

**Sunwarrior**

*Protein Powders*

**Sisu**

*ALA, B100, B Calm, B6, B12, Black Cohosh, Cal/Mag Liquid, Cal/Mag Wafers, Chromium Plus, Cinnamax Cold and Flu Rescue Kids, Cool B50, Cranberry Ultra, Ester C 250, 500, 1000, Kids, Powder, Energy Boost Drink Sticks, Garlic, Gentle Iron, Ginkgo, Iron 40mg L-Arginine, Lutein, Magnesium, Melatonin, Milkthistle Phytovision, Only Minerals, Prostate Formula, Rhodiola Stress Caps, Super B Complex, Vitamin C Powder, Zinc Citrate*

**Vega Products**

## BATH & BEAUTY

**Andalou** - *Except Pumpkin Honey Glycolic Mask*

**AnneMarie Borlind Facial Products**

**Aroma Crystal**

*Facial and Body Products*

**Aura Cacia**

*Baby Bath Foam, Body Oils and Essential Oils*

**Avalon Organics Hand Soap**

**Dr. Bronners Magic Soap**

**GeoDeo** - *Deodorants*

**Giovani**

*Hand Soap and Hair Products*

**Goddess Garden Sunscreens**

**Green Beaver**

*Facial Products, Body Products, Sunscreens*

**Hugo Naturals**

**Kiss My Face Castile Soap**

**Now**

*Pure Shea Butter*

**Sukin** - *100% Vegan*

**Thayers Witch Hazel Toner**



VEGAN FOODS,  
SUPPLEMENTS &  
BATH AND BEAUTY  
PRODUCTS



6161 Thorold Stone Road  
Niagara Falls, ON L2J 1A4  
905.357.6600  
CommissosFreshFoods.com



# FOODS

## FROZEN FOODS

Coconut Bliss Frozen Desert - Assorted

Field Roast

*Vegan Sausages, Hot Dogs and Roasts*

Gardein

*Crispy Chick'n, Beefless Ground, Crispy Tenders,*

*Chick'n Scallopini, Meatless Meatballs*

Gluten Freeda Burrito

Healthy Choices Gourmet Steamers

*Mediterranean Grilled Vegetable*

Indian Life

*Pakorras, Samosas, Naan Breads*

One Degree Veganic Bread

*Ancient Whole Wheat, Flax and Spelt*

Silver Hills Frozen Breads & Bagels

Sol Cuisine Vegan Burgers

Tofurky Frozen Pizza

Tofutti

*Ice Cream (chocolate & vanilla), Ice Cream Bars*

Udi's Bakery

*Muffin Tops, Muffins, Cinnamon Rolls*

Van's Waffles - Dairy & Egg Free

## COOKIES

Dandies Vegan Marshmallows

Enjoy Life Products Assorted

Farris Cibus Sanus - Assorted

GoGo Quinoa Cookies

Let's Do Organic

*Sugar Cones, Ice Cream Cones*

Lucy's Cookies - Assorted

Mary's Crackers Loves Cookies - Assorted

Sweet Pea Organic Snacks

*Pumpkin Spice, Sweet Apple*

## CHIPS & POPCORN

Beanitos - Assorted

Lara Bars - Assorted

Lundbery Organic Brown

Rice Cakes - Assorted

Rice Works Crisps - Assorted

Sticks and Twigs Pretzels

Tyrrels Chips

Way Better Snacks - Assorted

## BAKING & PASTA

Bob's Red Mill

*Egg Replacer, Nutritional Yeast*

Bragg's Organic Salad Dressings

*Hawaiian, Braggberry*

Casbah

*Falafel, Ancient Grain Mix, Freekeh*

Enjoy Life Chocolate Chips

GoGo Quinoa

*Burger Mix, Granissimo 5 Grain Mix, Vegetarian Paella, Basmati & Wild Quinoa Pilaf, Quinoa (White, Red, Mixed), Amaranth*

L Tourangelle Salad Dressings

*Avocado Tomato with Dill, Walnut Pear*

*with Red Wine*

Lundberg Brown Rice Couscous - Assorted

Marinella - Assorted

*\*These do not say vegan but no animal products*

Mediterranean Garden - Assorted

Molly B's Baking Mixes - Assorted

Mrs. Renfro's Salsa's

Simply Natural Salad Dressings

*Raspberry Vinaigrette, Roasted Garlic, Balsamic*

Simply Natural Salsa

Simply Natural Pasta Sauces

*Assorted except Vodka Cream*

Vita Soy Nayonnaise - Vegan Mayonnaise

## CEREALS & SPREADS

Bragg's Nutritional Yeast

Coconut Secret

*Aminos, Nectar, Vinegar*

Cocovie Coconut Jam

Daiya Dairy Free Cheese - Assorted

Earth Balance

*Shortening, Baking Sticks, Butter Style Spreads,*

*Coconut Peanut Spread, Peanut Butter &*

*Flax Spread*

Flora

*Flax Oil, Optimal Omegas, Vegetarian DHA, Udo's Oil*

Flour Power - Flax, Hemp, Sunflower Flour

Galaxy Naturals

*Vegan Italian & Cheddar Style Cheese, Vegan Parmesan*

Giddy Yoyo

*Spirulina, Chlorella, Raw Garlic Powder, Chaga*

Gogo Quinoa Cereals - Assorted

Gold Top Flax Seeds

Hemp/E3live/Maca Protein Powder

Hempola Brownie Mix

Holy Crap & Skinny B Cereal

Just Pure Foods

*Kale Chips Cheesy and Chocolate Kalenola*

Manitoba Harvest Hemp Hearts

Manitoba Hemp Protein - Assorted

Nature's Path Flax Plus Cereal

Navitas - Assorted

Now Super Seeds

Omega Nutrition

*Pumpkin Seeds Protein, Ground Flax Seeds, Flax Oil*

Peabut Nutter - Nut Free Spread

Prana - Assorted Nuts, Chia Seeds and Dried Fruits

Purest Hot Cocoa Mix - Dairy Free

RawFoodz Zen Budda Buttery Style Spread

RawOne Rawritos

Rawsome Whole Food Meal

Raw Vitality

*Kale Chips, Flax Crisps, Parma Veg*

Rocky Mountain Hemp Hearts

Ruth's Chia Goodness - Assorted

Sex Cereal

Taste of Nature Bars - Assorted

Tofutti

*Sour Cream, Cream Cheese, Vegetarian, Cheese Slices*

Veganaise - Assorted

Vega Omega Oil Blend

Wildbrine Raw

*Sauerkraut and Kimchi*

*\*These do not say vegan but no animal products*

## YOGURT & MILK

Amande Cultured Almond

Blue Diamond Almond Breeze

Coconut Dream Coconut Beverage

Earth's Own

*Whole Grain Brown Rice Beverage,*

*Almond Fresh Almond Beverage*

Enjoy Life Granola - Assorted

Good Karma Flax Beverage

Hemp Bliss Hemp Beverage

Natura Organic Soy Milk

Pacific Foods Almond Beverage

Silk Organic Soy Milk

Silk Soy Beverage for Coffee

So Delicious Coconut Beverage

So Delicious Coconut Milk for Coffee

So Delicious Cultured Coconut

So Nice Soy Beverage

Soygo Cultured Soy

## PRODUCE

RawFoodz Salad Dressing - Assorted

## CRACKERS, SOUPS, CANNED VEGETABLES

Amy's Organic

*Chili, Refried beans*

Annie Chung's Noodle Bowls - Assorted

Annie Chung's Seaweed Snacks

Edward and Son's

*Dairy Free Chressy Mashed Potatoes,*

*Homestyle Mashed Potatoes*

Edward and Son's Exotic Rice Toast - Assorted

Gogo Quinoa Soup Mix - Assorted

Kavali Crispbreads

Late July Classic Saltines

Mary's Crackers - Assorted

Pacific Organic Broth - Mushroom and Vegetable

Rivita Crispbreads

Wasa Crispbreads

# SUPPLEMENTS

Ascenta

*Nutra Vege Vegetarian Omega Oil*

Bach Products - Except Pastilles

Brad King's

*Vegan Protein, Beyond Greens, Lean Energy,*

*Starch & Fat Blocker, Bladder Control*

CanPrev

*Alpha Lipoic Acid, Magnesium, Curcumin Pro,*

*Reserva Pro, PH Pro, Antioxidant network, Synergy B,*

*Fiber Flow, Pain Pro, Meno Prev, Healthy Heart,*

*Digestion IBS, Cold Pro, Dia Pro*

Flora Products

Garden of Life

Genesis Today

*California Poppy, Green Coffee Bean, Saffron, Acai, Noni,*

*Gogi, Resveratrol and Seabuckthorn Pure Juices*

Genuine Health

*Vegan Protein, Greens+ O, Greens+ O Acai Mango,*

*Sleep+, Go4 Trim, Lean+ Extra Strength,*

*Proteins+ Vegan Smoothie, Active Fuel, Active Recovery,*

*Greens+ Whole Body Nutrition*

Hubner

*Milk Thistle, Original Silica Gel*

Macrolife Naturals

*Miracle Reds, MacroGreens*

Naka

*Ginkgo Biloba, Green Tea, Formula Mariendistel,*

*Nutri Meno, Vital Greens*

Natural Calm

*Magnesium Citrate Powder*

New Roots

*Bentonite Clay, Chlorella, Chlor-ester-in, Cranberry,*

*Forsight, Grapeseed, Hawthorn, Kelp, Magnesium,*

*Menopause, Niacin, Phosphatidylserine, Potassium*

*Lodide, Plant Sterols, Prevent, Quercetin, D-Ribose,*

*Serratiopeptidase, Sleep 8, Smart Ginkgo, Super Immune,*

*Ultra B complex, Vitamin C, Juicy*

Orange Naturals Products - Dairy Free

Organic Whole Greens Formula

*Liquid Greens*

Platinum

*Vita Vegan, Oregano 8, Chanca Pedra, Easy Iron,*

*Easy Iron Eg*

Preferred Nutrition

*Celt Immunocare, K2, Magnesium, Estrosence,*

*Menosence, Sage, Sytrinol, Biosil*

Progressive

*Vegegreens, Phytoberry, Harmonized Vegan Protein,*

*Vitamin C complex*

Progressive Multivitamin's - Suitable for vegetarians

Renewlife - Except probiotics and fish oils

Salus

*Floravit Iron, Plant Juices*

St. Benoit Bitters

St.Francis Herb Farm