Inquire about pricing by emailing orders@frenchbroadfood.coop
Order 5 to 50 lbs at frenchbroadfoods.coop/orders
Owners get 20% off & non-owners get 10% off

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	

Bulk Seeds

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	Sesame Seeds Unhulled Raw Org
401	Sunflower Kernels Org
400	Sunflower Seeds Roasted/Salted

Bulk Fruit

PLU	ITEM NAME	INGREDIENTS
340	Goji Berries Org	
386	Coconut Shreds Org	
302	Coconut Smiles Org	
365	Crystallized Ginger Org	Organic Ginger, Organic Raw Cane 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

Misc. Bulk

PLU	Item Name	Ingredient List
482	Veggie Chili Mix	Soy Flour, Yellow Cornmeal, Tomato Powder, Dried Onion, Barley Flake, Soy Sauce Powder (wheat, soybeans, salt), Spices (paprika, cumin, chipotle, chili pepper, oregano, black pepper, bay leaves), Dried Garlic, Brown Rice Syrup Solids, Sea Salt, Yeast Extract, Non-GMO Expeller-Pressed Canola Oil, Dried Miso (soybeans, rice, salt), Celery Powder, Rosemary Extract, Jalapeno Pepper Powder, Citric Acid
473	Textured Vegetable Protein (TV	Extruded Soy Flour
568	Quinoa Elbow Pasta Org	Organic Corn Flour, Organic Quinoa Flour
377	Garlic Sesame Sticks	Enriched Wheat Flour (unbleached wheat flour, malted barley flour, niacin, iron (reduced iron) thiamine mononitrate, riboflavin, folic 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, Jalapeno Pepper Powder, Rosemary Extract, Black Pepper, Citric Acid
493	Wasabi Peas	Green Peas, Cornstarch, 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 Chocolate 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	Demarara Sugar Org	
442	Raw Sugar Org	

Bulk Beans

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

Bulk Nuts

PLU	Item Name	Ingredient List
478	Almond Butter	Dry Roasted Almonds
552	Almonds Raw Org	Organic whole raw almonds
556	Almonds Tamari Roasted	California Grown Almonds, Organic Wheat Free Tamari (Water, Whole Organic Soybeans, Salt and Organic Alcohol).
3606	Almonds Toasted Coconut	Organic Almonds, Organic Maple Syrup, Organic Unsweetened Coconut, Organic Brown Rice Flour
357	Almonds Cocoa Covered	Organic Roasted Almonds, Organic Cane Sugar, Organic Cocoa Butter, Organic Unsweetened Chocolate, Organic Vanilla Beans, Soy Lecithin (an emulsifier), Organic Cocoa Powder
560	Cashews Whole Raw Org	Organic whole raw cashews
311	Cashew Pieces Raw Org	Imported Raw Organic Cashews
561	Cashew Pieces RS	Cashews, organic oleic sunflower oil. Contains Tree Nuts.
574	Cashews Curry Org	Roasted Organic Cashews, Organic Curry Powder (Organic Coriander, Organic Turmeric, Organic Mustard, Organic Cumin, Organic Fenugreek, Organic Paprika, Organic Red Pepper, Organic Cardamom, Organic Nutmeg, Organic Cinnamon, Organic Cloves), Sea Salt, Org Cayenne
3605	Cashews Garlic Herb Org	Organic Cashews, Organic Garlic Powder, Organic Roasted Salt (Sea Salt, Organic Celery, Organic Leek, Organic Cress, Organic Onion, Organic Chives, Organic Parsley, Organic Lovage, Organic Oats, Organic Basil, Organic Marjoram, Organic Rosemary, Organic Thyme, Kelp) and Organic Parsley Flakes
487	Cashews Maple Roasted Org	Organic Cashews, Organic Maple Syrup, Organic Brown Rice Flour, Organic Expeller Pressed High Oleic Sunflower Oil, Organic Vanilla, Sea Salt
468	Cashews Sesame Nori Org	Org Cashews, Org GF Tamari (Water, Org Soybeans, Salt, Org Alcohol), Org Sesame Seeds, Org Kale Powder, Org Dulse Flakes, Org Nori/Laver Flakes
3602	Cashews Turmeric Ginger Org	Organic Cashews, Organic Coconut Nectar, Organic Ground Turmeric, Organic Ground Ginger, Organic Dried Lemongrass, Sea Salt, Organic Cayenne
439	Peanut Butter Org	Organic Dry Roasted Blanched Peanuts.
494	Peanuts Roasted/Salted	Blanched peanuts, peanut oil, and salt.
569	Peanuts Valencia Org	Organic Dry Roasted Blanched Peanuts.
565	Peanuts Raw	
20017	Pecans Org	
332	Pistachios Roasted/Salted Org	Organic Dry Roasted Pistachios, Salt
298	Walnuts Org	Organic walnuts
314	Walnuts Raw	Raw Walnuts
579	Maple Walnut Cranberry Org	Organic Walnuts, Organic Dried Cranberries (Org Cranberries, Org Sugar, Org Sunflower Oil (less than 1%)), Org Maple Syrup
465	High Antioxidant Trail Mix Org	Organic Thompson Raisins (Org Raisins, Org Sunflower Oil), Organic Roasted Salted Pumpkin Seeds (Org Pumpkin Seeds, Sea Salt), Organic Domestic Almonds, Organic Walnuts, Organic Goji Berries, Organic Dried Sweetened Cranberries (Org Cranberries, Org Sunflower Oil, Org Cane Sugar), Organic Mulberries
262	Tierra Raw Mix Org	Raw Almonds, Raw Cashews, Raw Walnuts, Raw Sunflower Seeds, Raw Pumpkin Seeds, Flame Raisins
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 Oil), Organic Cashews, Organic Soybeans (Dry Roasted and Salted), Organic Thompson Raisins, Organic Walnuts
384	Trail Mix	Raisins, Sunflower Seeds, Raw Redskin Peanuts, Raw Cashew Pieces, Sulphured 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 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

Bulk Granola

PLU	Item Name	Brand Name	Ingredient List
296	Back Roads Coconut Ginger Granola Org	Back Roads Food	Coconut Chips, Sunflower Seeds, Pumpkin Seeds, Crystallized Ginger (cane sugar), Cashews, Brazil Nuts, Sesame Seeds, Vermont Maple Syrup, Honey
287	Back Roads Ancient Grains Granola Org	Back Roads Food	Certified Gluten Free Rolled Oats, Coconut Chips, Cashews, Pumpkin Seeds, Almonds, Sunflower Seeds, High Oleic Sunflower Oil, Chia Seeds, Puffed Quinoa
288	Back Roads Gluten Free Granola Org	Back Roads Food	Certified Gluten Free Rolled Oats, Flame Raisins, Almonds, Cashews, Sunflower Seeds, Pumpkin Seeds, High Oleic Sunflower Oil, Honey, Vermont Maple Syrup, Shredded Coconut, Coconut Chips, Sesame Seeds and Vanilla
290	Back Roads Maple Pecan Granola Org	Back Roads Food	Coconut Chips, Sunflower Seeds, Pumpkin Seeds, Vermont Maple Syrup, Pecans, Cashews, Sesame Seeds, High Oleic Sunflower Oil
516	Blueberry Flax Granola	Golden Temple	Whole Rolled Oats, Milled Cane Sugar, Vegetable Oil (Canola and/or Safflower and/or Sunflower Oil), Rice Flour, Cornstarch, Flax Seed, Honey, Freeze Dried Blueberries, Salt, Natural Flavor, Organic Barley Malt Syrup
505	Maple Almond Granola	Golden Temple	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
504	Super Nutty Granola Org	Golden Temple	Organic rolled oats, organic evaporated cane juice, expeller pressed canola oil, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, sea salt, natural vanilla flavor, epazote leaf, organic cardamom seed, organic fennel seed
512	Vanilla Almond Granola	Golden Temple	Organic rolled oats, organic evaporated cane juice, expeller pressed canola oil, crisp rice, honey, cornstarch, almonds, natural vanilla flavor, sea salt, epazote leaf, prune powder, cardamom seeds, fennel seeds, fenugreek seeds, nutmeg
392	Hemplus Granola Org	Nature's Path	Organic Rolled Oats, Organic Evaporated Cane Juice, Organic Soy Oil, Organic Brown Rice Flour, Organic Flaxseeds, Organic Hemp Seeds, Organic Oat Syrup Solids, Sea Salt, Organic Molasses, Rice Bran Extract
292	Carob Coconut Granola	Gladheart Farms	Rolled Oats, Organic Agave, Pure Coconut Oil, Coconut, Almonds, Blackstrap Molasses, Carob Powder, Org Vanilla, Unrefined Sea Salt, Natural Coconut Extract
289	Nutty Granola	Gladheart Farms	Rolled Oats, Organic Agave, Pure Coconut Oil, Sunflower Seeds, Almonds, Coconut, Powdered Milk, Sesame Seeds, Walnuts, Pure Vanilla, Hand-Harvested Sea Salt
271	Hunza Goji Granola Org	Tierra Farm	Whole Rolled Oats, Agave Syrup, Sunflower Seeds, Extra Virgin Coconut Oil, Dried Coconut, Unhulled Sesame Seeds, Hunza Raisins, Hunza Goji Berries, Apricot Kernels, Sea Salt
254	Pistachio Mulberry Granola Org	Tierra Farm	Whole Rolled Oats, Agave Syrup, Sunflower Seeds, Extra Virgin Coconut Oil, Raisins, Dried Mulberries, Dried Coconut, Unhulled Sesame Seeds, Shelled Pistachios, Sea Salt, 100% organic ingredients
521	Cranberry Cashew Pecan Granola Org	Tierra Farm	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
206	Acai Banana Paleo Granola Org	Pure Bliss	Sunflower Seeds, Coconut, Maple Syrup, Cashews, Pumpkin Seeds, Fresh Bananas, Chia Seeds, Extra Virgin Coconut Oil, Almonds, Acai Powder, Vanilla Extract
207	Carrot Cake Paleo Granola Org	Pure Bliss	Almonds, Carrots, Sunflower Butter, Coconut, Walnuts, Raisins, Honey, Maple Syrup, Olive Oil, Cinnamon, Nutmeg, Vanilla Extract, Sea Salt
208	Cashew Butter Hemp Paleo Granola Org	Pure Bliss	Gluten Free Oats, Coconut Sugar, Cashew Butter, Sunflower Butter, Sunflower Oil, Coconut, Sunflower Seeds, Sesame Seeds, Brown Rice Protein Powder, Brown Rice Crisps, Hemp Seeds, Flax Meal, Puffed Amaranth, Vanilla Extract, Sea Salt
3371	Pete's Extraordinary Granola	Pete's	Rolled Oats, Maple Syrup, Pistachios, Extra Virgin Olive Oil, Dried Bing Cherries (unsweetened, no added oil), Pumpkin Seeds, Sunflower Seeds, Coconut Chips, Organic Coconut Sugar, Oat Flour, Kosher Salt