

Vegetarian Food Specials

Sale Prices are valid in October 2026 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	83.99	70.00
Chik, Diced	12/13 oz.	9.99	101.99	98.00
Chili— Original Recipe!	12/15 oz.	7.99	83.99	70.00
Choplets	12/13 oz.	9.99	107.99	98.00
Fried Chik’n w/Gravy	12/13 oz.	9.99	101.99	98.00
Fri-Chik Reg. or LF	12/13 oz.	9.99	105.99	86.00
Linketts	12/15 oz.	8.99	91.99	
Little Links	12/15 oz.	8.99	91.99	
Nutolene	6/14.6 oz.	10.99	60.99	52.00
Prime Stakes	12/13 oz.	9.99	101.99	
Redi-Burger	12/15 oz.	8.99	91.99	85.00
Roma—Kaffree—Natural Touch	6/7 oz.	10.99	55.99	48.00
Saucettes	12/15 oz.	8.99	91.99	
Skallops, Vegetable	12/15 oz.	8.99	91.99	80.00
Steaks, Vegetable	12/15 oz.	8.99	91.99	
Super Links	12/15 oz.	8.99	91.99	
Swiss Stake w/Gravy	12/13 oz.	9.99	101.99	86.00
Tender Bits	12/15 oz.	9.99	107.99	96.00
Tender Rounds	12/15 oz.	8.99	91.99	
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	85.00
Worthington Frozen				
Chicken—Roll	4/4 lb.	47.99	177.99	170.00
Chickettes—Roll	12/1 lb.	11.99	135.99	130.00
Corned Beef—Roll	4/4 lb.	47.99	177.99	170.00
Deli Slices—Corned Beef, Turkey, Ham, Dinner Roast, Salami, Vegan Turkey, Vegan Ham or Chicken	8/8 oz.	7.99	55.99	52.00
Dinner Roast	6/2 lb.	25.99	144.99	138.00
++Fri-Pats	8/9 oz.	7.99	55.99	
++Leanies	8/12 oz.	7.99	55.99	52.00
Pepperoni Slices—Vegan	8/8 oz.	8.99	66.99	60.00
Prosage—Roll	12/1 lb.	11.99	133.99	130.00
Sausage Links	8/8 oz.	7.99	55.99	
++Stakelets	12/10 oz.	7.99	56.99	54.00
Salami—Roll	4/4 lb.	45.99	170.99	165.00
Tuna—roll	12/9 oz.	7.99	93.99	90.00
Turkey—Roll (Reg. or Vegan)	4/4 lb.	47.99	177.99	170.00
Wham—Roll (Reg. or Vegan)	4/4 lb.	47.99	177.99	170.00
Bulk Food				
Garbanzo Beans	25 lbs.		27.99	
Green Split Peas			21.99	
Hard White Wheat Berries	25 lbs		52.99	
Oats—Regular 25#	25 lbs		26.99	
Oats—Quick 25#	25 lbs.		25.99	
Wheat Montana				
White All Purpose Flour	10 lbs	10.99		
Whole Wheat Flour Bronze Chief	10 lbs	10.99		
Wheat-Hard White Wheat	25 lbs	21.99		
Wheat-Hard Red Wheat	25 lbs	17.99		
Spelt Berries	5 lbs	10.99		

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MorningStar Farms				
Bacon Strips	12/5.25 oz.	5.99	66.99	65.00
++Chik Patties	8/10 oz.	5.99	44.99	
++Chik Nuggets	6/10 oz.	5.99	33.99	32.00
++Corn Dogs	8/10 oz.	5.99	43.99	
Grillers	8/9 oz.	5.99	44.99	
++Recipe Crumbles—Burger Style	6/12 oz.	5.99	33.99	
Sausage Patties	6/8 oz.	5.99	33.99	
Veggie Dog	8/8 oz.	4.99	30.99	28.00
Bulk Items—Morningstar				
Breakfast Strips	18 pkg		92.99	86.00
Grillers	48 count		67.99	62.00
Sausage Links	168 count		112.99	95.00
Sausage Patties	112 count		108.99	95.00
Miscellaneous Food				
Bakon Torula Yeast	3.5 oz.	11.99		
Braggs Liquid Aminos	16 oz.	7.99		
Braggs Liquid Aminos	32 oz.	7.99		
Carob Syrup	8.45 oz.	8.99		
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	77.99	75.00
Chili Man Chili	12/15 oz.	4.99	54.99	50.00
Chik Style Seasoning—Butler		12.99		
Gefen Jello	24/3.0 oz.	2.99	55.99	
G.W. Broth Brown or Golden	24/1.1 oz.	2.99	51.99	
Marmite— Favorite!	4.4 oz.	9.99		
Mayacama Gravy	12 packets	1.99	19.99	
McKay’s Beef Reg. or No MSG	12 oz.	18.99		
McKay’s Beef Vegan	12 oz.	20.99		
McKay’s Chicken Reg. or No MSG	12 oz.	15.99		
McKay’s Chicken Vegan	12 oz.	16.99		
Nutritional Yeast	1 lb.	16.99		
Olives, Lindsay Green	12/7 oz.	4.99	53.99	50.00
Panacheeza—Dairy Free Parmesan				
Pero	6/7 oz.	13.49		
Popcorn: Amish (Red, baby white, blue or med. yellow)	2 lbs/6 lbs	5.99	13.99	
Postum: Regular		17.99		
Rumford Baking Powder	8.1 oz.	6.99		
Sam’s Harvest Jerky		7.99		
Sesame Crunch— Favorite!	1 lb.	8.99		
Soy Curls	24/8 oz.	6.99	103.99	
++Stonewall Jerquee	8/1.5 oz.	3.99		
UnMeat Luncheon (Classic or Hot)	12/11.6 oz	5.99	58.99	50.00
UnMeat Chicken Chunk	12/6.3 oz	3.99	37.99	34.00
UnMeat Roast Beef	12/11 oz	4.99	58.99	50.00
UnMeat Burger Style	12/11.6 oz	5.99	58.99	50.00
UnMeat Tuna (Sunflower or Water pack)	12/6.3 oz	2.99	27.99	24.00
Vital Wheat Gluten	2 lb.	21.99		
Vital Wheat Gluten	5 lb.	54.99		

+ Many more items not listed! Call for inquiry!

Special Notice:

Prices are subject to change and correction. Special sale prices are valid in October 2026 on our deliveries and in our ABCs. Please place a pre-order by calling 509.838.3168. If you didn't see what you were looking for, please call! We have additional items that are not advertised! Thank you for supporting your Upper Columbia ABCs.

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