

# BULK FOODS

\* Prices and availability subject to change.

\* Case price **does not** include 10% discount.

**UPDATED: 09/22/11**

PLU	RICE	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
100	Brown Basmati	*	\$1.69	25	\$42.25
126	Brown Jasmine	*	\$2.19	25	\$54.75
418	Canadian Wild Rice	*	\$11.69	50	\$584.50
130	Golden Rose Medium Grain	*	\$1.99	25	\$49.75
133	Long Grain Brown	*	\$1.39	25	\$34.75
160	Long Grain White	*	\$2.19	25	\$54.75
135	Short Grain Brown	*	\$1.99	25	\$49.75
101	Sushi	*	\$2.49	25	\$62.25
381	Sweet Brown (S.O. only)	*	\$1.99	25	\$49.75
121	White Arborio		\$3.89	25	\$97.25
114	White Basmati	*	\$2.79	25	\$69.75
103	White Jasmine	*	\$2.79	25	\$69.75
118	Wild Blend	*	\$4.49	25	\$112.25

PLU	BEANS	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
142	Adzuki Beans	*	\$2.69	25	\$67.25
139	Anasazi Beans	*	\$2.39	25	\$59.75
139	Baby Lima Beans (S.O. only)	*	\$1.89	25	\$47.25
156	Black Eyed Peas	*	\$1.99	25	\$49.75
154	Black Turtle Beans	*	\$1.69	25	\$42.25
143	Brown Lentils	*	\$1.99	25	\$49.75
161	Cannellini Beans	*	\$3.59	5	\$17.95
150	Chili Beans	*	\$1.89	25	\$47.25
113	Fava Beans	*	\$1.69	25	\$42.25
157	French Green Lentils	*	\$2.99	25	\$74.75
144	Garbanzo Beans	*	\$1.89	25	\$47.25
162	Great Northern Beans	*	\$1.69	25	\$42.25
146	Green Lentils	*	\$1.69	25	\$42.25
147	Kidney Beans	*	\$1.99	25	\$49.75
148	Mung Beans	*	\$2.49	25	\$62.25
145	Navy Beans	*	\$1.69	25	\$42.25
149	Pinto Beans	*	\$1.79	25	\$44.75
151	Red Lentils	*	\$2.39	25	\$59.75
152	Soy Beans	*	\$1.39	25	\$34.75
153	Split Green Peas	*	\$1.29	25	\$32.25
155	Split Yellow Peas	*	\$1.29	25	\$32.25

PLU	GRANOLA / CEREAL	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
457	7 GRAIN CEREAL	*	\$1.69	25	\$42.25
280	ACAI BLUES	*	\$7.39	25	\$184.75
253	BANANA GORILLA	*	\$7.39	25	\$184.75

236	BLUEBERRY FLAX		\$3.69	25	\$92.25
239	CHERRY VANILLA		\$3.79	25	\$94.75
231	FLAX PUMPKIN	*	\$4.59	25	\$114.75
595	FR. VANILLA ALMOND		\$3.69	25	\$92.25
243	GINGER ZINGER	*	\$4.59	25	\$114.75
233	GOLDEN FLAX CRUNCH	*	\$4.39	14	\$61.46
244	HEMP PLUS	*	\$4.69	25	\$117.25
232	HIGH FIBER FLAKES	*	\$3.69	12	\$44.28
542	HONEY GONE NUTS		\$3.29	25	\$82.25
229	LF STAW RASP		\$3.59	25	\$89.75
277	MAPLE PECAN DREAMS		\$3.79	25	\$94.75
252	NAUGHTY BUT NICE	*	\$6.39	25	\$159.75
222	NECTAR GONE NUTS		\$3.89	25	\$97.25
251	OLD SCHOOL	*	\$7.39	25	\$184.75
921	ONB DARK CHOC ALM		\$5.19	20	\$103.80
235	ONB FRUIT & NUT		\$4.39	20	\$87.80
245	PINA COLADA	*	\$5.79	25	\$144.75
230	POMEGRANAT PLUS	*	\$4.59	25	\$114.75
912	STRAWB VAN HEMP	*	\$3.79	25	\$94.75
227	SUPERNATURAL		\$3.89	25	\$97.25
221	SWISS MUESLI	*	\$7.09	20	\$141.80
250	WHITE FARINA		\$0.99	25	\$24.75

PLU	COFFEE	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
364	CA BREAKFAST	*	\$12.19	5	\$60.95
311	CA DARK	*	\$12.19	5	\$60.95
312	CA ESPRESSO	*	\$12.19	4	\$48.76
298	CA FRENCH	*	\$12.19	4	\$48.76
313	CA HOUSE	*	\$12.19	5	\$60.95
314	CA REGULAR	*	\$12.19	5	\$60.95
365	CA SUMAT. DECAF	*	\$13.89	5	\$69.45
299	CA TURKISH	*	\$12.19	4	\$48.76
328	DAZBOG FR. DECAF	*	\$14.99	5	\$74.95
324	DAZBOG MOCHA JAVA	*	\$13.49	5	\$67.45
309	DAZBOG SUMATRA	*	\$14.99	5	\$74.95
327	EE BREAKFAST	*	\$13.99	5	\$69.95
308	EE COLUMBIAN	*	\$13.99	5	\$69.95
306	EE ETHIOPIAN	*	\$13.99	5	\$69.95
301	EE FRENCH	*	\$13.99	5	\$69.95
307	EE LOVE BUZZ	*	\$13.99	5	\$69.95
310	EE MIDNIGHT SUN	*	\$13.99	5	\$69.95
305	EE MIND, BODY, SOUL	*	\$13.99	5	\$69.95
326	EE RABBLE ROUSER	*	\$13.99	5	\$69.95
316	JC HALF CAFF	*	\$16.69	5	\$83.45
230	LAS DIOSAS	*	\$13.79	5	\$68.95
322	MB COSTA RICAN		\$12.09	5	\$60.45
303	MB DANG GOOD DECAF		\$12.79	5	\$63.95
300	MB MORNING BIRD BLEND		\$11.09	5	\$55.45
325	PR HOUSE BLEND DECAF	*	\$9.99	5	\$49.95
304	PR LOST ART BLEND	*	\$9.99	5	\$49.95
316	REANIMATOR	*	\$15.19	5	\$75.95
318	REVOLUTION ROAST	*	\$14.89	5	\$74.45

536	RH BLUEBERRY COFFEE	*	\$15.69	5	\$78.45
537	RH ROASTMASTER BLEND	*	\$11.59	5	\$57.95
300	YERBA MATE		\$7.99	5	\$39.95

PLU	GRAINS	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
105	Amaranth	*	\$2.29	25	\$57.25
196	Black Quinoa	*	\$3.99	25	\$99.75
115	Buckwheat Groats	*	\$2.29	25	\$57.25
128	Bulgar Wheat	*	\$1.99	25	\$49.75
200	Bhutanese Red Rice		\$3.69	22	\$81.18
197	Forbidden Black Rice		\$3.69	22	\$81.18
123	Hard Red Wheat	*	\$1.09	25	\$27.25
102	Hard White (Gold) Wheat	*	\$1.19	25	\$29.75
117	Hulled Barley	*	\$1.19	25	\$29.75
414	Israeli Cous Cous		\$2.99	25	\$74.75
198	Jade Pearl Rice	*	\$3.99	11	\$43.89
112	Kamut Berries	*	\$1.59	25	\$39.75
127	Kasha, Toasted Buckwheat	*	\$2.69	25	\$67.25
108	Millet	*	\$1.19	25	\$29.75
109	Oat Bran	*	\$1.89	25	\$47.25
116	Oat Groats	*	\$1.29	25	\$32.25
136	Pearled Barley	*	\$1.09	25	\$27.25
111	Polenta (Corn Grits)	*	\$1.49	25	\$37.25
107	Quick Oats	*	\$1.29	50	\$64.50
110	Quinoa	*	\$3.79	25	\$94.75
104	Quinoa, Red	*	\$9.99	25	\$249.75
125	Rolled Barley	*	\$1.59	25	\$39.75
131	Rolled Oats	*	\$1.29	50	\$64.50
131	Rolled Oats (25# bag)	*	\$1.29	25	\$32.25
124	Rolled Rye	*	\$1.39	25	\$34.75
129	Rolled Wheat (S.O. only)	*	\$1.59	25	\$39.75
492	Rye Berries	*	\$0.99	25	\$24.75
122	Soft White Wheat	*	\$1.09	25	\$27.25
119	Spelt Berries	*	\$1.69	25	\$42.25
169	Sprouted Brown Rice	*	\$4.39	15	\$65.85
137	Steel Cut Oats	*	\$1.39	25	\$34.75
199	Volcano Rice		\$2.89	11	\$31.79
259	Wheat Bran	*	\$0.79	25	\$19.75
140	White Popcorn	*	\$1.49	25	\$37.25
134	Whole Corn Kernels (S.O. only)	*	\$0.99	25	\$24.75
195	Whole Wheat Cous Cous	*	\$2.89	55	\$158.95
132	Yellow Popcorn	*	\$1.49	25	\$37.25

PLU	FLOUR & SWEETENERS	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
255	Almond Flour		\$5.59	25	\$139.75
262	7 Grain Bread Flour	*	\$1.99	20	\$39.80
257	Brown Rice Flour	*	\$2.19	25	\$54.75
258	Buckwheat Flour	*	\$1.79	25	\$44.75
106	Corn Meal	*	\$0.89	25	\$22.25
263	Durum Semolina Flour	*	\$1.79	25	\$44.75
446	Fructose		\$2.59	5	\$12.95

265	Golden Buffalo Flour	*	\$1.29	25	\$32.25
447	Golden Flax Meal	*	\$3.19	25	\$79.75
256	Hulled Barley Flour	*	\$1.69	25	\$42.25
456	Light Brown Sugar		\$1.49	25	\$37.25
487	Nutritional Yeast Flakes		\$9.49	10	\$94.90
467	Pancake & Waffle Mix		\$2.19	25	\$54.75
453	Raw Sugar	*	\$1.89	25	\$47.25
1738	Real Salt		\$2.89	25	\$72.25
260	Rye Flour	*	\$1.19	25	\$29.75
485	Sea Salt		\$0.79	25	\$19.75
279	Soy Flour (S.O. only)		\$1.99	25	\$49.75
448	Sucanat	*	\$3.49	25	\$87.25
266	Tapioca Flour		\$2.79	10	\$27.90
506	Textured Vegetable Protein	*	\$3.19	5	\$15.95
449	Turbinado		\$2.39	25	\$59.75
269	Unbleached White Flour	*	\$1.49	25	\$37.25
269	Unbleached White Flour	*	\$1.49	50	\$74.50
532	Vital Wheat Gluten		\$3.99	25	\$99.75
275	White Rice Flour	*	\$1.19	25	\$29.75
268	White Spelt Flour	*	\$2.19	25	\$54.75
254	Whole Spelt Flour	*	\$1.59	25	\$39.75
270	Whole Wheat Flour	*	\$0.99	50	\$49.50
271	Whole Wheat Pastry Flour	*	\$0.99	50	\$49.50
264	Whole White Wheat Flour	*	\$0.99	25	\$24.75
484	Xylitol		\$5.59	50	\$279.50

PLU	NUTS & SEEDS	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
421	Brazil Nuts	*	\$10.79	5	\$53.95
681	Brown Flax Seed	*	\$1.89	25	\$47.25
413	Cashew Pieces	*	\$8.49	25	\$212.25
425	Cashew, R/S		\$11.19	25	\$279.75
417	Gold Flax Seed	*	\$2.29	25	\$57.25
412	Hazelnuts	*	\$8.99	25	\$224.75
431	Hemp Seeds	*	\$16.19	5	\$80.95
415	Honey Roasted Mixed Nuts		\$6.89	5	\$34.45
219	Macadamia Nuts	*	\$15.99	25	\$399.75
429	Mixed Nuts, N/S		\$7.89	25	\$197.25
400	No Spray Almonds		\$7.99	50	\$399.50
403	Organic Almonds	*	\$8.99	25	\$224.75
406	Pecan Halves	*	\$14.39	25	\$359.75
399	R/S Peanuts		\$2.19	30	\$65.70
407	R/S Pistachios	*	\$8.49	25	\$212.25
530	R/S Soynuts	*	\$3.69	30	\$110.70
529	R/S Sunflower Seeds		\$1.99	25	\$49.75
384	Raw Pistachio Meats		\$19.99	5	\$99.95
490	Raw Pumpkin Seed	*	\$7.19	27	\$194.13
410	Raw Spanish Peanuts		\$2.59	25	\$64.75
419	Raw Sunflower Seed	*	\$2.99	25	\$74.75
420	Sesame Honey Cashews	*	\$12.89	25	\$322.25
409	Sesame Seeds, Brown	*	\$2.69	25	\$67.25
404	Sesame Seeds, White	*	\$4.29	5	\$21.45

528	Sliced Almonds		\$5.49	25	\$137.25
211	Slivered Almonds		\$5.09	25	\$127.25
213	Smoled Almonds		\$12.99	15	\$194.85
423	Spicy Mixed Nuts	*	\$18.49	25	\$462.25
427	Spicy Pumpkin Seeds	*	\$9.49	10	\$94.90
889	Sprouted Almonds		\$15.39	25	\$384.75
214	Sweetie Almonds		\$12.99	15	\$194.85
212	Tamari Pumpkin Seeds	*	\$9.39	15	\$140.85
411	Walnuts	*	\$9.99	25	\$249.75
416	Whole Organic Cashews	*	\$11.99	25	\$299.75

PLU	NUT BUTTERS	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
0	Cashew Butter		\$9.29	15	\$139.35
285	Crunchy Almond Butter		\$8.19	15	\$122.85
288	Crunchy Peanut Butter	*	\$4.29	35	\$150.15
287	Smooth Almond Butter		\$8.19	15	\$122.85
289	Smooth Peanut Butter	*	\$4.29	35	\$150.15
286	Tahini	*	\$6.19	15	\$92.85

PLU	MISCELLANEOUS	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
1056	Cat Food		\$2.49	18	\$44.82
1055	Dog Food		\$1.79	38	\$68.02
459	Soy Protein Isolate		\$8.29	15	\$124.35
482	Whey Protein Powder		\$14.59	10	\$145.90

PLU	SOUP AND MIXES	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
480	32 Bean and Veggie Soup		\$6.09	40	\$243.60
466	Black Bean Mix		\$5.29	10	\$52.90
469	Curry Lentil Soup		\$5.49	10	\$54.90
463	Falafel Mix		\$3.89	10	\$38.90
465	Hummus Mix		\$5.29	10	\$52.90
927	Mixed Dehydrated Vegetables		\$11.19	40	\$447.60
319	MN Wild Rice Soup		\$8.49	40	\$339.60
383	Nature Burger Mix		\$4.69	10	\$46.90
141	Refried Bean Mix		\$5.29	10	\$52.90
470	Split Pea Soup		\$5.49	10	\$54.90
514	SW Spicy Bean Soup		\$6.49	40	\$259.60
483	Sweet Corn Chowder		\$6.69	10	\$66.90
473	Tabouli Salad Mix		\$5.19	10	\$51.90
468	Vegetarian Chili Mix		\$4.79	10	\$47.90
479	WW Alphabet Soup		\$5.09	40	\$203.60

PLU	PASTA	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
238	Angel Hair	*	\$4.59	10	\$45.90
170	ARTICHOKE SHELLS	*	\$3.59	10	\$35.90
181	ARTICHOKE SPAGH	*	\$4.49	10	\$44.90
201	BOWTIE PASTA	*	\$3.29	10	\$32.90
177	BR. RICE PENNE	*	\$4.09	10	\$40.90
172	BR. RICE SPIRALS	*	\$4.19	10	\$41.90
167	EGG NOODLES	*	\$1.89	10	\$18.90
165	FETTUCCHINE		\$1.69	10	\$16.90
495	NEPTUNE'S DREAM		\$4.89	10	\$48.90

183	ORECCHIETTE		\$2.49	20	\$49.80
188	ORZO ROSA MARINA		\$3.09	10	\$30.90
916	QUINOA PAGODAS		\$4.49	10	\$44.90
203	RADIATORE		\$1.69	10	\$16.90
511	RAINBOW SHELLS		\$1.99	10	\$19.90
182	SEMOLINA ELBOWS	*	\$2.99	10	\$29.90
170	SEMOLINA LASAGNA	*	\$3.49	10	\$34.90
918	SEMOLINA SPAGH		\$1.69	10	\$16.90
163	SEMOLINA SPIRALS		\$1.59	10	\$15.90
202	SPINACH FETTUCCINE	*	\$4.49	10	\$44.90
512	VEGGIE ELBOWS		\$1.99	10	\$19.90
187	VEGGIE ORZO	*	\$3.39	10	\$33.90
917	VEGGIE SPIRALS		\$2.09	10	\$20.90
190	WW ELBOWS	*	\$2.39	10	\$23.90
164	WW FLAT NOODLE	*	\$2.39	10	\$23.90
521	WW FUSILLI	*	\$3.19	10	\$31.90
166	WW LASAGNA	*	\$2.59	10	\$25.90
178	WW PENNE	*	\$3.09	10	\$30.90
192	WW SPAGETTI	*	\$3.19	10	\$31.90

PLU	TRAIL MIX	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
441	7th Heaven Trail Mix	*	\$9.79	20	\$195.80
426	All Organic Trail Mix	*	\$12.79	20	\$255.80
451	Apple Nut		\$9.19	20	\$183.80
405	Cranberry Harvest	*	\$9.09	20	\$181.80
439	Curry Cashew		\$12.79	20	\$255.80
455	Diet Delight		\$4.99	25	\$124.75
515	Glad Corn		\$5.19	12	\$62.28
496	Hokey Pokey		\$7.29	5	\$36.45
158	Mexicali Fire		\$4.69	25	\$117.25
509	Mocha Marble Crunch		\$8.99	25	\$224.75
408	Oregon Trail Mix		\$9.79	20	\$195.80
429	Student Mix		\$4.29	10	\$42.90
477	Sweet Caroline		\$5.29	25	\$132.25

PLU	SNACKS AND CANDY	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
922	Acai/Coconut Energy Bites	*	\$10.09	10	\$100.90
481	Animal Cookies		\$4.29	17	\$72.93
386	Cacao/Goji Energy Bites	*	\$7.79	10	\$77.90
534	Carob Chips		\$6.19	25	\$154.75
516	Carob/Spirulina Energy Bites		\$6.79	10	\$67.90
295	Chocolate Almond Energy Bites		\$6.69	10	\$66.90
926	Chocolate Chips	*	\$9.09	25	\$227.25
455	Chocolate Sundrops		\$7.69	25	\$192.25
901	Cran./Lemon Energy Bites	*	\$12.09	10	\$120.90
398	Dark Chocolate Sundrops		\$8.09	25	\$202.25
395	Earth Balls		\$14.89	10	\$148.90
915	Espresso Beans		\$13.19	10	\$131.90
438	Fig Bars		\$4.39	20	\$87.80
296	Honey/Pistachio Energy Bites		\$7.39	10	\$73.90
394	Malt Balls		\$8.49	15	\$127.35
432	Milk Chocolate Raisins		\$8.99	10	\$89.90

902	Mocha Java Energy Bites	*	\$10.79	10	\$107.90
903	Naughty But Nice Energy Bites	*	\$10.09	10	\$100.90
474	Peanut Butter Pretzels		\$7.19	10	\$71.90
440	Peanut Sundrops		\$9.39	25	\$234.75
171	Raspberry Pretzels		\$7.79	10	\$77.90
433	Sesame Honey Crunch, Joyva		\$3.49	20	\$69.80
505	Sesame Sticks, Cajun		\$2.79	15	\$41.85
517	Sesame Sticks, Cheddar		\$2.89	15	\$43.35
502	Sesame Sticks, Garlic		\$2.89	15	\$43.35
499	Sesame Sticks, Honey Roast		\$3.29	15	\$49.35
498	Sesame Sticks, Poppy/onion		\$2.79	15	\$41.85
520	Sesame Sticks, Salt		\$2.89	15	\$43.35
489	Sesame Sticks, Spelt	*	\$4.19	15	\$62.85
471	Sesame Sticks, Wild Rice	*	\$3.69	15	\$55.35
392	Sunny Bears	*	\$9.59	10	\$95.90
393	Sunny Fruit Slices	*	\$9.59	10	\$95.90
491	Wasabi Peas		\$4.39	22	\$96.58
437	Yogurt Almonds		\$11.49	10	\$114.90
442	Yogurt Pretzels		\$6.69	10	\$66.90

PLU	DRIED FRUIT	ORGANIC	PRICE/LB.	CASE QTY	CASE PRICE
390	Banana Chips	*	\$3.29	14	\$46.06
389	Cherries, Dried Tart		\$7.49	10	\$74.90
597	Coconut Flakes	*	\$5.09	25	\$127.25
452	Cranberries	*	\$6.49	10	\$64.90
443	Dried Apple Rings	*	\$7.89	25	\$197.25
397	Dried Strawberries		\$15.89	20	\$317.80
385	Figs Black Mission	*	\$4.79	30	\$143.70
475	Goji Berries	*	\$16.69	12	\$200.28
526	Jumbo Flame Raisins	*	\$3.49	30	\$104.70
444	Papaya Spears		\$3.19	11	\$35.09
388	Prunes Pitted	*	\$4.99	30	\$149.70
401	Shredded Coconut		\$3.99	25	\$99.75
174	Sundried Tomatoes	*	\$19.69	4	\$78.76
391	Thompson Raisins	*	\$2.39	30	\$71.70
387	Turkish Apricots	*	\$6.59	30	\$197.70
454	Unsweetened Pappya		\$5.99	10	\$59.90