

Vegetarian Food Specials

Sale Prices are valid in October 2025 on our deliveries and in the ABC!

ITEM	Qty./Size	Regular Price Each	Regular Price Case	SALE CASE
Loma Linda Foods				
Big Franks Reg. or LF— Favorite!	12/15 oz.	7.99	82.99	\$78.00
Chik, Diced	12/13 oz.	9.99	101.99	
Chik’n in Broth or BBQ Sauce	12/5 oz.	4.99	45.99	
Chili	12/15 oz.	5.99	62.99	\$58.00
Choplets	12/13 oz.	9.99	106.99	\$99.00
Fried Chik’n w/Gravy	12/13 oz.	9.99	101.99	
Fri-Chik Reg. or LF	12/13 oz.	9.99	101.99	\$95.00
Linketts	12/15 oz.	8.99	91.99	\$87.00
Little Links	12/15 oz.	8.99	91.99	\$87.00
Nutolene	6/15 oz.	8.99	47.99	\$45.00
Pinto Beans	24/15 oz.	1.99	43.99	\$40.00
Prime Stakes	12/13 oz.	9.99	101.99	
Redi-Burger	12/15 oz.	8.99	91.99	
Roma—Kaffree—Natural Touch	6/7 oz.	10.99	55.99	\$54.00
Saucettes	12/15 oz.	8.99	91.99	\$85.00
Skallops, Vegetable	12/15 oz.	8.99	91.99	\$85.00
Steaks, Vegetable	12/15 oz.	8.99	91.99	\$85.00
Super Links	12/15 oz.	8.99	91.99	Out of Stock
Swiss Stake w/Gravy	12/13 oz.	9.99	101.99	\$96.00
Tender Bits	12/15 oz.	9.99	106.99	\$99.00
Tender Rounds	12/15 oz.	8.99	91.99	\$87.00
Vegetarian Burger	12/15 oz.	8.99	91.99	\$85.00
Vege Burger	12/15 oz.	8.99	91.99	\$85.00
Veja Links	12/15 oz.	8.99	91.99	\$87.00
Worthington Frozen				
Chicken—Roll	4/4 lb.	45.99	167.99	\$160.00
Chickettes—Roll	12/1 lb.	11.99	127.99	\$125.00
Corned Beef—Roll	4/4 lb.	45.99	167.99	\$160.00
Deli Slices—Corned Beef, Turkey, Ham, Dinner Roast, Salami, Vegan Turkey, Vegan Ham or Chicken	8/8 oz.	7.99	52.99	\$50.00
Dinner Roast	6/2 lb.	24.99	136.99	\$125.00
++Fri-Pats	8/9 oz.	7.99	52.99	
++Leanies	8/12 oz.	7.99	52.99	
Pepperoni Slices—Vegan	8/8 oz.	8.99	62.99	\$60.00
Prosage—Roll	12/1 lb.	11.99	132.99	\$128.00
Sausage Links	8/8 oz.	7.99	52.99	
++Stakelets	12/10 oz.	6.99	51.99	
Salami—Roll	4/4 lb.	43.99	160.99	\$160.00
Tuna—roll	12/9 oz.	7.99	88.99	
Turkey or Ham —Roll (Regular)	4/4 lb.	45.99	167.99	\$160.00
Turkey or Ham —Roll (Vegan)	4/4 lb.	43.99	160.99	\$160.00
Bulk Food				
Black Beans	25 lbs.		40.99	\$35.00
Corn Meal	25 lbs.		34.99	
Garbanzo Beans	25 lbs.		27.99	\$24.00
Green Split Peas	25 lbs.		22.99	\$18.00
Hard White Wheat Berries—Organic	25 lbs.		52.99	
Lentils	55 lbs.		72.99	
Nutritional Yeast, Red Star	6 lbs.		89.99	
Oats—Regular 25#	25 lbs		24.99	
Oats—Quick 25#	25 lbs.		25.99	
Rice, Long Grain Brown	25 lbs		55.99	\$52.00

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ITEM	Qty./Size	Regular Price Each	Regular Price Case	SALE CASE
MorningStar Farms				
Bacon Strips	12/5.25 oz.	5.99	60.99	
++Chik Patties	8/10 oz.	5.99	40.99	
++Chik Nuggets	6/10 oz.	5.99	30.99	
++Corn Dogs	8/10 oz.	5.99	40.99	\$38.00
Grillers	8/9 oz.	5.99	40.99	
++Recipe Crumbles—Burger Style	6/12 oz.	5.99	30.99	
Sausage Patties	6/8 oz.	5.99	30.99	
Veggie Dog	8/8 oz.	5.99	30.99	\$28.00
Bulk Items—Morningstar				
Breakfast Strips	18 pkg		83.99	\$79.00
Grillers	48 count		61.99	\$58.00
Sausage Links	168 count		100.99	\$96.00
Sausage Patties	112 count		97.99	
UnMeat				
Burger Style	11.6 oz.	5.99	58.99	
Chili with Beans	15 oz.	4.99	47.99	
Chick’n Chunks	6.35 oz.	3.99	37.99	
Luncheon Meat Original or Hot & Spicy	11.6 oz.	5.99	58.99	
Roast Beef	12.7 oz.	4.99	47.99	
Tuna	6.3 oz.	2.99	27.99	
Gardein (canned)				
Be’f & Vegetable Soup	15 oz.	5.99		
Italian Wedding Soup	15 oz.	5.99		
Chick’n & Rice	15 oz.	5.99		
Chick’n noodl’	15 oz.	5.99		
Miscellaneous Food				
Carob Chips—Chatfields	12 oz	8.59		
Cha’i Pow Yu, Mun Cha’l Ya, Cha’l Pow Yu Curry or Lo Han Chai	24/10 oz.	3.99	73.99	\$70.00
Chili Man Chili	12/15 oz.	4.99	50.99	\$47.00
Ensemble Foods—Medallions, Saute,, or strips— FAVORITE! Shelf Stable!	3 lbs.	20.99		
Garden Desserts, Vanilla pudding, Chocolate pudding, Jel - various flavors	24/3 oz	2.99	62.99	
Gefen Jello	24/3.0 oz.	2.99	62.99	
Granola— Homemade! NEW!	3 lbs.	12.99		
Marshmallows—Reg. or Mini	10 oz.	6.39		
Mayacama Gravy	12 packets	1.99	18.99	
Nutritional Yeast	1 lb.	16.99		
Olives, Lindsay Green	12/7 oz.	4.99	51.99	
Pecan Meal— NEW!	1 lb	5.99		
Pero	6/7 oz.	11.59		
Postum: Regular or Cocoa		16.99	93.99	
Rumford Baking Powder	8.1 oz.	6.99		
Sesame Crunch— Favorite!	1 lb.	6.99		
Soy Curls	24/8 oz.	6.99	106.99	
Taco Crumbles (Butler)	9.5 oz	4.99		
Ve-G-Tapa	12.35 oz.	9.99		
Vital Wheat Gluten	2 lb.	21.99		
Vital Wheat Gluten	5 lb.	53.99		

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Vegetarian Jerky				
Sam’s Harvest Jerky	4 oz.	6.99		
Stonewall Jerquee	8/1.5 oz.	3.99	30.99	
Pans Mushroom Jerky: Teriyaki, Original or Zesty Thai	2.2 oz	9.99		
Louisville Vegan Jerky: Pepperoni, Maple Bacon, or Carolina BBQ	3 oz.	9.99		
Seasonings				
Bakon Seasoning	3.5	11.99		
Better than Bouillon: No-chicken, no-beef, mushroom, vegetable, or Roasted Garlic	8 oz.	8.99		
Bouillon, Edward & Sons: Vegetable, no-chicken, or no-beef	2.5 oz.	3.49		
Braggs Liquid Aminos	16 oz.	7.99		
Celtic Sea Salt	1 lb.	14.99		
Chik Style Seasoning—Butler	10.35 oz.	12.99		
Curry Paste: Red, Green or Yellow	4 oz.	2.99		
G.W. Broth: Brown or Golden	24/1.1 oz.	2.99	49.99	
Frontier Co-Op Veg. Broth Powder	16 oz.	15.99		
Frontier Co-Op No-Beef Broth Powder	16 oz.	13.99		
Frontier Co-Op No-Chicken Broth Powder	16 oz	16.99		
Marmite— Favorite!	4.4 oz.	8.69		
McKay’s Beef No MSG	12 oz.	14.99		
McKay’s Beef Vegan	12 oz.	16.99		
McKay’s Chicken No MSG	12 oz.	14.99		
McKay’s Chicken Vegan	12 oz.	14.99		



NEW! —Joi Powdered Milk

Oat Milk	1.42 lb	\$41.99
Almond Milk	1.42 lb.	\$38.99
Oat Milk Creamer	1.42 lb.	\$38.99



NEW! —Panacheeza Parmesan Style Cheese



Tastes like home-canned!

Product	Size	Single	Case
Apple Sauce— Smooth or Chunky	16 oz.	\$5.99	\$69.99
Apple Butter	9 oz.	\$5.99	\$69.99
Apricots	28 oz	\$6.99	\$79.99
Cherries, Light Sweet	28 oz	\$6.99	\$79.99
Maple Syrup	32 oz.	\$26.99	
Pears	28 oz	\$6.99	\$79.99
Peaches—Elberta	15 oz	\$5.99	\$69.99
Peaches—Elberta	28 oz	\$7.99	\$89.99

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