-Ka005	Kamut Flour	2.27 kg	\$ 12.08	\$ 5.32 /kg	Speerville	Canada	
11-Ka006	Kamut Flour	10 kg	\$ 39.74	\$ 3.97 /kg	Speerville	Canada	
11-Oa003	Whole Oat Flour (Bear River Farms certified Biodinamic)	3 kg	\$ 14.40	\$ 4.80 /kg	Bear River Farms	NS	
11-Re005	Red Fife Whole Wheat Flour	2.27 kg	\$ 10.33	\$ 4.55 /kg	Speerville	Maritime	
11-Re006	Red Fife Whole Wheat Flour	10 kg	\$ 35.16	\$ 3.52 /kg	Speerville	Maritime	
11-Re105	Light Red Fife Wheat Flour	2.27 kg	\$ 12.01	\$ 5.29 /kg	Speerville	Maritime	
11-Re106	Light Red Fife Wheat Flour	10 kg	\$ 40.72	\$ 4.07 /kg	Speerville	Maritime	
11-Ry103	Whole Rye Flour (Bear River Farms)	3 kg	\$ 12.00	\$ 4.00 /kg	Bear River Farms	NS	
11-Ry120	Whole Rye Flour (Bear River Farms)	20 kg	\$ 60.00	\$ 3.00 /kg	Bear River Farms	NS	
11-Ry006	Whole Rye Flour	10 kg	\$ 28.46	\$ 2.85 /kg	Speerville	Maritime	
11-Sp005	Whole Spelt Flour	2.27 kg	\$ 12.54	\$ 5.52 /kg	Speerville	Maritime	
11-Sp006	Whole Spelt Flour	10 kg	\$ 46.57	\$ 4.66 /kg	Speerville	Maritime	
11-Sp105	Light Spelt Flour	2.27 kg	\$ 14.34	\$ 6.32 /kg	Speerville	Maritime	
11-Sp106	Light Spelt Flour	10 kg	\$ 56.65	\$ 5.67 /kg	Speerville	Maritime	
11-Wp005	Whole Wheat Pastry Flour	2.27 kg	\$ 9.41	\$ 4.15 /kg	Speerville	Maritime	
11-Wp007	Whole Wheat Pastry Flour	10 kg	\$ 32.29	\$ 3.23 /kg	Speerville	Maritime	
11-WU002	Whole White (Unbleached) Flour Half Case	3x2.27 kg	\$ 28.01	\$ 4.11 /kg	Speerville	Maritime	
11-WU005	Whole White (Unbleached) Flour	2.27 kg	\$ 9.34	\$ 4.11 /kg	Speerville	Maritime	
11-WU006	Whole White (Unbleached) Flour	11.34 kg	\$ 40.18	\$ 3.54 /kg	Speerville	Maritime	
11-WW005	Whole Wheat Flour	2.27 kg	\$ 8.36	\$ 3.68 /kg	Speerville	Maritime	

Product #	Product	Volume		Price	\$/unit		Manufacture	Origin	Note
11-WW006	Whole Wheat Flour	10 kg		\$ 31.06	\$ 3.11 /kg		Speerville	Maritime	
11-WW007	Whole Wheat Flour	25 kg		\$ 71.21	\$ 2.85 /kg		Speerville	Maritime	
GRAINS & KERNELS (contact for larger size)									
12-Ba005	Hulled Barley	2.27 kg		\$ 11.26	\$ 4.96 /kg		Speerville	Canada	
12-Bu001	Buckwheat Groats	2.27 kg		\$ 19.49	\$ 8.59 /kg		Speerville	China	
12-Mi005	Hulled Millet	2.27 kg		\$ 15.46	\$ 6.81 /kg		Speerville	USA	
12-Oa001	Newfound Oatmeal Case	12x910 g		\$ 40.84	\$ 3.74 /kg		Speerville	Maritime	
12-Oa002	Newfound Oatmeal Half Case	6x910 g		\$ 21.31	\$ 3.90 /kg		Speerville	Maritime	
12-Oa006	Newfound Oatmeal	8 kg		\$ 26.99	\$ 3.37 /kg		Speerville	Maritime	
12-Oa007	Newfound Oatmeal	20 kg		\$ 59.09	\$ 2.95 /kg		Speerville	Maritime	
12-Oa003	Scotishi Oats (Bear River Farms certified Biodinamic)	3 kg		\$ 14.40	\$ 4.80 /kg		Bear River Farms	NS	
12-Oa103	Rolled Oats (Bear River Farms	3 kg		\$ 14.40	\$ 4.80 /kg		Bear River Farms	NS	
12-Oa101	Oat Groats	2.27 kg		\$ 8.95	\$ 3.94 /kg		Speerville		
12-Oa203	Oat Groats (Bear River Farms certified Biodinamic)	5 kg		\$ 15.00	\$ 3.00 /kg		Bear River Farms	NS	
12-Po002	Popping Corn	2.27 kg		\$ 16.87	\$ 7.43 /kg		Speerville	USA	
12-Qu006	Quinoa	2.27 kg		\$ 31.12	\$ 13.71 /kg		Speerville	Peru	
12-Ry105	Rye Kernels (Bear River Farms certified Biodynamics)	5 kg		\$ 12.50	\$ 2.50 /kg		Bear River Farms	NS	
12-Ry010	Rye Kernels	10 kg		\$ 22.67	\$ 2.27 /kg		Speerville		
12-Ry025	Rye Kernels	25 kg		\$ 54.60	\$ 2.18 /kg		Speerville		
12-Ry125	Rye Kernels (Bear River Farms certified Biodynamics)	25 kg		\$ 60.00	\$ 2.40 /kg		Bear River Farms	NS	
RICE									
<i>Japanese Standard</i>									
13-JS045	Kokuho Rose (Calrose) NON ORGANIC	5 lb		\$ 11.06	\$ 4.87 /kg		Koda Farm	USA	While qty lasts
13-JS047	Kokuho Rose (Calrose) NON ORGANIC	15 lb		\$ 29.40	\$ 4.32 /kg		Koda Farm	USA	While qty lasts
<i>Other Rice</i>									
13-OB001	Basmati Rice Brown	2.27 kg		\$ 21.07	\$ 9.28 /kg		Speerville	Pakistan	
13-OB011	Basmati Rice White	2.27 kg		\$ 22.67	\$ 9.99 /kg		Speerville	Pakistan	
13-OL006	Long Grain Brown Rice	2.27 kg		\$ 14.14	\$ 6.23 /kg		Speerville	Algentina/ Pakistan	
PASTA									
14-EI001	Whole Wheat Elbows	5 kg		\$ 42.98	\$ 8.60 /kg		Alegria	QC	
14-EI002	Whole Wheat Elbows Case	8x450 g		\$ 47.27	\$ 13.13 /kg		Alegria	QC	
14-EI011	Spelt Elbows	5 kg		\$ 54.37	\$ 10.87 /kg		Alegria	QC	
14-EI012	Spelt Elbows Case	8x450 g		\$ 50.58	\$ 14.05 /kg		Alegria	QC	
14-Sp011	Whole Wheat Spagetti	5 kg		\$ 46.80	\$ 9.36 /kg		Alegria	QC	
14-Sp012	Whole Wheat Spagetti Case	8x300 g		\$ 36.85	\$ 15.35 /kg		Alegria	QC	
14-Sp021	Spelt Spagetti	5 kg		\$ 56.65	\$ 11.33 /kg		Alegria	QC	
14-Sp022	Spelt Spagetti Case	8x300 g		\$ 44.41	\$ 18.50 /kg		Alegria	QC	
14-VS001	Veggie Spiral	5 kg		\$ 44.11	\$ 8.82 /kg		Alegria	QC	
14-VS002	Veggie Spiral Case	8x300 g		\$ 35.93	\$ 14.97 /kg		Alegria	QC	
15-So005	HAKUBAKU ORG'C SOBA	269 g		\$ 3.94	\$ 14.59 /kg		HAKUBAKU	AUS	While qty lasts

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15-Ud005	HAKUBAKU ORG'C UDON	269 g		\$ 3.94	\$ 14.59	/kg	HAKUBAKU	AUS	While qty lasts
15-So105	HAKUBAKU ORG'C CHASOBA (Green tea Soba)	198 g		\$ 3.94	\$ 19.90	/kg	HAKUBAKU		While qty lasts
15-Ra005	HAKUBAKU ORG'C RAMEN	270 g		\$ 3.94	\$ 14.59	/kg	HAKUBAKU		While qty lasts
NUTS & SEEDS									
22-AI001	Alfalfa seeds	910 g		\$ 21.26	\$ 23.36	/kg	Speerville		
22-AI002	Alfalfa seeds	2.27 kg		\$ 53.03	\$ 23.36	/kg	Speerville		
22-Ch001	Black Chia seeds	2.27 kg		\$ 47.06	\$ 20.73	/kg	Speerville		
22-Ch002	Black Chia seeds	910 g		\$ 20.64	\$ 22.68	/kg	Speerville		
22-Ch011	Black Chia seeds	300 g		\$ 8.63	\$ 28.76	/kg	Speerville		
22-He001	Hemp Seed	300 g		\$ 15.23	\$ 50.76	/kg	Speerville		
22-He002	Hemp Seed	910 g		\$ 45.55	\$ 50.06	/kg	Speerville		
22-He006	Hemp Seed	2.27 kg		\$ 101.47	\$ 44.70	/kg	Speerville		
22-Pu001	Pumpkin Seed Raw (China)	2.27 kg		\$ 35.96	\$ 15.84	/kg	Speerville	China	
22-Pu101	Pumpkin Seed Raw (Austrian)	1 lb		\$ 12.92	\$ 28.45	/kg	Rancho Vignola	Austria	While qty lasts
22-Pu202	Pumpkin Seed Roasted (Maritime)	2.27 kg		\$ 86.32	\$ 38.03	/kg	Speerville	Maritime	
22-Se001	Unhulled Sesame Seed (China)	2.27 kg		\$ 24.40	\$ 10.75	/kg	Speerville	China	
22-Se502	Black Sesame Seed. roasted NON ORGANIC	100 g		\$ 1.92	\$ 19.20	/kg	Kadoya		
22-Su005	Hulled Sunflower Seed	2.27 kg		\$ 17.24	\$ 7.59	/kg	Speerville	Romania	
23-BA005	Yum Foods Almond Butter	240 g		\$ 13.43	\$ 55.96	/kg	Yum Foods		
23-BC005	Yum Foods Cashew Butter	240 g		\$ 12.44	\$ 51.83	/kg	Yum Foods		
23-BP002	Yum Foods Peanut Butter Smooth bundle of 3	3x500 g		\$ 24.32	\$ 16.21	/kg	Yum Foods		
23-BP005	Yum Foods Peanut Butter Smooth	500 g		\$ 8.46	\$ 16.92	/kg	Yum Foods		
23-BP006	Yum Foods Peanut Butter Smooth	4 kg		\$ 52.56	\$ 13.14	/kg	Yum Foods		
23-BP012	Yum Foods Peanut Butter Crunchy bundle of 3	3x500 g		\$ 24.32	\$ 16.21	/kg	Yum Foods		
23-BP015	Yum Foods Peanut Butter Crunchy	500 g		\$ 8.46	\$ 16.92	/kg	Yum Foods		
23-BP016	Yum Foods Peanut Butter Crunchy	4 kg		\$ 52.56	\$ 13.14	/kg	Yum Foods		
23-Ta001	Yum Foods Sesame Tahihi bundle of 3	3x500 g		\$ 28.01	\$ 18.67	/kg	Yum Foods		
23-Ta005	Yum Foods Sesame Tahihi	500 g		\$ 9.74	\$ 19.48	/kg	Yum Foods		
23-Ta006	Yum Foods Sesame Tahihi	4 kg		\$ 67.88	\$ 16.97	/kg	Yum Foods		
BEANS & PEAS (2.27kg, 11.34kg)									
31-Ad011	Azuki Beans	2.27 kg		\$ 18.92	\$ 8.33	/kg	Speerville	China	
31-BI011	Black Turtle Beans	2.27 kg		\$ 16.92	\$ 7.45	/kg	Speerville	Bolivia/ China	
31-Ch001	Chickpeas (Garbanzos)	2.27 kg		\$ 26.21	\$ 11.55	/kg	Speerville		
31-GL001	Green Lentils	2.27 kg		\$ 19.39	\$ 1.71	/kg	Speerville	Canada	
31-Na001	Navy Beans	2.27 kg		\$ 18.92	\$ 8.33	/kg	Speerville	China	
31-Pi001	Pinto Beans	2.27 kg		\$ 21.00	\$ 9.25	/kg	Speerville	USA	
31-RK001	Red Kidney Beans	2.27 kg		\$ 26.28	\$ 11.58	/kg	Speerville	USA/China	
31-RL001	Red Split Lentils	2.27 kg		\$ 20.95	\$ 1.85	/kg	Speerville	Turkey	
31-So006	Soy Beans	2.27 kg		\$ 14.98	\$ 6.60	/kg	Speerville	PEI	

Product #	Product	Volume		Price	\$/unit		Manufacture	Origin	Note
35-To122	Mori-Nu Tofu Firm (Blue) NO-GMO, NON ORGANIC	349 g		\$ 2.25	\$ 2.25 /pc		JFC	USA	While qty lasts
CONDIMENTS									
41-SB001	Brown Sugar - Fair Trade	5 lb		\$ 18.73	\$ 8.25 /kg		Rancho Vignola	Peru	While qty lasts
41-Sc004	Whole Cane Sugar (Just Us!)*	4 kg		\$ 23.38	\$ 5.85 /kg		Just Us!		*See Just Us! Price List
41-Sc025	Whole Cane Sugar (Just Us!)*	25 kg		\$ 107.31	\$ 4.29 /kg		Just Us!		*See Just Us! Price List
42-Ma002	Maple Syrup	375 ml		\$ 13.55	\$ 36.13 /kg		Speerville	NB	
42-Ma003	Maple Syrup	1 L		\$ 28.20	\$ 28.20 /kg		Speerville	NB	
42-Ma004	Maple Syrup	4 L		\$ 98.02	\$ 24.50 /kg		Speerville	NB	
43-Sa001	Fine Grey Sea Salt Case	12x500 g		\$ 48.24	\$ 8.04 /kg		Maison Orphee	France	
43-Sa002	Fine Grey Sea Salt Half Case	6x500 g		\$ 25.33	\$ 8.44 /kg		Maison Orphee	France	
43-Sa005	Fine Grey Sea Salt	500 g		\$ 4.40	\$ 8.80 /kg		Maison Orphee	France	
43-Sa008	Fine Grey Sea Salt (jar)	1 L		\$ 8.46	\$ 8.46 /L		Maison Orphee	France	
43-Sa105	Coarse Grey Sea Salt	1 kg		\$ 6.15	\$ 6.15 /kg		Maison Orphee	France	
44-Ss005	Kikkoman Organic Soy Sauce	750 ml		\$ 13.50	\$ - /pc		Kikkoman	Japan	While qty lasts
44-Ss115	Kikkoman Soy Sauce Gluten-free NON ORG	296 ml		\$ 4.81	\$ - /pc		Kikkoman	USA	While qty lasts
46-Ap004	Apple Cider Vinegar	4 L		\$ 18.44	\$ 4.61 /kg		Boates	NS	
46-Ap005	Apple Cider Vinegar	950 ml		\$ 8.29	\$ 8.73 /kg		Boates	NS	
46-Ba005	Apple Cider Vinegar Balsamic Style	500 ml		\$ 10.96	\$ 21.91 /kg		Boates	NS	
HERB & SPICES									
47-Hr001	Dried Herb Mix - Roast Potatoes	70 g		\$ 14.00	\$ 200.00 /kg		BullyGoth Farm	Nova Scotia	Our favorite herb blend. While qty lasts
47-Hs001	Dried Herb Mix - Spaghetti Sauce	70 g		\$ 14.00	\$ 200.00 /kg		BullyGoth Farm	Nova Scotia	While qty lasts
47-Hm001	Dried Herb Mix - Mushroom & Herb	70 g		\$ 14.00	\$ 200.00 /kg		BullyGoth Farm	Nova Scotia	While qty lasts
47-Ba001	Bay Leaf	56 g		\$ 7.93	\$ 141.63 /kg		Organic Matter	Turkey	While qty lasts
47-Ba101	Bay Leaf	14 g		\$ 3.82	\$ 272.77 /kg		Organic Matter	Turkey	While qty lasts
47-Ca101	Cayenne Pepper	113 g		\$ 5.88	\$ 51.99 /kg		Organic Matter	USA/India	While qty lasts
47-Ci101	Cinnamon, True, Sweet	113 g		\$ 8.52	\$ 75.39 /kg		Organic Matter	Sri Lanka/ Vietnam	While qty lasts
47-Cu101	Curry Powder	113 g		\$ 6.76	\$ 59.79 /kg		Organic Matter		While qty lasts
47-Gi101	Ginger Root Powder	113 g		\$ 5.88	\$ 51.99 /kg		Organic Matter	India	While qty lasts
47-It101	Italian Seasoning	56 g		\$ 4.41	\$ 78.68 /kg		Organic Matter		While qty lasts
47-On101	Onion, Dry, Minced	113 g		\$ 5.85	\$ 51.77 /kg		Organic Matter	China/ India	While qty lasts
47-Pa101	Paprika, sweet	113 g		\$ 6.46	\$ 57.19 /kg		Organic Matter	USA / Israel	While qty lasts

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47-Pe001	Peppercorn, Whole, Black	1 LB	\$ 26.14	\$ 57.59	/kg	Organic Matter	Sri Lanka/ Vietnam	While qty lasts
47-Pe101	Peppercorn, Whole, Black	113 g	\$ 7.93	\$ 70.19	/kg	Organic Matter	Sri Lanka/ Vietnam	While qty lasts
47-Pi101	Pickling Spice	113 g	\$ 6.46	\$ 57.19	/kg	Organic Matter		While qty lasts
47-Ps001	Psyllium Husks	1 LB	\$ 20.86	\$ 45.94	/kg	Organic Matter	India	While qty lasts
47-Ps101	Psyllium Husks	113 g	\$ 6.46	\$ 57.19	/kg	Organic Matter	India	While qty lasts
47-St101	Stevia, Green	113 g	\$ 6.61	\$ 58.49	/kg	Organic Matter	Paraguay or India	While qty lasts
47-Tu001	Turmeric	1 LB	\$ 15.86	\$ 34.94	/kg	Organic Matter	India	While qty lasts
47-Tu101	Turmeric	113 g	\$ 4.70	\$ 41.59	/kg	Organic Matter	India	While qty lasts
OTHERS								
<i>COCOA PRODUCTS</i>								
51-C7001	Dark Chocolate Domes 70% Cocoa - Fair Trade	1 lb	\$ 18.81	\$ 41.43	/kg	Rancho Vignola	Germany	While qty lasts
51-C7201	Dark Chocolate Bits 70% Cocoa	1 lb	\$ 15.60	\$ 34.36	/kg	Organic Matter	Italy	While qty lasts
51-C7205	Dark Chocolate Bits 70% Cocoa	5 lb	\$ 74.40	\$ 32.78	/kg	Organic Matter	Italy	While qty lasts
51-Co001	Camino Cocoa Powder	224 g	\$ 8.13	\$ 36.27	/kg	Camino		
<i>DRIED FRUITS</i>								
52-Cr001	Dried Fruits - Cranberries Cane Sweetened (*HST)	1 lb	\$ 10.13	\$ 22.31	/kg	Rancho Vignola	Canada	+HST, while qty lasts
52-Cr011	Dried Fruits - Cranberries Juice Sweetened (*HST)	1 lb	\$ 12.96	\$ 28.55	/kg	Rancho Vignola	Canada	+HST, while qty lasts
52-Da101	Dried Fruits - Dates Deglet Pitted	1 lb	\$ 9.60	\$ 21.15	/kg	Rancho Vignola	USA	While qty lasts
52-Da102	Dried Fruits - Dates Deglet Pitted	2 lb	\$ 17.28	\$ 19.03	/kg	Rancho Vignola	USA	While qty lasts
52-Da201	Dried Fruits - Dates Medjool Whole	1 lb	\$ 12.05	\$ 26.54	/kg	Rancho Vignola	USA	While qty lasts
52-Da202	Dried Fruits - Dates Medjool Whole	2 lb	\$ 23.36	\$ 25.73	/kg	Rancho Vignola	USA	While qty lasts
52-Ra005	Dried Fruits - Raisins Thompson	5 kg	\$ 59.02	\$ 11.80	/kg	Speerville	USA	While qty lasts
52-Ra101	Dried Fruits - Raisins Thompson	1 lb	\$ 9.72	\$ 21.41	/kg	Rancho Vignola	USA	While qty lasts
<i>OIL</i>								
54-Ca001	Unrefined Canola Oil Case	6x1 L	\$ 92.65	\$ 15.44	/L	Soleil D'or	QC	For salads and sautéing
54-Ca005	Unrefined Canola Oil	1 L	\$ 16.46	\$ 16.46	/L	Soleil D'or	QC	
54-Ca101	Unrefined Canola Oil (PEI)	500 ml	\$ 11.69	\$ 23.38	/L	Alpha Mills	PEI	Glass bottle
54-Ca104	Unrefined Canola Oil (PEI)	4 L	\$ 59.42	\$ 14.86	/L	Alpha Mills	PEI	Plastic jug
54-Co201	Coconut Oil (L) Case	6x850 g	\$ 108.42	\$ 21.26	/kg	Maison Orphee		
54-Co202	Coconut Oil Half Case	3x850 g	\$ 56.02	\$ 21.97	/kg	Maison Orphee		
54-Co206	Coconut Oil	850 g	\$ 19.79	\$ 23.28	/kg	Maison Orphee		

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54-OI001	Olive Oil Case	6x1 L	\$ 144.88	\$ 24.15	/L	Soleil D'or	Argentina	For everyday cooking
54-OI005	Olive Oil	1 L	\$ 27.05	\$ 27.05	/L	Soleil D'or	Argentina	
54-OI006	Olive Oil	3 L	\$ 72.05	\$ 24.02	/L	Soleil D'or	Argentina	
54-OI007	Olive Oil Bundle	2x3 L	\$ 138.09	\$ 23.02	/L	Soleil D'or	Argentina	
54-Se003	Kadoya Sesame Oil NON ORGANIC bundle	2x163 ml	\$ 8.13	\$ 24.92	/L	Kadoya	Japan	While qty lasts
54-Se005	Kadoya Sesame Oil NON ORGANIC	163 ml	\$ 4.69	\$ 28.77	/L	Kadoya	Japan	While qty lasts
54-Su001	Unrefined Sunflower Oil Case	6x1 L	\$ 84.66	\$ 14.11	/L	Soleil D'or	Canada	For flavourful vinaigrettes
54-Su005	Unrefined Sunflower Oil	1 L	\$ 14.66	\$ 14.66	/L	Soleil D'or	Canada	
54-Su006	Unrefined Sunflower Oil	3 L	\$ 39.36	\$ 13.12	/L	Soleil D'or	Canada	
MISC								
55-BC001	Hime Seasoned Fried Bean Curd (Inarizushi-No-Moto), canned, NON ORGANIC	284 g	\$ 5.00					Seasoned deep-fried Tofu pouches for a type of Sushi, while qty lasts
55-Bu001	Bamboo shoot (canned) NON ORG	218 ml	\$ 2.10	\$ 2.10	/pc			
55-TG111	Green Tea w/Roasted Rice	20 bag	\$ 7.56	\$ 7.56	/pc	YMY	Japan	While qty lasts
55-TG121	Green Tea w/Roasted Rice Decaf	20 bag	\$ 7.56	\$ 7.56	/pc	YMY	Japan	While qty lasts
59-NF005	Nori Flakes	28 g	\$ 4.00		/pc	Fundy Dulse	NS	From Digby
59-Nf105	Dulse Flakes	28 g	\$ 4.00		/pc	Fundy Dulse	NS	From Digby
59-Nf205	Sea Lettuce Flakes	28 g	\$ 4.00		/pc	Fundy Dulse	NS	From Digby
59-Nf305	Sea Flavour Seasoning	28 g	\$ 4.00		/pc	Fundy Dulse	NS	From Digby
59-Nf201	Dulse (dry)	35 g	\$ 2.99		/pc	Fundy Dulse	NS	From Digby
59-Nf202	Dulse (soft)	35 g	\$ 2.99		/pc	Fundy Dulse	NS	From Digby
59-Oy011	Oyster Mushroom Powder	50 g	\$ 8.00	\$ 160.00	/kg	GothBully Farm	NS	While qty lasts
55-Sh101	JFC IKI Shirataki Dark (S) NON ORGANIC	198 g	\$ 2.18		/pc	JFC	USA	While qty lasts
55-Sh102	JFC IKI Shirataki White (S) NON ORGANIC	198 g	\$ 2.18		/pc	JFC	USA	While qty lasts
55-Sh201	JFC IKI Shirataki Dark (S) case NON ORGANIC	24x200 g	\$ 45.57	\$ 1.90	/pc	JFC	USA	While qty lasts
55-Sh202	JFC IKI Shirataki White (S) case NON ORGANIC	24x200 g	\$ 45.57	\$ 1.90	/pc	JFC	USA	While qty lasts
55-Sh401	JFC IKI Shirataki Dark (L) NON ORGANIC	453 g	\$ 3.38		/pc	JFC	USA	While qty lasts
55-Sh402	JFC IKI Shirataki White (L) NON ORGANIC	453 g	\$ 3.38		/pc	JFC	USA	While qty lasts
55-Sh501	JFC IKI Shirataki Dark (L) case NON ORGANIC	12x453 g	\$ 36.40	\$ 3.03	/pc	JFC	USA	While qty lasts
55-Sh502	JFC IKI Shirataki White (L) case NON ORGANIC	12x453 g	\$ 36.40	\$ 3.03	/pc	JFC	USA	While qty lasts

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