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### **Bulk Rice**

PLU	Item Name	Brand Name
458	Rice Basmati Brown Org	Lundberg Farms
456	Rice Basmati White Org	Lundberg Farms
361	Rice Carolina Gold	Carolina Plantation
397	Rice Forbidden Black	Lotus Foods
408	Rice Jade Pearl Org	Lotus Foods
427	Rice Jasmine Nutra Farmed	Lundberg Farms
420	Rice Golden Rose Brown Org	
454	Rice Long Grain Brown Org	Lundberg Farms
455	Rice Long Grain Brown Eco	Lundberg Farms
428	Rice Short Grain Brown Eco	Lundberg Farms
452	Rice Short Grain Brown Org	Lundberg Farms
613	Sushi Rice Org	Lundberg Farms
459	Rice Sweet Brown Org	Lundberg Farms
407	Rice Volcano Org	Lotus Foods
451	Rice Wild Blend Org	Lundberg Farms
367	Rice Wild Org	Lundberg Farms
421	Rice, White Jasmine	

<b>Bulk Seeds</b>		
PLU	Item Name	
495	Chia Black Org	
575	Flax Golden Org	
987	Flax Seeds Brown Org	
409	Hemp Hearts Org	
281	Pumpkin Seeds Raw	
225	Pumpkin Seeds Roasted/Salted	
988	Sesame Seeds White Hulled Org	

403

401

400

Sunflower Kernels Org Sunflower Seeds Roasted/Salted

Sesame Seeds Unhulled Raw Org

# **Misc. Bulk**

PLU	Item Name	Ingredient List		
		Soy Flour, Yellow Commeal, Tomato Powder, Dried Onion, Barley Flake, Soy Sauce Powder (wheat, soybeans, sait), Spices (paprika, cumin, chipote, chili pepper, cregano, black pepper, bay leaves), Dried Garlic, Brown Rice Syrup Solids, Sea Salt, Yaast Extract, Non-GMO Expeller-Pressed Canola OI, Dried Mao (soybeans, rice, sait) Celery Powder, Rosemary Extract, Jalepeno Pepper Powder, Chirk Acid		
473	Textured Vegetable Protein (TV	Extruded Soy Flour		
568	Quinoa Elbow Pasta Org	Organic Com Flour, Organic Quinoa Flour		
377	Garlic Sesame Sticks	Enriched Wheat Flour (unbleached wheat flour, malted barley flour, niacin, iron (reduced iron) thiamine mononitrate, riboflavin, floic acid), Soybean Oil, Sesame Seeds, Bulghur Wheat, Salt, Garlic Powder, Beet Powder (color), Turmeric (color)		
483	Refried Pinto Bean	Pinto Bean Flakes (pinto beans, salt), Onion Powder, Organic Expeller Pressed Canola Oil, less than 2% of Chili Pepper, Cumin, Sea Salt, Yeast Extract, Natural Flavor, Jalepeno Pepper Powder, Rosemary Extract, Black Pepper, Citric Acid		
493	Wasabi Peas	Green Peas, Comstarch, Wheat Flour, Rice Flour, Sugar, Palm Oil, Sea Salt, Wasabi Mustard Powder		
373	Semi-Sweet Chocolate Chips Org Fair Tade	Organic Cane Sugar, Organic Unsweetened Chocolate, Organic Cocoa Butter, Soy Lecithin (an emulsifier), Organic Vanilla "Incidental Milk May Be Present"		
309	Bittersweet Chocolate Chips (70% Cacao) Org Fair Trade	Organic Checolate Liquor, Organic Raw Cane Sugar, Organic Cocoa Butter, Organic Cocoa Powder		
344	Dancing Star "Chunks Of Energy"	Organic Dates, Organic Sunflower Seeds, Organic Raisins, Organic Apricots, (may contain organic rice powder), Organic Cacao Powder, Organic Sesame Seeds, Organic Sunflower Seed Meal, Organic Coconut, Organic Goji Powder, Natural Flavors		
223	Cacao Nibs Org			
441	Sea Salt			
717	Real Salt			
387	Sucanat Org			
293	Light Brown Sugar Org			
274	Powdered Sugar Org			
264	Demarura Sugar Org			
442	Raw Sugar Org			

## **Bulk Nuts**

PLU     Item Name     Ingredient List       478     Amond Butter     by Neard Atoms       552     Almond Butter     by Neard Atoms       555     Almonds Tamari Roased     catoria Gow Anone, Ognici thera Fare Tawai (Wair, Wink Organic Staplers, Bat ed Ognic Acout),       556     Almonds To Toasted Coconul     opera Anone, Ognici thera Fare Tawai (Wair, Wink Organic Bows Roe Fau       557     Almonds Toasted Coconul     opera Anone, Ognici thera Fare Tawai (Wair, Wink Organic Bows Roe Fau       557     Almonds Toasted Coconul     opera Anone, Ognici thera Fare Tawai (Wair, Wink Organic Bows Roe Fau       556     Cashew Whole Raw Org     opera Anone, Ognice Cocona Butter, Ognice Cocona, Ognice C			
552     Almonds Raw Org     Open white a warmonk.       556     Almonds Tamair Roaded     Open white a warmonk.       556     Almonds Tamair Roaded     Open white a warmonk.       557     Almonds Toasted Coconut     Open Almonds Open Warmonk.       367     Almonds Cocoa Covered     Open Almonds.     Open Almonds.     Open Almonds.       371     Cashew Whole Raw Org     Open white a max.     Open Almonds.		Item Name	Ingredient List
556     Almonds Tamari Roasted     Califorma Granch Anorea, Organic Market Syna, Organic Solvens, Date Book Road       3606     Almonds Tamari Roasted     Organic Market Syna, Organic Market Syna, Organic Solvens, Organic Book Road       3607     Almonds Cococa Covered     Organic Market Anorea, Organic Market Syna, Organic Solvens, Organic Book Road       3608     Cashews Whole Raw Org     Organic Market Anorea, Organic Cales San, Organic Book Road, Organic Cales San, Organic Book Road       3611     Cashew Pieces RS     Cashews Org     Organic Cales       3624     Cashews Organic Cales     Organic Cales     Organic Cales       3636     Cashews Organic Cales     Organic Cales     Organic Cales       3647     Cashews Organic Cales     Organic Cales     Organic Cales       3648     Cashews Searth Orlog     Organic Cales     Organic Cales     Organic Cales       3650     Cashews Searth Orlog     Organic Cales     Organic Cales     Organic Cales     Organic Cales       3661     Cashews Searth Orlog     Organic Cales     Organic Cales     Organic Cales     Organic Cales     Organic Organic Cales <td>478</td> <td>Almond Butter</td> <td>Dry Roasted Almonds</td>	478	Almond Butter	Dry Roasted Almonds
3606     Almonds Toasted Coonut     Opera Atoma, Opera Userskered Coonut, Opera Userskered Coonut, Opera Coone Bruek, Opera Coone, Opera Coone	552	Almonds Raw Org	Organic whole raw almonds.
367     Amonds Cocca Covered     Operic Rased Alroads, Organic Care Stogen Operic Strates Mark, Organic Lineaded, Operic Care Structure       560     Cashew Whole Raw Org     Operic Rase Mark     Operic Care Rased       561     Cashew Pieces Rs     Cashew Support Rase Care Structure     Cashew Support Rased Ra	556	Almonds Tamari Roasted	California Grown Almonds, Organic Wheat Free Tamari (Water, Whole Organic Soybeans, Salt and Organic Alcohol).
560 Cashew SW Molo Raw Org Opers where an earliers   311 Cashew Pileces Raw Org Improve there an earliers   312 Cashew Pileces Raw Org Improve there and there on the operation of the	3606	Almonds Toasted Coconut	Organic Almonds, Organic Maple Syrup, Organic Unsweetened Coconut, Organic Brown Rice Flour
3111     Cashew Pieces Raw Org     month time togets cames.       561     Cashew Pieces RAW     cashew space data months of contrain the two       561     Cashew Series     cashew space data months of contrain the two       561     Cashew Series     cashew space data months of contrain the two       561     Cashew Series     cashew counts oper data months of contrain the two       574     Cashew Series     cashew counts oper data months of contrain the two       3765     Cashew Series     cashew counts oper data months of contrain the two       3766     Cashew Seame Norl Org     oper contrain toget data months     oper contrain toget data months       3768     Cashew Seame Norl Org     op contrains, oper contrains, oper table months     oper contrains, oper con	357	Almonds Cocoa Covered	Organic Roasted Almonds, Organic Cane Sugar, Organic Coccoa Butter, Organic Unsweetened Chocolate, Organic Vanilla Beans, Soy Lecithin (an emulsifier), Organic Coccoa Powder
561     Cashew Pieces RS     caskew pages data with compare bank to compare the top account prover compare co	560	Cashews Whole Raw Org	Organic whole raw cashews.
574     Cashews Curry Org     Noted Operator Current Operator Current Operator Turnet's Operator Turnet's Operator Current Operatoperator Curent Operator Current Operator Current Operator Current		Cashew Pieces Raw Org	Imported Raw Organic Cashews.
014 Cashterws Cull Volg Opprec Contexno, Opprec Notexno, Notexno, Opprec Notexno, Notexno, Notexno, Notexno, Notexn	561	Cashew Pieces RS	
3000     Cashews Gallin CHEID Urg     Open Extension, Open Them, King and Open Environment, Chegen Thew, Yanami       3001     Cashews Maple Roadseld Org     Open Extension, Open Extension, Open Extension, Open Extension, Press, Markan, Marka	574	Cashews Curry Org	
468     Cashews Sesame Nori Org     og caterus, Og of Terrar (Meter, Og Sophens, Sat, Og Akob, Og Searre Seets, Og Akob Pouder, Og Date Rates, Og Nort Laver Rates       3602     Cashews Turmeric Ginger Org     ogene Caterus, Og of Terrar (Meter, Og Sophens, Sat, Og Akob, Og Searre Seets, Og Akob Pouder, Og Date Rates, Og Nort Laver Rates       3602     Cashews Turmeric Ginger Org     ogene Caterus, Sat       494     Peanuts Roasted/Salted     Berother Panni, Santon, Santon, Sat       565     Peanuts Roas     Ogene Caterus, Sat       20017     Pecans Org     Ogene Caterus, Sat       232     Pistachins Roasted/Salted Org     Ogene Caterus, Sat       233     Pistachins Roasted/Salted Org     Ogene Caterus, Sat       234     Walnuts Cray     Rev Winh.       579     Maple Walnut Cranberry Org     Ogene Caterus, Og Caterus, Og Caterus, Ogene	3605	Cashews Garlic Herb Org	Organic Cashews, Organic Garlic Powder, Organic Seasoned Salt (Sea Salt, Organic Celery, Organic Leek, Organic Cress, Organic Onion, Organic Chives, Organic Parsley, Organic Lovage, Organic Galic, Organic Basil, Organic Marjoram, Organic Rosemary, Organic Thyme, Kelp) and Organic Parsley Flakes
2602     Cashews Turmeric Ginger Org     Operc Dates Operc Cashen Opercas Cashen Operc Cashen Operc	487	Cashews Maple Roasted Org	Organic Cashews, Organic Maple Syrup, Organic Brown Rice Flour, Organic Expeller Pressed High Oleic Sunflower Oll, Organic Vanila, Sea Salt.
439     Peanut Butter Org     Open Co Maxed Butender France.       494     Peanuts Roasted/Salted     Busen contract were set and the set of set.       569     Peanuts Valencia Org     Open co Maxed Busender Parade.       569     Peanuts Valencia Org     Open co Maxed Busender Parade.       567     Peanuts Raw        571     Pistachics Roasted/Salted Org     Open co Maxed Busender Parade.       573     Pistachics Roasted/Salted Org     Open co Maxed Busender Maxed.       574     Walnuts Cramberry Org     Open co Maxed Busender Maxed.       576     Maple Walnut Cramberry Org     Open co Maxed Busender Maxed.       586     High Antioxidant Trail Mix Org     Open Conference Org Gustersen, Ong Fragman, Og Gustersen, Ong Gustersen, Ong Gustersen, Ong Gustersen, Ong Gustersen, Ong Gustersen, Ong Fragman, Og Gustersen, Ong Fragman, Og Gustersen, Ong Guster, Maxed, Og Guster, Maxed, Og Gustersen, Ong Gustere	468	Cashews Sesame Nori Org	Org Cashews, Org GF Tamari (Water, Org Soybeans, Salt, Org Alcohol), Org Sesame Seeds, Org Kelp Powder, Org Duise Flakes, Org Nori/Lavar Flakes
494     Peanuts Roasted/Salted     Builden pann, pann di, av suit.       569     Peanuts Valencia Org     Organic Dy Nawled Blancher Peana.       569     Peanuts Raw     Description Provide State Blancher Peana.       20017     Peccans Org     Organic Dy Nawled Blancher Peana.       320     Pistachios Roasted/Salted Org     Organic Dy Nawled Blancher Peana.       321     Pistachios Roasted/Salted Org     Organic Dy Nawled Blancher Peana.       324     Walnuts Org     Organic Dy Nawled Flatenchio. Salt.       314     Walnuts Raw     Rew Wank.       579     Maple Walnut Cranberry Org     Organic Dyneic Tompier Brains, Organic Brain	3602	Cashews Turmeric Ginger Org	Organic Cashews, Organic Coconut Nectar, Organic Ground Turmeric, Organic Ground Ginger, Organic Dried Lemongrass, Sea Salt, Organic Cayenne
569     Peanuts Valencia Org     Open Conference       567     Peanuts Valencia Org     Open Conference       568     Peanuts Raw        569     Peanuts Raw        5701     Pecans Org     Open Conference       332     Pistachios Roasted/Salted Org     Open Conference       589     Walnuts Org     Open Conference       589     Walnuts Cong     Open Conference       599     Maple Walnut Camberry Org     Open Conference       590     Maple Walnut Camberry Org     Open Conference       521     Tierra Raw Mix Org     Open Conference       526     Tierra Raw Mix Org     Open Conference       530     Organic Appalachian Trail Mix     Open Conference       531     Walnut Camberry Org     Open Conference       532     Tierra Raw Mix Org     Open Conference       533     Organic Appalachian Trail     Pance Conference       534     Organic Appalachian Trail     Pance Conference       535     Organic Appalachian Trail     Pance Conference       536     Organic Appalachian Trail	439	Peanut Butter Org	Organic Dry Roasted Blanched Peanuts.
565     Peanuts Raw       20017     Pecans Org       32     Pistachios Roasted/Salted Org     oparic by Naxwer Preatment, Sat.       298     Walnuts Org     oparic wints.       314     Walnuts Raw     re-wints.       579     Maple Walnut Cranberry Org     oparic by Naxwer Preatment, Oparic Day Revents, Opare, Day Revents, Day R	494	Peanuts Roasted/Salted	Blanched peanuts, peanut oil, and sait.
20017     Pecans Org     Organic Dry Nationel Platachios, Sat.       332     Pistachios Roaste/Salted Org     Organic Dry Nationel Platachios, Sat.       334     Walnuts Raw     Rev Wann.       374     Walnuts Raw     Rev Wann.       374     Walnuts Raw     Rev Wann.       376     Maple Walnut Canberry Og     Organic Dry Ration Organic Dry Ration. Og Gaster Single, Og Santherer Ol Jess Rain 19(1), Og Male Syna       465     High Antioxidant Trail Mix Org     Organic Ration. Sog Santherer Ol Organic Ration. Sog Santherer Sog Santherer Ol Organic Ration. Sog Santherer Sog San	569	Peanuts Valencia Org	Organic Dry Roasted Blanched Peanufs.
332     Pistachios Roasted/Salted Org     Organic Dry Named Plashelis, Bat       298     Walnuts Org     Organic Market       333     Pistachios Roasted/Salted Org     Organic Market       344     Walnuts Raw     Rev Wents.       579     Maple Walnut Cranberry Org     Organic Market       465     High Antioxidant Trail Mix Org     Organic Market       266     Karpit Plank     Organic Anthenesis       267     Terra Raw Mix Org     Rev Wonts, Rev Caheer, Wands, Rev Caheer, Names Rawtee, New Pagins Reset, Saa Salti, Organic Danatic Congenic Cale Berner, Organic Cale Berner, Org. Cale Berland, Organic Market       262     Terra Raw Mix Org     Rev Wonts, Rev Caheer, Names, Rev Pagins Reset, Rev Pagins Res. Fuer Pagins Res       263     Organic Daphale Chipmet Trail Mix     Ream, Surface Sect. Canese, Annosh, Neural Anter Organic Capetic Staffeer Oil, Organic Staffeer O	565	Peanuts Raw	
288     Walnuts Org     Opprice values.       314     Walnuts Raw     Rev Wank.       579     Maple Walnut Cranberry Org     Opprice Values.     Opprice Values.       579     Maple Walnut Cranberry Org     Opprice Values.     Opprice Values.       465     High Antioxidant Trail Mix Org     Opprice Values.     Opprice Values.       465     Natural Diet Delight Trail Mix     Train Witx Org     Train Witx Org       496     Natural Diet Delight Trail Mix     Rev Winkon, Rev Contexes, Natures.     Natural Diet Delight Trail Mix       496     Organic Appalachian Trail Mix     Opprice Values.     Opprice Values.     Natural Diet Delight Trail       496     Natural Diet Delight Trail Mix     Raws, Suthere East, Capters Easter, Chapter Scheder, Opprice Sates.     Opprice Values.     Opprice Values.       496     Natural Diet Delight Trail Mix     Raws, Suthere Easter, Capters Easter, Chapter Scheder, Opprice Sates.     Opprice Values.     Opprice Values.       497     Mix     Raws, Suthere Easter, Capters Easter, Chapter Scheder, Opprice Sates.     Opprice Sates.     Opprice Values.       498     Trail Mix     Raws, Suthere Easter, Captere Easter, Captere Easter, Captere Easter, Capter Easter, Captere	20017	Pecans Org	
314     Walnuts Raw     Rev Wanuts.       579     Maple Walnut Cranberry Org 0pare Values, Ogene Dreid Casternes, Og Super, Og Sunterver Ol (Seaternes, Og Super, Og Super, Seaternes, Og Super, Og Sunterver Ol (Seaternes, Og Super, Og Sunterver Ol (Seaternes, Og Super, Og Sunterver Ol (Seaternes, Og Super, Seaternes, Og Super, Seaternes, Og Super, Seaternes, Og Super, Fleetere, Naver, Naver, Seaternes, Seaternes, Og Super, Seaterne	332	Pistachios Roasted/Salted Org	Organic Dry Reasted Pistachios, Salt.
579     Maple Walnut Cranberry Org High Antioxidant Trail Mix Org 2000 Walnut Sciences of the stress of the stres of the stres of the stress of the stress of the stress of the	298	Walnuts Org	Organic walnuts.
465     High Antioxidant Trail Mix Org     Organe Thompson Raws (Dp Barm, Op Barm, Ob Down)     Organe Thompson Raws (Dp Barm, Op Barm, Op Barm, Ob Down)     Organe Thompson Raws (Dp Barm, Op Barm, Op Barm, Op Barm, Ob Down)       262     Tierra Raw Mix Org     Rev Mixed Calestering Op Barm, Darm, Op Barm, Annon, Darm, Op Barm, Annon, Annon, Nam, Nam, Anno	314	Walnuts Raw	Raw Walnuts.
Version     Ingli / Antioxicalini i radii Wilk Olgi     Beenered Destineties (Did Destinetes C), Dig Destinetes (Did Destinetes C), Dig Desting Bang, Ogenes Mathemetel       252     Tierra Raw Mick Olgi     Rev Annos, Rev Canses, Na Winds, Rev Canses, Alexands, Parka Canses, Parka Cit, Parka Canses, Alexands, Parka Cit, Parka Canses, Alexands, Parka Canses, Alexands, Parka Canses, Alexands, Parka Canses, Parka Cit, Parka Canses, Alexands, Parka Canses, Parka Canses, Parka Canses, Alexands, Parka Canses, Alexands, Parka Canses, Parka Canses, Alexands, Parka Canses, Parka	579	Maple Walnut Cranberry Org	Organic Walnuts, Organic Dried Cranberries (Org Cranberries, Org Sugar, Org Sunflower Oil [less than 1%]], Org Maple Syrup
4966     Natural Diet Delight Trail Mix     Rasin, Surfavore Beard, Caboos, Almonde, Prayalis Sende, Fasera Di       308     Organic Appolabilitati Trail Mix     Organic Contentine (Ogenic Surfavor Di), Organic Analysis, Surfavor Di)       308     Trail Mix     Rasin, Surfavore Surfavor, Reveal Surfavor Di), Organic Caboos Faces, Surfavor Di, Organic Caboos Faces, Surfavor	465	High Antioxidant Trail Mix Org	Organic Thompson Raisins (Org Raisins, Org Surflover OI). Organic Roasted Salted Fumpkin Seeds (Org Fumpkin Seeds, Sea Salt), Organic Domestic Almonds, Organic Wahruts, Organic Gog Berries, Organic Dried Sweetened Cranteries (Org Carthover OI), Or Carte Sugar). Organic Withteries
308     Organic Appalachian Trail Mix     Organic Carebernis (Organic Sunflower Ol), Organic Sunflower Ol), Org	262	Tierra Raw Mix Org	Raw Almonds, Raw Cashews, Raw Walnuts, Raw Sunflower Seeds, Raw Pumpkin Seeds, Flame Raisins
384 Trail Mix Raisins, Sunflower Seeds, Raw Reddkin Pearuts, Raw Cashew Pieces, Sulphered Apples, Filberts, Raw Almonds	496	Natural Diet Delight Trail Mix	Raisins, Sunflower Seeds, Cashews, Almonds, Pumpkin Seeds, Peanut Oil
	308	Organic Appalachian Trail Mix	Organic Cranberries (Organic Cane Sugar, Organic Sunflower OII), Organic Cashews, Organic Soybeans (Dry Roasted and Salted), Organic Thompson Raisins, Organic Wahuts
383 Organic Deluxe Trail Mix Organic Raising, Organic Sunflower Seeds, Organic Date Pieces, Organic Roasted Peanuts, Organic Dried Apricets, Organic Amonds, Organic Amonds, Organic Dried Apples, Organic Mahruts	384	Trail Mix	Raisins, Sunflower Seeds, Raw Redskin Peanuts, Raw Cashew Pieces, Sulphered Apples, Filberts, Raw Almonds
	383	Organic Deluxe Trail Mix	Organic Raisins, Organic Sunflower Seeds, Organic Date Pieces, Organic Roasted Peanuts, Organic Dried Apricots, Organic Raw Pumpkin Seeds, Organic Almonds, Organic Dried Apples, Organic Walnuts

#### **Bulk Granola** me

PLU	Item Name	Brand Name
296	Back Roads Coconut Ginger Granola Org	Back Roads Food
287	Back Roads Ancient Grains Granola Org	Back Roads Food
288	Back Roads Gluten Free Granola Org	Back Roads Food
290	Back Roads Maple Pecan Granola Org	Back Roads Food
516	Blueberry Flax Granola	Golden Temple
505	Maple Almond Granola	Golden Temple
504	Super Nutty Granola Org	Golden Temple
512	Vanilla Almond Granola	Golden Temple
392	Hemplus Granola Org	Nature's Path
292	Carob Coconut Granola	Gladheart Farms
289	Nutty Granola	Gladheart Farms
271	Hunza Goji Granola Org	Tierra Farm
254	Pistachio Mulberry Granola Org	Tierra Farm
521	Cranberry Cashew Pecan Granola Org	Tierra Farm
206	Acai Banana Paleo Granola Org	Pure Bliss
207	Carrot Cake Paleo Granola Org	Pure Bliss
208	Cashew Butter Hemp Paleo Granola Org	Pure Bliss
3371	Pete's Extraordinary Granola	Pete's

Ingredient List
Coconut Chips, Sunflower Seeds, Pumpkin Seeds, Crystallized Ginger (cane sugar), Cashews, Brazil Nuts, Sesame Seeds, Vermoni Maple Syrup, Honey
Certified Gluten Free Rolled Oats, Coconut Chips, Cashews, Pumpkin Seeds, Almonds, Sunflower Seeds, High Oleic Sunflower Oil, Chia Seeds, Puffed Quinoa
Certified Gluten Free Rolled Oats, Flame Raisins, Almonds, Cashews, Sunflower Seeds, Pumpkin Seeds, High Oteic Sunflower Oil, Honey, Vermont Maple Syrup, Shredded Coconut, Coconut Chips, Sesame Seeds and Vanilla.
Coconut Chips, Sunflower Seeds, Pumpkin Seeds, Vermont Maple Syrup, Pecans, Cashews, Sesame Seeds, High Oleic Sunflower Oil
Whole Rolled Oats, Milled Cane Sugar, Vegetable Oil (Canola and/or Safflower and/or Sunflower Oil), Rice Flour, Comstarch, Flax Seed, Honey, Freeze Dried Blueberries, Salt, Natural Flavor, Organic Barley Malt Syrup
Whole Rolled Oats, Milled Cane Sugar, Vegetable Oil (Canola and/or Safflower and/or Sunflower Oil), Molasses, Maple Syrup, Almonds, Honey, Natural Flavor, Salt, Organic Cardamom Seed, Organic Fennel Seed, Organic Fenugreek Seed, Organic Nutmeg
Organic rolled oats, organic evaporated cane juice, expeller pressed canola oil, occonut, almonds, sesame seeds, sunflower seeds, cashew, walnuts, honey, sea sait, natural vanilla flavor, epazote leaf, organic cardamom seed, organic fennel seed
Organic rolled oats, organic evaporated cane juice, expeller pressed canola oil, crisp rice, honey, cornstarch, almonds, natural vanila flavor, sea salt, epazote leaf, prune powder, cardamom seeds, fennel seeds, fenugreek seeds, nutmeg.
Organic Rolled Oats, Organic Evaporated Cane Juice, Organic Soy Oll, Organic Brown Rice Flour, Organic Flaxseeds, Organic Hemp Seeds, Organic Oat Syrup Solids, Sea Salt, Organic Molasses, Rice Bran Extract
Rolled Oats, Organic Agave, Pure Coconut Oil, Coconut, Almonds, Blackstrap Molasses, Carob Powder, Org Vanilla, Unrefined Sea Salt, Natural Coconut Extract
Rolled Oats, Organic Agave, Pure Coconut Oil, Sunflower Seeds, Almonds, Coconut, Powdered Milk, Sesame Seeds, Walnuts, Pure Vanilla, Hand-Harvested Sea Salt
Whole Rolled Oats, Agave Syrup, Sunflower Seeds, Extra Virgin Coconut Oil, Dried Coconut, Unhulled Sesame Seeds, Hunza Raisins, Hunza Goij Berries, Apricot Kernals, Sea Salt
Whole Rolled Oats, Agave Syrup, Sunflower Seeds, Extra Virgin Coconut Oil, Raisins, Dried Mullberries, Dried Coconut, Unhulled Sesame Seeds, Shelled Pisatchios, Sea Salt. 100% organic ingredients.
Whole Rolled Oats, Agave Syrup, Sunflower Seeds, Raisins, Extra Virgin Coconut Oil, Dried Cranberries, Dried Coconut, Unhulled Sesame Seeds, Cashews, Pecans, Apple Juice, Sea Salt. 100% ORGANIC INGREDIENTS
Sunflower Seeds, Coconut, Maple Syrup, Cashews, Pumpkin Seeds, Fresh Bananas, Chia Seeds, Extra Virgin Coconut Oil, Almonds, Acai Powder, Vanilla Extract
Almonds, Carrots, Sunflower Butter, Coconut, Walnuts, Raisins, Honey, Maple Syrup, Plive Oil, Cinnamon, Nutmeg, Vanilla Extract, Sea Salt

nut Sugar, Cashew Butter, Sunflower Butter, Sunflower Oil, Coo Bice Protein Rowder, Brown Rice Crime, Hamp Seede, Elax Ma Vanila Extract, Sea Salt Rolled Oats, Maple Syrup, Pistachios, Exta Virgin Olive Oil, Dried Bing Cherries (unsweetened, no added oli) Pumakin Seeds, Sunflower Seeds, Cocconut Chips, Organic Cocconut Sugar, Oat Flour, Kosher Salt

# **Bulk Beans**

PLU	Item Name
599	Red Lentils Org
601	Green Lentils Org
	French Lentils Org
603	Black Lentils Org
	Green Split Peas Org
	Yellow Split Peas Org
591	Black Eyed Peas Org
597	South Carolina Cowpeas Org
592	Black Turtle Beans Org
	Garbanzo Beans/Chickpeas Org
	Pinto Beans Org
598	Kidney Beans Org
596	Navy Beans Org
594	Lima Beans Org
609	Soy Beans Org
	Adzuki Beans Org
	Mung Beans Org
382	Yellow Split Mung Bean Dal Org

### **Bulk Fruit**

PLU	ITEM NAME	INGREDIENTS
	Goji Berries Org	
386	Coconut Shreds Org	
302	Coconut Smiles Org	
		Organic Ginger, Organic Raw Cane
365	Crystallized Ginger Org	Sugar
20038	Thompson Raisins Org	
20031	Currants Org	
20032	Turkish Figs Org	
20007	Medjool Dates Org	
20004	Apple Rings	

### **Bulk Grains**

PLU	Item Name	
474	Amaranth Org	
472	Barley Hulled Org	
471	Barley Pearled Org	
532	Buckwheat Raw Hulled Org	
463	Buckwheat Rst (Kasha) Org	
470	Bulgur Wheat	
469	Corn Grits Yellow Org	
5003	Farm & Sparrow Grits Org	
5004	Farm & Sparrow Polenta Org	
621	Cornmeal Yellow Org	
467	Couscous WW French Org	
229	Kamut Org	
464	Millet Org	
629	Oat Bran Org	
651	Oat Groats Whole Org	
462	Oats Quick Org	
461	Oats Rolled Org	
460	Oats Steel Cut Org	
475	Popcorn Yellow Org	
489	Quinoa Black Org	
477	Quinoa Red Org	
492	Quinoa Tricolor Org	
476	Quinoa White Org	
515	Rye Berries Org	
637	Spelt Berries Org	
632	Wheat Berries Hard Red Org	
608	Wheat Berries Soft White Org	

### **Bulk Flour**

PLU	Item Name	Brand Name
540	All Purpose Flour Org	Lindley Mills
564	Almond Meal	Bobs Red Mill
5006	Barley Flour	Farm and Sparrow
563	Brown Rice Flour Org	Bobs Red Mill
114	CG Crema Pastry Flour Org	Carolina Ground
111	CG Type 75 Bread Flour Org	Carolina Ground
112	CG Type 75 Pastry Flour Org	Carolina Ground
113	CG Type 85 Bread Flour Org	Carolina Ground
110	CG Type 85 Pastry Flour Org	Carolina Ground
109	CG Whole Wheat Bread Flour Org	Carolina Ground
5001	Chickpea Flour Org	Farm and Sparrow
5005	Einkorn Flour Org	Farm and Sparrow
541	Flour Sprouted Wheat Org	Lindley Mills
622	Rye Flour Org	
539	Semolina Course Org	
624	Spelt Flour Whole Grain Org	Vita-Spelt
4	Spelt White	Vita-Spelt
623	Unbleached Bread Flour Org	Lindley Mills
630	Vital Wheat Gluten	Arrowhead Mills
633	Wheat Bran Org	
619	Wheat Flour NC Grown Org	Lindley Mills
626	Whole Wheat Bread Flour Org	Lindley Mills
627	Whole Wheat Pastry Org Lindley Mills	