

Bulk Food List

Prices are subject to change

Item ID	Receipt Alias	Price per Pound
206	Acai Banana Paleo Granola	\$15.99
267	Agave Nectar Raw Org	\$6.49
540	All Purpose Flour	\$1.69
478	Almond Butter	\$8.99
564	Almond Meal	\$13.39
557	Almonds Pasteurized Org	\$18.29
552	Almonds Raw Org	\$15.99
20008	Almonds Sliced	\$8.69
556	Almonds Tamari	\$9.89
474	Amaranth Org	\$1.89
465	Antioxidant Trail Mix Org	\$14.39
308	Appalachian Adventure Mix Org	\$14.69
20004	Apple Rings Org	\$13.79
20006	Apricots Turkish Org	\$6.49
307	ASC Fine Pink Himalayan Salt	\$2.69
296	Backroads Coconut Ginger Granola	\$13.99
20035	Baking Yeast	\$11.49
444	Balsamic Vinegar	\$4.29
573	Banana Chips Org	\$3.99
472	Barley Hulless Org	\$1.89
471	Barley Pearled Org	\$1.99
590	Beans Adzuki Org	\$1.99
594	Beans Baby Lima Org	\$2.99
592	Beans Black Turtle Org	\$2.59
595	Beans Garbanzo Org	\$2.59
598	Beans Kidney Org	\$2.99
596	Beans Navy Org	\$2.69
607	Beans Pinto Org	\$2.39
609	Beans Soy Org	\$1.99
549	Bird of Paradise Org	\$13.49
391	Black Silk Espresso Org	\$13.49
591	Blackeyed Peas Org	\$2.59
20024	Blueberries Wild Org	\$30.99
20034	Brazil Nuts Org	\$10.99
390	Breakfast Blend Dark Org	\$9.99
350	Brown Lentils SO	\$2.99
563	Brown Rice Flour Org	\$2.89
533	Buckwheat Flour Org	\$4.49
532	Buckwheat Raw Hulled Org	\$3.49
463	Buckwheat Rst Org	\$4.29
470	Bulgur Wheat	\$2.39
223	Cacao Nibs FT Org	\$16.49
544	Cafe Peru Medium Org	\$13.49
359	Carob Chips Vegan	\$9.49
207	Carrot Cake Paleo Granola	\$15.99
208	Cashew Butter Hemp Granola	\$11.49
311	Cashew Pieces Raw Org	\$11.99
561	Cashew Pieces RS	\$13.99
574	Cashews Curry Org	\$21.69
487	Cashews Maple Roasted Org	\$21.69
468	Cashews Sesame Nori Org	\$21.69
560	Cashews Whole Raw Org	\$12.99
115	CCG Rye Chops	\$2.29
114	CG Crema Pastry Flour Org	\$3.49

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618	CG Rye Flour	\$2.39
20111	CG Type 75 Bread Flour Org	\$2.49
111	CG Type 75 Bread Flour Org	\$2.49
20112	CG Type 75 Pastry Flour Org	\$2.49
112	CG Type 75 Pastry Flour Org	\$2.49
113	CG Type 85 Bread Flour Org	\$2.49
110	CG Type 85 Pastry Flour Org	\$2.49
109	CG Whole Wheat Bread Flour Org	\$2.29
20030	Cherries Tart	\$11.29
495	Chia Black Org	\$4.49
373	Choc Chip Semi-Sweet FT Org	\$10.99
309	Choc Chips Bittersweet Org	\$9.99
312	Choc Covered Coconut Smiles Org	\$14.99
330	Choc Covered Quinoa Puffs Org	\$21.79
357	Cocoa Covered Almonds Org	\$24.59
20010	Coconut Datelets Org	\$6.49
386	Coconut Shredded Org	\$2.99
302	Coconut Smiles Org	\$9.99
3603	Coffee Crunch Coconola	\$14.99
404	Colombia Org MCR	\$8.99
469	Corn Grits Yellow Org	\$1.69
621	Cornmeal Yellow Org	\$1.69
467	Couscous WW French Org	\$2.79
597	Cowpeas Regional	\$5.99
20021	CPR Carolina Gold Rice	\$9.99
20022	Cranberries w Apple Juice Org	\$14.99
20009	Cranberries w Cane Juice Org	\$8.69
20031	Currants Org	\$5.89
20011	Dates Deglet Org	\$6.59
20007	Dates Medjool Org	\$9.99
496	Diet Delight Mix	\$5.79
20026	Dried Mango Org	\$13.20
272	Dynamite Ethiopian	\$12.99
273	Dynamite Suplicar Clemencia	\$12.99
398	EE Sumatra Org	\$11.99
5006	F&S Barley Flour BULK	\$4.99
5001	F&S Chickpea Flour Org	\$6.99
5005	F&S Organic Einkhorn Flour	\$7.29
5003	F&S Organic Grits	\$3.89
5004	F&S Organic Polenta	\$3.89
218	Farro Pearled Org	\$3.29
20013	Figs Black Org	\$7.99
20032	Figs Turkish Org	\$7.99
575	Flax Golden Org	\$2.99
0987	Flax Seeds Brown Org	\$2.79
541	Flour Sprouted Wheat Org	\$1.69
395	French Roast Decaf Org	\$15.49
545	French Roast Org	\$9.99
20065	GA Civil Rights Pecans in Shell	\$9.99
20067	GA Civil Rights Pecans, Shelled	\$15.99
3605	Garlic Herb Cashews	\$21.29
365	Ginger Crystallized	\$8.79
340	Goji Berries	\$26.99
287	Granola Ancient Grains Org	\$13.99

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288	Granola Back Roads GF Org	\$11.79
516	Granola Blueberry Flax	\$4.99
292	Granola Carob Coconut	\$6.99
521	Granola Cran Cashew Pecan Org	\$7.99
289	Granola Gladheart Nutty	\$6.99
271	Granola Goji Org	\$9.59
392	Granola Hemplus Org	\$5.99
500	Granola Honey Gone Nuts	\$6.29
505	Granola Maple Almond	\$4.99
254	Granola Pistachio Mulberry Org	\$9.59
504	Granola Super Nutty Org	\$4.99
512	Granola Vanilla Almond	\$4.99
20014	Hazelnuts Org	\$11.39
409	Hemp Hearts Org	\$18.99
433	Honey Wildflower	\$5.49
520	INCITE Brittany - Peru/Honduras	\$15.99
522	INCITE Luzmila - Peru	\$15.99
232	Jolly Beans Org	\$14.39
229	Kamut Org	\$2.89
603	Lentils Black Org	\$2.89
602	Lentils French Org	\$2.69
601	Lentils Green Org	\$2.99
599	Lentils Red Org	\$2.29
405	Love Buzz Org	\$9.99
290	Maple Pecan Granola Org	\$13.99
571	Maple Syrup Grade A Org	\$9.29
579	Maple Walnut Cran Trail Mix	\$23.99
324	Midnight Sun Org	\$9.99
341	Mikawa Mirin Org	\$18.59
464	Millet Org	\$1.79
322	Mind Body and Soul Org	\$9.99
625	Multi Colored Popcorn Org	\$2.29
388	Mung Beans Org	\$2.49
440	Nutritional Yeast	\$11.99
629	Oat Bran Org	\$1.99
0651	Oat Groats Whole Org	\$1.39
462	Oats Quick Org	\$1.39
461	Oats Rolled Org	\$1.39
460	Oats Steel Cut Org	\$1.39
436	Olive Oil XV Org	\$10.99
20814	Organic Dried White Mulberries	\$21.99
4	Organic Sprouted Spelt White	\$2.99
518	Paleo Maple Spice Granola Org	\$13.99
20016	Papaya Spears Low Sugar	\$7.49
568	Pasta Quinoa Elbows GF Org	\$7.59
0439	Peanut Butter Org	\$5.39
565	Peanuts Raw	\$2.69
494	Peanuts RS	\$2.69
569	Peanuts Valencia Org	\$5.39
20017	Pecans Org	\$19.99
3371	PEG Cherries & Pistachios Granola	\$14.99
270	Peruvian French Roast Org	\$11.99
20018	Pine Nuts Org	\$27.99
20025	Pineapple Rings Low Sugar	\$7.29

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332	Pistachios RS Org	\$11.99
20036	Pitted Prunes Org	\$6.39
475	Popcorn Yellow Org	\$1.99
274	Powdered Sugar Org	\$2.69
1989	Pumpkin Seeds Org	\$4.29
281	Pumpkin Seeds Raw	\$8.79
225	Pumpkin Seeds RS	\$6.59
489	Quinoa Black Org	\$3.99
477	Quinoa Red Org	\$3.99
492	Quinoa Tricolor Org	\$3.99
476	Quinoa White Org	\$4.29
20040	Raisins Flame Org	\$4.69
20029	Raisins Golden Org	\$4.39
20038	Raisins Thompson Org	\$4.99
344	Raw Cacao Goji Chunks Org	\$9.39
717	Real Salt	\$4.49
483	Refried Pinto Beans	\$5.99
458	Rice Basmati Brown Org	\$3.29
456	Rice Basmati White Org	\$3.59
20019	Rice Brown Basmati Dehydrated Or	\$4.49
361	Rice Carolina Gold	\$7.69
397	Rice Forbidden Black	\$3.99
420	Rice Golden Rose Brown	\$2.79
20108	Rice Jade Pearl Org	\$4.99
408	Rice Jade Pearl Org	\$4.99
427	Rice Jasmine Nutra Farmed	\$2.39
454	Rice Long Brown Org	\$2.89
455	Rice Long Grain Brown Eco	\$1.89
20200	Rice Red Org	\$4.99
428	Rice Short Brown Eco Farmed	\$1.69
452	Rice Short Brown Org	\$1.99
459	Rice Sweet Brown Org	\$2.79
20407	Rice Volcano Org	\$3.79
407	Rice Volcano Org	\$3.79
20041	Rice White Basmati Dehydrated Or	\$4.49
451	Rice Wild Blend Org	\$5.79
20101	Rice Wild Org	\$12.29
367	RICE Wild Org BULK	\$12.39
515	Rye Berries Org	\$1.59
622	Rye Flour Org	\$1.39
334	Safflower Oil	\$4.59
441	Sea Salt Refined	\$0.69
539	Semolina Course Org	\$1.99
3600	Sesame Nori Coconola	\$12.29
337	Sesame Oil Toasted	\$7.99
0988	Sesame Seeds Hulled Org	\$4.59
403	Sesame Seeds Unhulled Raw Org	\$4.29
377	Sesame Sticks Garlic	\$3.39
437	Shoyu Org	\$2.59
20015	Slivered Almonds	\$8.69
637	Spelt Berries Org	\$2.39
624	Spelt Flour Whole Grain Org	\$2.99
604	Split Pea Green Org	\$1.89

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605	Split Pea Yellow Org	\$1.99
554	SRO Cameroon	\$12.99
538	SRO Costa Rican	\$12.99
548	SRO Maya Decaf	\$12.99
542	SRO Mountain Blend Org	\$12.99
71	SSC Papua New Guinea	\$14.99
72	SSC Sumatra	\$15.99
264	Sugar Demerara	\$1.69
442	Sugar Evaporated Cane Org	\$1.99
293	Sugar Light Brown Org	\$2.49
323	Sumatra Mandheling MCR	\$14.49
401	Sunflower Kernels Org	\$3.99
400	Sunflower Seeds RS	\$2.29
3604	Super Hemp Coconola	\$14.99
613	Sushi Rice Org	\$3.29
336	Tamari Org WF	\$3.99
20811	Tierra Raw Mix Org	\$12.59
262	Tierra Raw Mix Org	\$12.59
3606	Toasted Coconut Almonds	\$27.99
383	Trail Mix Deluxe Org	\$10.69
384	Trail Mix Supernatural	\$4.99
3602	Turmeric Ginger Cashews	\$19.99
473	TVP	\$2.79
623	Unbleached Bread Flour Org	\$1.69
430	Vanilla Extract	\$41.99
482	Veggie Chili Mix	\$5.99
339	Vinegar Apple Cider Org	\$2.39
317	Vinegar Red Wine Org	\$5.49
335	Vinegar Umeboshi	\$3.29
298	Walnuts Org	\$15.59
314	Walnuts Raw	\$9.59
493	Wasabi Peas	\$5.29
632	Wheat Berries Hard Red Org	\$1.49
608	Wheat Berries Soft Org	\$1.39
633	Wheat Bran Org	\$1.19
619	Wheat Flour NC Grown Org	\$1.19
20023	Wheat Germ	\$3.49
551	Whole Almonds	\$8.29
626	Whole Wheat Bread Flour Org	\$1.59
627	Whole Wheat Pastry Org	\$1.59
490	Women in Coffee Series	\$13.49
20049	ZCF Banana	\$11.49
20100	ZCF Mango Cheeks	\$13.99
20044	ZCF Pineapple	\$13.99