

SO DELICIOUS COCONUT MILK	1.89L
SO NICE SOY BEVERAGE	1.89L
SOYUMMI NON DAIRY PUDDING	400g
TOFUTTI CHEESE SLICES ALL VEGETARIAN	227g

## FROZEN FOODS

AMY'S RICE CRUST SPINACH PIZZA	340g
AMY'S RICE MAC & CHEESE	227g
BLUE HORIZON ALASKAN	170g
BLUE HORIZON ALBACORE BITES	170g
BLUE HORIZON CRAB CAKES	170g
BLUE HORIZON SALMON CAKES	170g
CHAPMAN'S SUPER FROSTY	18 pack
CHAPMAN'S SUPER FUDGE	19 pack
CHAPMAN'S SUPER LOLLY	20 pack
COCONUT BLISS FROZEN DESSERT: ASSORTED VARIETIES	355g-473ml

### DE HEALTHY BAKER PRODUCTS:

APPLE CRANBERRY BREAD	1
APPLE CRUMBLE	1
BANANA BREAD	1
BEAN BREAD	1
CARROT CAKE SQUARE	1
CLASSIC BLEND	1
CINNAMON BREAD	1
FRUIT FRENZY MUFFIN	1
HELLO DOLLY SQUARE	1
HONEY SESAME BAGEL	1
RAISIN BAGEL	1
SUGAR FREE BANANA MUFFINS	1
SUGAR FREE CHOCOLATE CHIP MUFFINS	1
VEGAN BROWNIE OF AWESOMENESS	1
WAFFLES	1
EL PETO APPLE PIE	650G
EL PETO BANANA MUFFINS	450g
EL PETO BASIL AND GARLIC PIZZA CRUSTS	420g
EL PETO BELGIAN WAFFLES	300g
EL PETO CARROT MUFFINS	450g
EL PETO CHERRY PIE	650G
EL PETO ENGLISH MUFFINS	530g
EL PETO GOURMET BREAD	650g
EL PETO HAMBURG BUNS ITALIAN STYLE	8 pack
EL PETO ITALIAN BREAD	650g
EL PETO TARTS	276g
EL PETO MINI BROWNIES PURE BLISS	250g
EL PETO MULTI GRAN BREAD	650g
EL PETO PIE SHELLS	480g
EL PETO POTATO BREAD	650g
EL PETO WHITE RICE PIZZA CRUST	420g
EL PETO WHOLE GRAIN BROWN BREAD	650g
EVERGREEN WHEAT GRASS JUICE	355g
FOOD FOR LIFE BREADS AND TORTILLA	340g-800g
GLUTEN FREEDA BEAN AND CHEESE BURRITO	142g
GLUTEN FREEDA BEAN AND RICE BURRITO	142g
GLUTEN FREEDA REAL COOKIES	453Gg-454g
GLUTEN FREEDA VEGETARIAN BURRITOS	128g
GLUTINO BAGELS	650g
GLUTINO BREADS	650g
GLUTINO CORN BREAD	540g
GLUTINO DONUTS	340g
GLUTINO PIZZA CRUST	210g

### KINNIKINNICKS PRODUCTS:

CINNAMON SUGAR DONUTS	270g
ENGLISH MUFFINS	375g
NEW YORK BAGEL TAPIOCA RICE	375g
PERSONAL SIZE PIZZA CRUST	600g
RICE BREAD CHEESE TAPIOCA	650g
RICE BREAD RAISIN TAPIOCA	650g

RICE BREAD TAPIOCA	600g
RICE BREAD WHITE TAPIOCA	600g
SANDWICH BREAD BROWN	585g
SUNFLOWER FLAX RICE BREAD	650g
NATURE'S PATH BUCKWHEAT SARRASIN	210g
NATURE'S PATH HOME STYLE WAFFLES	210g
NATURE'S PATH MESA WAFFLES	210g
O'DOUGH'S CHOCOLATE CAKE	400g
O'DOUGH'S BREAKFAST BUNS	400g
O'DOUGH'S BREADS	700g
O'DOUGH'S PIZZA KIT	540g
TRUWHIP TOPPING	772g
VAN'S WAFFLES	227g
VAN'S Wheat Free Apple Cinnamon Waffles	225g
VAN'S Whole Grain Waffles	227g
VAN'S Whole Blueberry Waffles	296g

## DELI

BALDERSON MEDIUM COL CHEDDAR	1kg
BALDERSON OLD WHIRE CHEDDAR	1kg
BALDERSON XLD CHEDDAR	1kg
CASA ITALIA CACCIATORE SALAMI	300g
FREYBE PEPPERONI AND WEINERS	500g
HAVARTI CHEESE CREAMY	200g
HAVARTI CHEESE GRADEN VEGETABLE	200g
HAVARTI CHEESE HERBS & SPICE	200g
MASTRO CASALING SALAMI	1kg

## PRODUCE

MANITOBA HARVEST HEMP SEEDS	56g-227g
OCEAN SPRAY CRAISINS	1
ORGANIC GOLD TOP GOLDEN OR BROWN WHOLE FLAX SEED	454g
ORGANIC GOLD TOP MILLED GOLDEN OR BROWN FLAX SEED	454g
<u>RENEE'S GOURMET DRESSINGS:</u>	
1/2 FAT CAESAR	355ml
1/2 FAT POPPY SEED	355ml
CAESAR	750ml
COLESLAW	355ml
CUCUMBER DILL	355ml
FAT FREE TUSCAN ITALIAN	350ml
FAT FREE POMEGRANATE BLUEBERRY ACAI	350ml
GREEK FETA	355ml
HONEY DIJON	350ml
MEDITERRANEAN GREEK	350ml
MIGHTY CAESAR	355ml
PARMESAN CEASER	350ml
PEAR GUAVA	350ml
PEAR & BLUE CHEESE	350ml
POPPY SEED	355ml
RANCH	355ml
RAVIN RASPBERRY	350ml
ROASTED RED PEPPER	350ml
SPRING HERB ITALIAN	350ml
SUNDRIED TOM BLK OLIVE	350ml
SWEET ONION	350ml
TANGERINE LIME	350ml
YOGURT CUCUMBER DILL	350ml

## BAKERY

GLUTINO BREAD CRUMBS	340g
LA TORTILLA FACTORY WRAPS	396g

## PREPARED FOODS

HAPPY PLANET BENGAL COCONUT CURRY SAUCE	300ml
HAPPY PLANET INDIAN BUTTER CHICKEN SAUCE	300ml
HAPPY PLANET JAPANESE GINGER MISO SAUCE	300ml
HAPPY PLANET SPANISH RED PEPPER SAUCE	300ml
HAPPY PLANET THAI YELLOW CURRY SAUCE	300ml
HAPPY PLANET BERKLEY BUTTERNUT SQUASH SOUP	650ml
HAPPY PLANET LOUISIANA CORN CHOWDER SOUP	650ml
HAPPY PLANET THAI COCONUT SOUP	650ml

## CHECK OUT COUNTER

Elevate Me Bars	68g
Larabars	48g
Rebar Bars	50g
Vega Vibrancy Bars	

*Products listed are subject to change.*

10/11



## PRODUCT LISTING



6161 Thorold Stone Road  
Niagara Falls, ON L2J 1A4  
905-357-6600

CommissosFreshFoods.com

# GROCERY

## COFFEE, CEREAL & SPREADS

BOB'S RED MILL PANCAKE MIX	623g
CROFTERS RASPBERRY SPREAD	235ml
CROFTERS STRAWBERRY SPREAD	235ml
CROFTERS SUPER FRUIT SPREAD	235ml
CROFTERS WILD BERRIES SPREAD	235ml
EL PETO CREAM OF BROWN RICE	500g
ENJOY LIFE CARMEL APPLE BARS	141g
ENJOY LIFE COCOA LOCO BARS	141g
ENJOY LIFE CRUNCHY FLAX CEREAL	283g
ENJOY LIFE CRUNCHY RICE CEREAL	283g
ENJOY LIFE GRANOLA	365g
ENJOY LIFE SUNBUTTER CRUNCH BARS	141g
ENJOY LIFE VERY BERRY BARS	141g
ENVIROKID BARS	168g
GENERAL MILLS HONEY & NUT CHEX	395g
GENERAL MILLS CHEX	365g
GLUTEN FREEDA INSTANT OATS	300g
GLUTINO BARS	140g
GLUTINO CEREALS	312g
GIRLNOLA GOURMET SNACKS AND GRANOLA	120g-175g
GOGO QUINOA CINNAMON CRUNCHIES	100mg
GOGO QUINOA ORIGINAL CRUNCHIES	100mg
GOGO QUINOA 4 GRAIN HOT CEREAL	360g
GOGO QUINOA COCOA CEREAL	225g
GOGO QUINOA MUESLI 5 GRAIN	300g
GOGO QUINOA 3 GRAINS PANCAKE MIX	500g
HAPI FOODS HOLY CRAP CEREAL	225g
HAPI FOODS SKINNY B CEREAL	225g
HEMPOLA PANCAKE MIX	500g
MOLLY B'S BELGUIM WAFFLE 'N PANCAKE MIX	500g
NATURE'S PATH CORN FLAKES	750g
NATURE'S PATH CRISPY RICE	284g
NATURE'S PATH GORILLA MUNCH	275g
NATURE'S PATH HONEY D'S	300g
NATURE'S PATH KOALA CRISP	325g
NATURE'S PATH MESA CEREAL	300g
NATURE'S PATH PANDA PUFFS	300g
NATURE'S PATH LEAPING LEMURS	284g
NATURE'S PATH SUNRISE CRUNCHY	750g
NATURE'S PATH SUNRISE CRUNCHY CEREAL	300g
PAMELS'S BAKING/PANCAKE MIX	680g
QUINOA FLAKES	350g
RAW VITALITY KALE CHIPS RANCH	68g
RAW VITALITY KALE CHIPS CHEDDAR	68g
RUTH'S CHIA GOODNESS	340g
SAVI SEEDS - COCOA KISSED, KARMALIZED & OH NATURAL	28g-142g
SCHOOL SAFE SOY BUTTER	500g

### TRULY ORGANIC FOODS:

CASHEW CACAO CLUSTERS	250g
CASHEW CACAO CLUSTERS	75g
CILANTRO LIME PISTACHIOS & PEPITAS	250g
CILANTRO LIME PISTACHIOS & PEPITAS	75g
MEDJOOOL DATES	350g
MESQUITE MAPLE CANDIED WALNUTS	250g
MESQUITE MAPLE CANDIED WALNUTS	75g
PUMPKIN SEEDS	350g
ROSEMARY GARLIC PISTACHIOS & ALMONDS	250g
ROSEMARY GARLIC PISTACHIOS & ALMONDS	75g
SALAD BOOSTER	100g
SPICY CHIPOTLE PISTACHIOS	250g
SPICY CHIPOTLE PISTACHIOS	75g
SUDRIED GOLDEN MULBERRIES	227g
TRULY DETOX TEA	100g
TRULY HAPPY TEA	100g
WHITE MEADOWS FARMS BUCKWHEAT PANCAKE MIX	454g

## PASTA, BAKING & SAUCES

BOB'S RED MILL ALMOND MEAL FLOUR	453g
BOB'S RED MILL BROWNIE MIX	595g
BOB'S RED MILL CINNAMON BREAD	1
BOB'S RED MILL COOKIE MIX	623g
BOB'S RED MILL PANCAKE MIX	623g
BOB'S RED MILL ALL PURPOSE FLOUR	623g
BOB'S RED MILL AMARANTH	680g
BOB'S RED MILL QUINOA FLOUR	623g
BRAGG'S LIQUID SOY SEASONING	473ml
CHINA SUN BROWN RICE NODDLES VERMICELLI	250g
CHINA SUN WHIE RICE NODDLES VERMICELLI	250g
CLUB HOUSE ALL NATURAL RICE FLOUR	227g
CLUB HOUSE ALL NATURAL POTATO STARCH	227g
EL PETO CHOCOLATE CAKE	500g
EL PETO MUFFIN MIX	500g
EL PETO WHITE CAKE	500g
ENJOY LIFE SEMI SWEET CHOCOLATE CHIPS	283g
GOGO QUINOA MACARONI AND SPEG	227g
GRANISSIMO 5 GRAIN	400g
GRANISSIMO BASMATI AND WILD QUINOA	200g
GRANISSIMO VEGETARIAN PAELLA	200g
HEMPOLA BROWNIE MIX	370g
HODGSON MILL PASTA ANGEL HAIR	227g
HODGSON MILL PASTA ELBOW	227g
HODGSON MILL PASTA LINGUINE	227g
HODGSON MILL PASTA PENNE	227g
HODGSON MILL PASTA SPAGHETTI	227g
JYOTI NATURALL FOODS MUNG DAL & CHANNA DAL	284g
KINNIKINNICKS GRAHAM STYLE CRACKERS	220g
KINNIKINNICKS GRAHAM STYLE CRUMBS	300g
LE VENEZIANE CORN PASTA	250g
LUNDBERG MEDITERRANEAN CURRY BROWN RICE	198g
LUNDBERG PLAIN NATL BROWN RICE COUSCOUS	284g
LUNDBERG RISOTTO	163g
LUNDBERG ROASTED GARLIC & OLIVE OIL	198g
LUNDBERG SAVORY HERB BROWN RICE	198g
LUNDBURG RICE BROWN BASMATI	907g
LUNDBURG RICE LONG GRAIN RICE	907g
LUNDBURG RICE SHORT GRAIN BROWN	907g
LUNDBURG RICE SUSHI RICE	907g
MARINELLA PASTA SAUCES	740ml
MEDITERRANEAN GARDEN BRUSCHETA	450ml
MEDITERRANEAN GARDEN PASTA SAUCES	700g
MEXICAN TOSTADAS	350g
MOLLY B'S BREAD BLEND	500g
MOLLY B'S CAKE & MUFFIN FLOUR	500g
MOLLY B'S COOKIE MIX	500g
MOLLY B'S CREPE FLOUR BLEND	500g
MR SPICE ORGANIC SAUCES	300ml
NASOYA NAYONAISE	414ml
PAMELA'S CHOC CHUNK COOKIES	386g
PAMELA'S BREAD MIX	539g
PAMELA'S BROWNIE MIX	454g
PAMELA'S CHOCOLATE CAKE	595g
PAMELA'S DARK CHOC FROSTING	340g
PAMELA'S VANILLA CAKE	595g
PAMELA'S VANILLA FROSTING	595g
PANERISO HERB & GARLIC CROUTONS	100g
PASTARISO BROWN RICE PASTA: <i>ASSORTED VARIETIES</i>	454g
QUINOA ROYAL	500g
ROASTED BUCKWHEAT	900g
SANJ SZECHUAN SAUCE	296ml
SANJ TAMARI PEANUT	296ml
SANJ TERIYAKI	296ml
SANJ THAI STYLE PEANUT	296ml
SCOTTI ARBORIO RICE	1kg
SIMPLY NATURAL BALSAMIC VINAGRETTE	354g
SIMPLY NATURAL CREAMY CAESAR	354g
SIMPLY NATURAL RANCH	354g

SIMPLY NATURAL ROASTED RED PEPPER	354g
TASTE OF THAI COCONUT GINGER NOODLES QUICK THAI	113g
TASTE OF THAI COCONUT GINGER RICE	200g
TASTE OF THAI FISH SAUCE	200ml
TASTE OF THAI GARLIC CHILI PEPPER SAUCE	200ml
TASTE OF THAI PAD THAI NODDLES QUICK THAI	163g
TASTE OF THAI PADTHA NOODLES	225g
TASTE OF THAI PADTHA SAUCE MIX	100ml
TASTE OF THAI PAEANUT SAUCE MIX	100ml
TASTE OF THAI PEANUT NOODLES QUICK THAI	148g
TASTE OF THAI RED CURRY NOODLES QUICK THAI	163g
TASTE OF THAI RICE NOODLES	163g
TASTE OF THAI SWEAT AND SOUR RICE	170g
TASTE OF THAI SWEET CHILI SAUCE	200ml
TASTE OF THAI SZECHUAN NOODLES	141g
<b>SOUP, JUICE &amp; CANNED GOODS</b>	
AMY'S ORG TRADITIONAL REFRIED BLK BEANS	398g
AMY'S ORGANIC BEANS W/ GREEN CHILES	398g
AMY'S ORGANIC TRAD REFRIED BEANS	398g
AMY'S ORGANIC VEGETARIAN BAKED BEANS	398g
ANNIE'S RICE PASTA AND CHEESE	170g
BLUE DIAMOND THINS CRACKERS	120g
CELIFIBR BOUILLON CUBES	60g
EDWARD & SONS EXOTIC RICE TOAST CRACKERS: <i>ASSORTED VARIETIES</i>	65g
GLUTINO CRACKERS	125g
GOGO QUINOA VEGETABLE AND QUINOA SOUP	130g
GOGO QUINOA CREAM OF MUSHROOM	80g
GOGO QUINOA CREAM OF QUINOA SOUP	130g
GOGO QUINOA MINESTRONE SOUP	140g
MARY ORGANIC CRACKERS	184g
NATIVE FOREST ORG PEACHES	398ml
NATIVE FOREST ORG PEARS	398ml
NATIVE FOREST ORG PINEAPPLE CHUNKS	398ml
NATIVE FOREST ORG PINEAPPLE CRUSHED	398ml
PACIFIC ORG CREAMY GARDEN TOMATO SOUP	1L
PACIFIC ROASTED RED PEPPER SOUP	1L
PACIFIC SPICY BLACK BEAN SOUP	1L
<b>CHIP &amp; SNACKS</b>	
BEANITOS BEAN CHIPS	170g
BOULDER CHIPS: <i>ASSORTED VARIETIES</i>	142g
COVERED BRIDGE TORTILLA CHIPS	250g
FAMILY'S BEST ORGANIC CHIPS: <i>ASSORTED VARIETIES</i>	113g
FOOD SHOULD TASTE GOOD CHIPS	156g
GLUTINO CHOCOLATE COVERED PRETZELS	156g
GLUTINO PRETZELS	400g
GLUTINO YOGURT COVERED PRETZELS	130g
KETTLE CHIPS BACKYARD BBQ	220g
KETTLE CHIPS BUFFALO STYLE	220g
KETTLE CHIPS CHEDDAR SOUR CREAM	220g
KETTLE CHIPS LOW SODIUM	220g
KETTLE CHIPS RANCH	220g
KETTLE CHIPS SALT & GROUND PEPPER	220g
KETTLE CHIPS SEA SALT	220g
KETTLE CHIPS SEA SALT VINEGAR	220g
LUNDBURG RICE CAKES	241g-255g
LUNDBURG RICE CHIPS	170g
NEAL BROTHERS BLUE TORTILLA CHIPS	300g
NEAL BROTHERS RESTAURANT TORTILLA CHIPS	300g
POPCORN INDIANA BACON RANCH POPCORN	255g
POPCORN INDIANA CHIPINS: <i>ASSORTED VARIETIES</i>	205g
POPCORN INDIANA CINNAMON SUGAR POPCORN	283g
POPCORN INDIANA MOVIE THEATRE POPCORN	212g
QUE PASA O' CANADA'S TORTILLA CHIPS	454g
R.W. GARCIA CHIPS: <i>ASSORTED VARIETIES</i>	150g-200g
RICE WORKS CHIPS: <i>ASSORTED VARIETIES</i>	156g
ZICO COCONUT WATER: <i>ASSORTED FLAVOURS</i>	414ml
<b>COOKIE SECTION</b>	
BISCOT TEA BLUEBERRY SHORTBREAD	158g
BISCOT TEA CHAI TEA	158g

BISCOT TEA EARLY GRAY	158g
EDWARD & SONS GLUTEN FREE ICE CREAM CONES	36g
ENJOY LIFE DOUBLE CHOC BROWNIE COOKIES	170g
ENJOY LIFE LEMON COOKIES	170g
GLUTINO COOKIES	300g
GOGO QUINOA COOKIES: <i>ASSORTED VARIETIES</i>	198g
MARY'S ORGANIC COOKIES	155g
MIDEL COOKIES	227g
PAMELA'S COOKIES	150g
PAMELA'S MINI COOKIES	170g
PATSY PIE PEANUT BUTTER COOKIES	275g
SMOOZE FRUIT ICE	8X65ML
<b>CANDY SECTION</b>	
THE OBRAMA CHOCOLATE STICKS	35g
YUMMY EARTH GUMMY BEARS	142g

# WELLNESS

BABY MUM MUMS	50g
CANPREV SUPPLEMENTS	60-120 Caps
GREEN BEAVER GF LOTION AND BODY WASH	240ml
MANITOBA HARVEST HEMP PROTEIN: <i>ASSORTED VARIETIES</i>	454g
ROCKY MOUNTAIN HEMP HEARTS	454g
SEQUEL SHAKE & GO	300g
SEQUEL VEGA COMPLETE WHOLE FOOD HEALTH OPTIMIZER	496-1029g
SUN WARRIOR PROTEIN CHOCOLATE	1kg
SUN WARRIOR PROTEIN NATURAL	1kg
SUN WARRIOR PROTEIN VANILLA	1kg

# DAIRY

ALMOND BREEZE	946ml-1.89L
ALLEGRO4 SKIMMED MILK CHEESE	200-300g
BOLTHOUSE VANILL A CHAI TEA	1
BIO K+ RICE BASED	6x98g
DAIYA CHEDDAR STYLE	227g
DAIYA MOZZERELLA STYLE	227g
EARTH'S OWN RYZA WHOLE GRAIN BROWN RICE BEV.	1.89L
EMERALD VALLEY HUMMUS RSTED RED PEPPR	386g
GIRLNOLA Almond Kiss Truffles	3pack
GIRLNOLA Cloud Nine Truffles	3pack
GIRLNOLA Heart Breaker Truffle	3pack
GIRLNOLA TRIALMIX AND GRANOLA	120g-175g
GOGO QUINOA QUINOA BURGER	375g
GREEK GODS YOGURT	650g
HEMP BLISS 3 FLAVOURS	946ml
HOLY CRAP CEREAL	225g
MIMIC CREAM SUGAR FREE	946ml
MIMIC CREAM UNSWEETENED	946ml
NAVITAS NATURALS COCOA NIBS	113-454g
NAVITAS NATURALS GOJI POWER	113-454g
NAVITAS NATURALS RAW CHOCOLATE POWDER	227g-454g
OLYMPIC KREMA YOGURT	100g
OLYMPIC ORGANIC PROBIOTIC YOGURT	100g
OMEGA PUMPKIN POWDER	750g
PARMESAN FLAVOR GRATED TOPPING	200g
PACIFIC NATURAL FOODS ALMOND BEVERAGE ORIGINAL	946ml
PACIFIC NATURAL FOODS ALMOND BEVERAGE UNSWTNED	946ml
PACIFIC NATURAL FOODS ALMOND BEVERAGE VANILLA	946ml
RUTH'S CHAI GOODNESS APPLE CINNAMON	340g
RUTH'S CHIA GOODNESS CHOCOLATE	340g
RUTH'S CHIA GOODNESS CRANBERRY GINGER	340g
RUTH'S CHIA GOODNESS ORIGINAL	340g
RUTH'S CHAI SEEDS	400g
RUTH'S SOFT HEMP SEEDS	56g-227g