

# Complete Food Regular Price List updated September 1, 2016

## Canned Food Items

LOMA LINDA	V/GF	Size	Single	Case
Beefless Chunks		13 oz	5.29	57.99
Big Franks - Reg or LF	V	20 oz	5.99	67.99
Big Franks - Inst - 6/case	V	96 oz	20.99	115.99
Chik'n Chunks		13 oz	5.29	57.99
Chik'n Patty		13 oz	5.29	57.99
Chili	V	20 oz	4.39	47.99
Chili - Inst	V	50 oz	10.59	114.99
Choplets	V	20 oz	5.99	67.99
Diced Chik		13 oz	5.29	57.99
Fishless Tuna	V	13 oz	5.29	57.99
Fishless Tuna - Inst - 6/case	V	100 oz	20.99	114.99
Five Bean Chili		20 oz	4.39	47.99
Five Bean Chili - Inst		50 oz	10.59	114.99
FriChik - Reg or Low-Fat		12 1/2 oz	5.29	57.99
FriChik - Inst		40 oz	12.99	144.99
Fried Chik'n w/ Gravy		13 oz	5.29	57.99
Linketts	V	20 oz	5.99	67.99
Linketts - Inst - 6/case	V	96 oz	20.99	115.99
Little Links	V	19 oz	5.99	67.99
Prime Stakes		13 oz	5.29	57.99
Prime Stakes - Inst		47 oz	12.99	144.99
Redi-Burger	V	19 oz	5.99	67.99
Saucettes		19 oz	5.99	67.99
Sloppy Joe	V	19 oz	5.99	67.99
Spicy Chorizo	V	20 oz	5.99	67.99
Super Links		19 oz	5.99	67.99
Swiss Stake w/ Gravy		13 oz	5.29	57.99
Swiss Stake w/ Gravy - Inst		47 oz	12.99	144.99
Taco Filling		20 oz	5.99	67.99
Taco Filling		50 oz	12.99	144.99
Tender Bits	V	19 oz	5.99	67.99
Tender Rounds		19 oz	5.99	67.99
Vege-Burger	V	19 oz	5.99	67.99
Vegetable Skallops	V	20 oz	5.99	67.99
Vegetable Skallops - Inst	V	50 oz	12.99	144.99
Vegetable Steaks	V	20 oz	5.99	67.99
Vegetarian Burger	V	20 oz	5.99	67.99
Vegetarian Burger - Inst	V	50 oz	12.99	144.99
Veja-Links - Reg or LF		19 oz	5.99	67.99

### CEDAR LAKE

3-Grain Pecan Patty	V	19 oz	5.99	67.99
Beef Patty Mix		4 1/2 oz	5.99	67.99
Beef Strips	V	20 oz	5.99	67.99
Chicken Patty Mix		4 1/2 oz	5.99	67.99
Chik'n Strips	V	20 oz	5.99	67.99
Chops	V	19 oz	5.99	67.99
Deli-Franks	V	20 oz	5.99	67.99
Dinner Cutlet	V	19 oz	5.99	67.99
Dinner Steak w/ Gravy		13 oz	5.29	57.99
Hostess Cuts	V	19 oz	5.99	67.99
Jumbo Frank	V	20 oz	5.99	67.99
Nutabella	V/GF	19 oz	6.29	69.99
NutecSupreme	V/GF	19 oz	6.29	69.99
Nuti-Loaf	V/GF	19 oz	6.29	69.99
Quik-Burger	V	19 oz	5.99	67.99
Terkettes	V	19 oz	5.99	67.99
Tofu Links	V	20 oz	5.99	67.99
Vegeburger	V	19 oz	5.99	67.99
Vegi-Scallops	V	20 oz	5.99	67.99

### CAROLINE'S - Organic

Chik'n Patty		13 oz	5.99	67.99
Fishless Tuna	V	13 oz	5.99	67.99
Fishless Tuna - Inst - 6/case	V	100 oz	20.99	125.99
Five Bean Chili		20 oz	6.89	76.99
Five Bean Chili - Inst		50 oz	11.25	125.99
Taco Filling		20 oz	6.89	76.99
Taco Filling - Inst		50 oz	11.25	125.99

### HERITAGE (6/case)

Chik'n Bites - 12/case		13 oz	4.59	51.99
Dinner Cutlets	V	19 oz	5.99	30.99
Mini Links	V	19 oz	5.99	30.99
Vege-Burger	V	19 oz	5.99	30.99
Vege-Scallops	V	19 oz	5.99	30.99
Vege-Steak	V	19 oz	5.99	30.99

### COMPANION

Cha'i Pow Yu - Braised Gluten		10 oz	2.59	55.99
Curry Cha'i Pow Yu		10 oz	2.59	55.99
Lo Han Chai		10 oz	2.59	55.99
(Gluten with Assorted Vegetables)				
Mock Chicken - Braised Bean Curd		10 oz	2.59	55.99
Mun Cha'i Ya - Duck Braised Gluten		10 oz	2.59	55.99
San-Shi'an Shan-Shu		10 oz	2.59	55.99
(Gluten with Bamboo Shoots & Mushrooms)				

## Frozen Food Items

WORTHINGTON FROZEN	V/GF	Size	Single	Case
Chicken Roll		4 lb	28.99	105.99
Corned Beef Roll		72 oz	30.99	113.99
Smoked Turkey Roll		4 lb	28.99	105.99
Wham Roll		72 oz	30.99	113.99
Chic-ketts Roll		16 oz	8.19	84.99
Dinner Roast		2 lb	15.99	84.99
Fripats		9 oz	5.49	59.99
Fripats - Inst		48 ct	13.99	52.99
Leanies		9 ct	6.89	74.99
Prosage Links		8 oz	5.39	58.99
Prosage Roll		16 oz	8.19	84.99
Stakelets		10 oz	5.49	59.99
Stripples		18 ct	5.49	59.99
Worthington Meatless Slices		6 ct	5.95	35.00
Chicken, Corned Beef, Smoked Turkey, Wham (as they become available)				

### HERITAGE FROZEN

Chik'n Tenders		9.6 oz	5.49	43.99
Corn Dogs		10.5 oz	5.49	39.99
Corn Nuggets		10.6 oz	5.59	59.99
Garden Grain Veggie Burger		10.6 oz	5.59	59.99
Jumbo Corn Dog Single Serve		10.6 oz	2.34	45.99
Jumbo Hot Dogs		10.6 oz	6.29	45.99
Sausage Crumblers		8 oz	5.49	39.99
Sausage Patties		7.4 oz	5.49	39.99
Sizzle Burger		10.6 oz	5.59	59.99
Vegebobs		10.2 oz	5.59	59.99
Vegefish Fillets		10.8 oz	5.99	39.99
Veggie Hot Dogs		7.9 oz	4.59	34.29

### MORNINGSTAR FARMS (12/CASE UNLESS NOTED)

Bacon Strips		5 1/4 oz	4.69	51.99	
Bacon Strips - Inst		320 ct		62.49	
Breakfast Links- Inst		168 ct		71.99	
Breakfast Patties - Inst		112 ct		68.59	
Chik Patties - Inst		15 ct	16.99	54.99	
Grillers		9 oz	3.99	47.88	
Grillers - Inst		12 ct	12.99	46.99	
Grillers Value Pack		8/cs	8 ct	7.99	54.99
Grillers Burger Crumbles		8/cs	12 oz	4.69	31.99
Riblets - Hickory BBQ		10 oz	4.69	49.99	
Sausage Links		8 oz	4.69	51.99	
Sausage Patties - Original		8 oz	4.69	51.99	
Sausage Patties Value Pack		6/cs	12 ct	7.59	43.99
Veggie Dogs		8/cs	8.4 oz	4.69	34.99

### CEDAR LAKE FROZEN

Corn Dogs	V	10 oz	4.99	58.99
Croquettes Dor'ees		10 oz	5.49	64.99
Quik Chik Roll	V	4 lb	23.99	89.99
Vege-Boloni Roll	V	4 lb	26.49	98.99
Vege-Boloni Slices	V	8 oz	4.89	53.99
Vege-Chikn Roll	V	4 lb	26.49	98.99
Vege-Chikn Slices	V	8 oz	4.89	53.99
Vege-Corned Beef Roll		4 lb	28.99	107.99
Vege-Corned Beef Slices		8 oz	5.39	59.99
Vege-Fish Fillet		9 oz	5.89	64.99
Vege-Ham Roll		4 lb	28.99	107.99
Vege-Ham Slices		8 oz	5.39	59.99
Vege-Meatballs		16 oz	6.29	69.99
Vege-Salami Roll	V	4 lb	26.49	98.99
Vege-Salami Slices	V	8 oz	4.89	53.99
Vege-Tuna Roll	V	12 oz	5.79	63.99
Vege-Turkey Roll	V	4 lb	26.49	98.99
Vege-Turkey Slices	V	8 oz	4.89	53.99

### VEGGIE SELECT FROZEN (NON-GMO)

Veggie Bacon Sliced Family Pack		16 oz	12.49
Veggie Ham Slices		16 oz	9.49

\*Frozen foods will only be shipped Mon-Wed and to locations with one day delivery. Frozen food shipments are not insured, non-refundable, and one day arrival is not guaranteed. Customer assumes all risk after shipment is picked up by delivery carrier.

V - Vegan  
GF - Gluten Free



ALL PRICES SUBJECT TO CHANGE.

## Seasonings and Mixes

KIM'S SIMPLE MEALS (NON-GMO) V/GF				Size	Single
___ Breakfast Sausage Mix.....	V/GF.....	7 oz.....	5.49		
___ Golden Waffles Mix.....	V/GF..	11.4oz.....	5.49		
___ Homestyle Burger Mix.....	V/GF.....	8 oz.....	5.49		
___ Macaroni Casserole Mix.....	V/GF..	10.5oz.....	5.49		

### LOMA LINDA

___ Mexican Mix.....	V/GF.....	5 oz.....	5.39
___ Original Mix.....	V/GF.....	5 oz.....	5.39

### SO SOYA

___ Veggie Chik'n Strips.....	V/GF...5.5 oz.....	3.99
___ Veggie Ground Burger.....	V/GF...5.5 oz.....	3.99
___ Veggie Steak Style Strips.....	V/GF...5.5 oz.....	3.99

### VEGAN BURGER MIX (NON-GMO)

___ Black Bean/Olive Brgr Mix ....	V/GF.. 10 oz.....	6.59
___ Vege Caliente Burger Mix.....	V/GF.. 10 oz.....	6.59
___ Veggie Six Mix Burger Mix.....	V/GF.. 10 oz.....	6.59
___ Viva Italiano Burger Mix.....	V/GF.. 10 oz.....	6.59

### VEGETARIAN EXPRESS

___ All-Purpose Veggie Salt.....	V.....	5 oz.....	4.69
___ Beef-Like Seasoning.....	V.....	13.1 oz.....	6.99
___ Creamy White Gravy Mix.....	V.....	9.5 oz.....	5.39
___ Golden Broth Seasoning.....	V.....	13 oz.....	5.99
___ Greek Isle Seasoning.....	V.....	5 oz.....	5.29
___ Lemony Dill Zest.....	V.....	5 oz.....	6.19
___ Parma Zaan Sprinkles.....	V.....	6 oz.....	7.79
___ Parma Zaan Sprinkles.....	V.....	16 oz.....	11.99
___ Pepper-Like Seasoning.....	V.....	4 oz.....	4.79
___ Rich Brown Gravy Mix.....	V.....	9.7 oz.....	6.29
___ Roasted Garlic Red Pepper Zip	V.....	5 oz.....	6.79
___ Saucy Ranch Seasoning.....	V.....	3.6 oz.....	4.79
___ Veggie Chick Seasoning.....	V.....	6 oz.....	5.29

### OTHER

___ Bakon Hickory Seasoning.....	V.....	4¾ oz.....	5.59
___ Bakon Hickory Seasoning.....	V.....	11 oz.....	8.79
___ Bakon Hickory Seasoning.....	V.....	24.7oz.....	17.79
___ Better Brown Gravy.....	V.....	8¾ oz.....	4.79
___ Bill's Best Beef Seasoning.....	V.....	9 oz.....	7.99
___ Bill's Best Chik'nish Seasoning	V.....	11 oz.....	6.39
___ Bragg Liquid Aminos.....	V.....	16 oz.....	5.19
___ Bragg Liquid Aminos.....	V.....	32 oz.....	8.79
___ Creamy White Gravy.....	V.....	8¾ oz.....	7.19
___ Egg Substitute for Baking.....	V.....	4.5 oz.....	5.69
___ Gravy Quik Brown Gravy Mix.....		1 oz.....	2.25
___ Gravy Quik Chik'n Gravy Mix.....		1 oz.....	2.25
___ Gravy Quik Mushroom Gravy Mix		1 oz.....	2.25
___ Gravy Quik White Gravy Mix.....		1 oz.....	2.25
___ GW Brown Seasoning.....	V.....	1.1oz.....	2.25
___ GW Golden Seasoning.....	V.....	1 oz.....	2.25
___ Mayacamas Brown Gravy.....		0.65oz.....	1.39
___ Mayacamas Chicken Gravy.....		0.65oz.....	1.39
___ Mayacamas Country Gravy.....		0.65oz.....	1.39
___ Mayacamas Savory Herb Gravy.....		0.65oz.....	1.39
___ Mayacamas Turkey Gravy.....		0.65oz.....	1.39
___ McKay's Beef No MSG.....		12 oz.....	7.19
___ McKay's Beef Vegan (No MSG).....	V.....	12 oz.....	7.69
___ McKay's Chicken No MSG.....		12 oz.....	6.49
___ McKay's Chicken Vegan (No MSG)	V.....	12 oz.....	7.99
___ Popcorn Seasoning.....	V.....	6 oz.....	5.09

## Snack Food Items

___ Carob Brownie.....	3 ¼oz.....	2.59
___ Carob Chip Cookie.....	2 ¼ oz.....	2.09
___ Oatmeal Raisin Cookie.....	2 ¼oz.....	2.09
___ Skins - Regular.....	¾ oz.....	1.39
___ Skins - Hot.....	¾ oz.....	1.39

### DRIED FRUIT

___ Mango Slices.....	16 oz.....	8.19
___ Papaya Spears Unsulphured.....	8 oz.....	3.99
___ Pineapple Slices Unsulphured.....	8 oz.....	4.19

### DANDIES

___ Dandies Marshmallows.....	V.....	10 oz.....	4.79
___ Dandies Mini Marshmallows.....	V.....	10 oz.....	4.79



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## Other Food Items

TVP	V/GF	Size	Single	SKU
___ Beef Flavored Chunks.....		1 lb.....	5.69.....	17540
___ Beef Flavored Chunks.....		2 lb.....	10.59.....	30655
___ Gluten Shreds-Dark.....		7 oz.....	5.29.....	33617
___ Gluten Shreds-Light.....		7 oz.....	5.29.....	33618
___ Imitation Bacon Bits.....		1 lb.....	5.69.....	17557
___ Imitation Beef Flavored Bites.....		8 oz.....	3.85.....	29343
___ Imitation Beef Flavored Bits.....		1 lb.....	5.69.....	29342
___ Imitation Beef Flavored Chunks.....		1 lb.....	5.79.....	17541
___ Imitation Beef Flavored Minced.....		1 lb.....	5.69.....	17542
___ Imitation Chicken Flavored Bits.....		1 lb.....	5.69.....	17550
___ Imitation Chicken Flavored Chunks.....		1 lb.....	5.79.....	29338
___ Imitation Ham Bits.....		1 lb.....	6.99.....	17544
___ Imitation Lamb Chunks Unflavored.....		1 lb.....	4.49.....	17551
___ Imitation Sausage Bits.....		1 lb.....	5.99.....	15089
___ Imitation Taco Flavored Bits.....		1 lb.....	5.79.....	17549
___ Soy Curls.....		8 oz.....	4.59.....	14205
___ Soy Strips.....		1 lb.....	4.49.....	17548
___ Soyabeaf Chunks.....		1 lb.....	4.49.....	17545
___ Soyabeaf Natural Chunks.....		1 lb.....	4.49.....	17547
___ Soya Beef Natural Minced.....		1 lb.....	4.49.....	17546
___ Unflavored Chicken Chunks.....		1 lb.....	4.49.....	29340
___ Unflavored Chicken Chunks Large.....		2 lb.....	8.29.....	29341
___ Ultra Soy Chunks.....		1 lb.....	2.79.....	17543
___ Ultra Soy Granules.....		1 lb.....	2.79.....	29494

### OTHER

	V/GF	Size	Single	Case
___ Almond Supreme Raw Whole.....		8 oz.....	5.99	
___ Almond Supreme Raw Whole.....		16 oz.....	11.79	
___ Carob Chips Sweetened.....		16 oz.....	7.59	
___ Carob Chips Unsweetened.....		16 oz.....	5.79	
___ Carob Powder.....		16 oz.....	4.49	
___ Cashew Kernels Whole Raw.....		16 oz.....	14.89	
___ Cashew Pieces Raw.....		16 oz.....	11.99	
___ Cedar Lake Breading Meal.....		24 oz.....	7.99	
___ Flax Seed Brown <i>Organic</i> .....		16 oz.....	4.19	
___ Flax Seed Golden <i>Organic</i> .....		16 oz.....	4.39	
___ Nutritional Yeast.....		8 oz.....	7.49	
___ Nutritional Yeast.....		16 oz.....	14.49	
___ Pa's Pickle Chips.....		16 oz.....	3.79.....	39.99
___ Pa's Pickle Spears.....		16 oz.....	3.59.....	39.99
___ Pa's Sweet Pickle Relish.....		16 oz.....	3.59.....	39.99
___ Pa's Salsa-Artichoke Garlic.....		16 oz.....	4.99.....	49.99
___ Pa's Salsa-Black Bean Corn.....		16 oz.....	4.89.....	49.99
___ Pa's Salsa-Fire Roasted Med.....		16 oz.....	4.99.....	49.99
___ Pa's Salsa-Garden Fresh.....		16 oz.....	4.89.....	49.99
___ Pa's Salsa-Mango.....		16 oz.....	4.89.....	49.99
___ Pa's Salsa-Peach.....		16 oz.....	4.89.....	49.99
___ Pecan Meal.....		16 oz.....	7.79	
___ Tartex Pate Herb Meadow.....	V.....	4.4 oz.....	5.79	
___ Tartex Pate Mushroom.....	V.....	4.4 oz.....	5.79	
___ Tartex Pate Original.....	V.....	4.4 oz.....	5.79	
___ Vital Wheat Gluten Powder.....		16 oz.....	6.49	
___ Vital Wheat Gluten Powder.....		32 oz.....	12.19	

### OTHER

___ Chilli Man w/Beans.....	V.....	15 oz.....	1.99.....	22.59
___ Green Ripe Olives.....		6 oz.....	3.09.....	33.99

## Coffee & Milk Substitutes

	V/GF	Size	Single	Case
___ Better Than Milk Original.....	V.....	25.9oz.....	14.39	
___ Better Than Milk Vanilla.....	V.....	22.4oz.....	14.89	
___ Bueno Coffee Hazlenut.....		7 oz.....	5.49	
___ Bueno Coffee Original.....		7 oz.....	5.49	
___ Bueno Coffee Pecan Praline.....		7 oz.....	5.49	
___ Cafix Jar.....		3.5 oz.....	5.99	
___ Cafix Tin.....		7.05oz.....	9.99	
___ Cafix Crystals.....		7 oz.....	7.29	
___ Pero Jar.....		4.4oz.....	6.59	
___ Pero Tin.....		7 oz.....	8.59	
___ Postum.....		8 oz.....	11.99	
___ Postum Coffee Flavored.....		8 oz.....	11.99	
___ Roma.....		7 oz.....	7.99.....	44.99
___ Roma Caro Cocoa.....		7 oz.....	7.99.....	44.99
___ Roma Caro Fiber.....		7 oz.....	7.99.....	44.99

## Other Health Items

___ Charcoal Powder.....	10 oz.....	14.99
___ Charcoal Powder.....	24 oz.....	25.99
___ Charcoal Tablets.....	130ct ..	12.99
___ Charcoal Vegicaps.....	125ct ..	12.99

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GF - Gluten Free

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