



# Alison's Pantry®

## MAKE DINNER SIMPLE!

The Food Show  
is almost here!

See page 3.

4 NEW  
Gelato flavors!

See page 5.

Garlic Butter Cream  
Pasta & Shrimp  
Scampi recipe

See page 17.



COVER FEATURES:

#1545 Newport Peeled & Deveined Shrimp, pg. 17

#8124 Chef Shamy Parmesan Basil Garlic Butter, pg. 17

#1331 Barilla Spaghetti, pg. 46

\*\*\*  
Celebrating  
**35**  
Years

of Feeding Families!

## SEEKING REPRESENTATIVES NOW IN:

Oakley, KS • Price, UT • Brigham City, UT • Lehi, UT • Casper, WY • Sterling, CO • Helena, MT • Portage, UT



*"I never dreamed that my Alison's Pantry business would become what it has! Every month I am blown away from the support and orders from my customers. It has blessed our family in so many ways and I love the networking and friendships I am creating along the way. Alison's Pantry and the products they offer are by far the best quality. Our little town has fallen in love with them, just as my family did when I started buying. I am beyond thankful for Alison's Pantry and the blessings it has given in my life!"*

**AP Rep Breanne Nilhas, Ellis, KS**  
**Average Monthly Sales: \$8,500**

**If you'd like an Alison's Pantry business of your own like Breanne, contact us today.**

## Become an Alison's Pantry Rep!

### 1-866-5-PANTRY

**OR EMAIL US: [SUPPORT@ALISONSPANTRY.COM](mailto:SUPPORT@ALISONSPANTRY.COM)**



## How Alison's Pantry works

1

Receive a catalog from your Alison's Pantry Representative or view the catalog on our website.

2

Place an order at [www.alisonspantry.com](http://www.alisonspantry.com), or with your Rep, by the catalog order deadline printed on the back cover.

3

Order is delivered to your Rep's home in about a week after the order deadline.

4

Pick up your order from your Rep. Enjoy restaurant-quality food from the comfort of home.



Have you tried an Alison's Pantry product that you love? Why not save a dollar on it the next time you order? We'll add a \$1 credit to your Alison's Pantry account each time you visit [alisonspantry.com](http://alisonspantry.com) and leave a positive product review. Tell us 1) how you used the product and 2) what you liked about it, and help other customers find new products to love!

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## OUR VISION & MISSION

**Our mission is to provide restaurant-quality food products with quality service and a personal touch.**  
**Let us fill your Pantry!**

### 90 Day Double Your Money Back Guarantee.

Certain exclusions apply. Refunds must be requested within 90 days from purchase date and will be applied to your account as credit. This policy does not apply in the circumstance of a damaged or defective item, which will be refunded or credited for the original purchase price. It also does not apply to Hot Deal, Pantry Bargain or other #2 products. To prevent fraud Alison's Pantry reserves the right to revoke the guarantee at our discretion.

### Alison's Pantry

580 W. State Street  
Pleasant Grove, UT 84062  
801-796-6411  
Toll Free: 1-866-5-PANTRY  
Fax: 801-796-9309

**Office Hours:** M – F 8:00 a.m. – 5:00 p.m.  
**[www.alisonspantry.com](http://www.alisonspantry.com)**

Prices and products are subject to change without notice. Sales tax will be charged according to your representative's town and state. Alison's Pantry adds 10% shipping to all orders. We reserve the right to substitute items of equal value and quality.

**GF** = gluten-free    **IW** = individually wrapped

**{ offered by the case }**



*We care about your diet needs and want you to have all the information necessary to make your meal decisions.*

*For more detailed ingredient lists and nutritional information, please visit [www.alisonspantry.com](http://www.alisonspantry.com) and search for any product by product number or name.*





# Is the Alison's Pantry Food Show on your calendar?



Saturday, April 9th, 2022  
11:00 a.m. - 3:00 p.m.  
UCCU Event Center  
at Utah Valley University, Orem

*Whether you're new to Alison's Pantry or have been a customer with us for years, our Food Show is an event you won't want to miss. Join fellow Alison's Pantry customers and Reps as we safari through booth after booth of mouthwatering products. It's a chance to mingle with AP owners and see how Alison's Pantry can make your meals easier. You'll love tasting your way through over 80 booths of food samples...and it's all FREE!*

**If your fast-paced schedule rarely includes time for yourself, and meal-planning seems like a chore, you deserve this treat! You'll love the opportunity to socialize with other customers, suppliers, and AP owners and staff.**

- Scout delicious new ideas for your grocery shopping.
- Consider a new Alison's Pantry business of your own.
  - Enter fun giveaways.
- Leave ready to ROAR with new plans to make feeding your family more fun!



★★★★★  
"I love food, so I love the food show! Where else can you try all the items in the catalog that you haven't tried before? **YOU WON'T WANT TO MISS IT!!**"  
**Stacey Izatt, Nephi, UT**







### NEW! True Chicken Breast Filets

High-quality, all-natural boneless, skinless chicken breasts. Minimally processed with no artificial ingredients. Hand-trimmed; consistently sized. 32 filets.

GF 5.5 oz. filets / 2 / 5 lb. bags  
#2883....\$65.99 | \$2.06 per filet



### NEW! Uncooked Golden Crispy Breast Filets

Whole-muscle breast filets with a golden breading made of fine flour and bread crumbs, perfect as an entree with sides, or on a bun for a sandwich. No antibiotics ever. 32 filets.

5 oz. filets / 2/5 lb. bags  
#2882....\$45.99 | \$1.44 per filet



### NEW! Applewood Smoked Bacon, Raw

Naturally hardwood slow smoked bacon. Raised in the USA. No added MSG. Approx. 80 slices.

GF 5 lb. pouch  
#2879....\$37.99



### NEW! Fully Cooked Pork Baby Back Ribs with Sauce

Tender pre-cooked baby back ribs slathered in a molasses barbecue sauce. Just heat and eat.

GF 16 oz. bag  
#2884....\$9.99



### NEW! Uncured Sliced Pepperoni

Made from all-natural pork, raised with no antibiotics ever. No nitrate or nitrite added except for those naturally occurring in sea salt and celery powder. Creminelli Fine Meats has won 11 national food awards for their products!

GF 2.5 lb. bag  
#2881....\$24.49



### NEW! Organic Acai Smoothie Bowl

A blend of acai with organic fruit, including: strawberries, blueberries, and bananas. The bowl comes with a separate gluten free granola packet with unsweetened coconut chips. Just thaw and eat!

GF 8 / 8 oz. bowls  
(5.25 lb. case)  
#2868....\$39.99  
\$5.00 per bowl



### NEW! Three Cheese Cavatappi

Grown-up mac & cheese! Cavatappi pasta in a rich, creamy blend of Monterey Jack, Cheddar, and Romano Cheeses with sea salt, black & cayenne pepper, and a touch of nutmeg.

4 lb. bag  
#2885....\$17.99



### NEW! Soft Pretzel Bites with Salt Packet

.31 oz. bites / 350 ct. Case  
#2889....\$41.99



### NEW! Love Crunch Dark Chocolate Macaroon Granola

Crunchy granola clusters with tasty coconut and decadent dark chocolate chunks.

11.5 oz. bag  
#2906....\$5.99



### NEW! Love Crunch Dark Chocolate & Red Berries Granola

Crunchy granola clusters, bright red berries (freeze dried strawberries & raspberries), and decadent dark chocolate chunks.

11.5 oz. bag  
#2907....\$5.99



### NEW! Sheila G's Brownie Brittle, Chocolate Chip

Rich brownie taste with a crisp cookie crunch. A chocolate indulgence at only 120 calories per serving!

8/2.75 oz. bags  
#2890....\$17.99



### NEW! Supoon....\$9.99

The original sit up scraping spoon! A flat squeegee tip and flexible sides to scrape your pan or bowl clean, a deep scooping head, measures teaspoons and tablespoons, and its clever handle design is like having a built-in spoon rest so your Supoon's head sits up off your counter. Heat resistant to 500 degrees. 11"

◆ #2911 Aqua Blue  
◆ #2912 Black



### NEW! Mini Supoon....\$7.99

Handy one-teaspoon version of our Supoon. Awesome for scraping every last little bit out of a jar or container. Great for serving dips, too. 8.1"

◆ #2914 Aqua Blue  
◆ #2916 Black

### NEW! Chopula....\$9.99

Award-winning spatula that's not only thin and flexible for flipping from the front, but also incredibly strong for chopping on its side. Chopula's clever handle design also lifts its head up off your kitchen counter when you put it down. 11.6"

◆ #2917 Aqua Blue  
◆ #2918 Black







**NEW! Authentic Italian Gelato**  
5 L tub (1.32 gallons)  
\$39.99 | Just \$1.48 per serving



**GF #2894 Caramel Sea Salt**  
Rich and creamy caramel gelato with a gentle touch of sea salt.



**GF #2895 Raspberry Cheesecake**  
Creamy gelato infused with the sweet flavor of cream cheese and laced with a succulent raspberry swirl.



**#2896 Chocolate Cookie Crunch**  
Luscious combination of rich chocolate gelato and crunchy Italian Cookie Crumble.



**GF #2897 Mango Sorbetto**  
Pure and simple, dairy-free sorbet with mangoes from India as the first ingredient.



**NEW! All-Natural Cheddar Cheese Curds**

100% all-natural white cheddar cheese, direct from the Cheese Curd Capital of Wisconsin. Made from farm certified rBST free milk. Because of our unique proprietary process, Ellsworth Cheddar Cheese Curds retain more of their milky farm-fresh squeak and taste and set the standard for freshness and flavor. Tip: Want more squeak? Simply microwave for a few seconds to restore their fresh from the creamery squeakiness!

**Natural White Cheddar Cheese Curds**

**GF** 16 oz. bag  
#2891....\$6.99

**Garlic Cheddar Cheese Curds**

100% all natural premium cheddar cheese curds with a mild roasted garlic seasoning.

**GF** 16 oz. bag  
#2892....\$6.99

**Natural White Cheddar Cheese Curds Snack Packs**

Our famous Curds packaged in a convenient 2 oz. single serving size. Gluten-free, sugar free, low carb and portable.

**GF** 2 oz. / 24 ct. bags  
#2893....\$24.99 | Just \$1.04 each!



**NEW! Beef Jerky, Original**

Made with 100% beef! 13 g. Protein. No added nitrates, nitrites, or MSG. 100 calories per pouch. 1.25 oz. / 10 ct.  
#2898....\$32.99 | \$3.30 per pouch



**NEW! Original Beef Stick**

Made with 100% beef! 8 g. Protein. Great on-the-go snack.  
**GF** 1.5 oz. / 24 ct.  
#2910....\$42.99 | \$1.79 per stick

**NEW! Scalloped Potato Casserole**

100% Idaho potatoes sliced and paired with a creamy white cheese and onion sauce mix. Just add water. Yield: 9 x 13" pan; approx. 17 svgs.

**GF** 20.35 oz. bag  
#2904....\$9.99

**NEW! Au Gratin Casserole**

Just add water and bake for a rich creamy au gratin potato casserole. Made from 100% real Idahoan potatoes sliced in a cheese sauce mix. No trans fat or cholesterol. Yield: 9 x 13" pan; approx. 17 svgs.

**GF** 20.35 oz. bag  
#2903....\$9.99



**NEW! Flame-Roasted Fuji Apples**

Beautiful Fuji apples seasoned with cinnamon and brown sugar and flame roasted. Ready-to-eat. Serve them with everything from pork chops to pancakes to ice cream.

**GF** 2.5 lb. bag  
#2905....\$10.99



**NEW! trü frü Hyper-Dried Fruits in Chocolate**

Nature's fruit, picked ripe, frozen fresh, and hyper-dried to lock in flavor and nutrition. Then immersed in chocolate. Non-GMO, made with clean ingredients.

**GF** 4.2 oz. bag  
\$6.99

◆ #2900 Hyper-Dried Real Strawberries in Dark Chocolate

◆ #2901 Hyper-Dried Real Mango in Dark Chocolate

◆ #2902 Hyper-Dried Real Coconut Melts in Milk Chocolate



**NEW! Mrs. Meyer's Clean Day Multi-Surface Lavender Cleaner**

Safe to use as a floor cleaner, tile cleaner, on countertops, walls, and more. Garden-fresh lavender clean floral scent.

16 oz. bottle  
#2908....\$5.99

**NEW! Mrs. Meyer's Clean Day Liquid Dish Soap Lavender**

Concentrated, biodegradable liquid dish soap made from plant-derived ingredients. Lovely lavender scent makes dishwashing a lot more pleasant and leaves dishes shiny!

16 oz. bottle  
#2909....\$5.99



**NEW! Thaw & Serve Triple Layer Bar S'more**

Three mouthwatering layers: graham cracker base, marshmallow middle, and brownie top.

2.5 oz. bars / 12 ct. Box  
#2887....\$22.99 | \$1.92 each



**NEW! Shaved Parmesan Cheese**

Flavorful, shaved slices of Parmesan for the true cheese lover! Add to salads, pasta, or charcuterie boards.

**GF** 8 oz. bag  
#2886....\$4.99







It's been said that to make something this good, you need some kind of secret recipe. But there's no magic in this meat. Just hours of hardwood smoke, a craftsman's touch and 125 years of practice.



**NEW**  
Cloverdale raw  
bacon, 5 lb. pouch  
on page 4!

★★★★★

"We love Daily's bacon. It's so quick and easy for breakfast. We love adding to soups, pizza toppings, and casseroles! Cooking is so clean and just quick in the microwave!"

Jazlyn Budge, Montpelier, ID

★★★★★

"Beats all other precooked bacon! I am used to paper-thin precooked bacon from the big membership club. This was a pleasant surprise: much thicker and great flavor! And packaged nicely in two bags. Perfect. Will be back for more."

Sandra Felchle, Denhoff, ND

### #1 Quality Precooked Hickory Smoked Bacon Slices

Keeps 6 months refrigerated, 9 months frozen. Microwave, heat and eat.

GF 300 slices per box  
#4835...Reg. \$65.99

Sale \$62.99 | .21 per slice

SAVE  
\$300

Keto Friendly

AP Bestseller

### Applewood Precooked Bacon

Double-smoked applewood bacon for the bacon connoisseur. Bolder flavor than our #4835 bacon.

GF 300 slices per box

#9137....\$63.99 | .21 per slice



### Country Style Pork Sausage

Mildly-seasoned ground pork sausage, raw.

GF 5/1 lb. chubs  
#2550....\$24.99



Keto Friendly

### Thick Cut #1 Quality Bacon, Raw

GF 24 oz. pack....\$11.99

- ◆ #8464 Deep Applewood Smoked
- ◆ #8465 Peppered
- ◆ #8463 Honey Cured



Keto Friendly

Our pork is raised and processed in the USA.



### Original Cooked Breakfast Sausage Patty, 2 oz.

All-natural, fully cooked pork breakfast sausage patties.

Less shrinkage. No MSG.

GF 40 ct./5 lb. bag  
#1399....\$25.99



Keto Friendly

★★★★★

"As a Jimmy Dean snob, I was skeptical of these patties but they were amazing and are great, pre-cooked for a quick breakfast addition."

Cherilyn Reynolds,  
Moore, ID



### Cooked Original Breakfast Pork Sausage Links, .8 oz.

#1 breakfast sausage brand in America! Traditional all-natural 3.75" pork breakfast links.

Fully cooked; no MSG.

GF 5 lb. bag  
#1400....\$24.99



Keto Friendly

Bulk cases mean big savings!



### Fully Cooked Pork Sausage Patties

GF 96 ct., 2 oz. size/12 lb. case  
#4063....\$54.99

Compare our price of just \$4.58/lb. to Schwan's cost of \$6.33/lb. and save 28% with Alison's Pantry!

Cases will show 'Received' date and have 6 months of shelf life past that date.



Keto Friendly



### Fully Cooked Skinless Pork Sausage Links

GF 240 ct., .8 oz. size/12 lb. case.  
#5464....\$59.99

### Fully Cooked Pork Sausage Links

GF 240 ct., .8 oz. size/12 lb. case  
#4062....\$54.99

Compare our price of just 23¢ to Schwan's cost at 44¢ per link and save 48% with Alison's Pantry!

Cases will show 'Received' date and have 6 months of shelf life past that date.



Keto Friendly





### Homestyle Breakfast Bake, Sausage and Country Gravy

Make holiday breakfasts easy! This hearty casserole is crafted from Bob Evans Sausage, country gravy, potatoes, scrambled eggs and cheddar cheese. Can be baked from frozen.

5 lb. tray  
#2814....\$21.99



SAVE  
\$1.00



### Sausage, Egg & Cheese Croissant

Microwave or oven bake. IW

12/4.5 oz. box

#4454...Reg. \$19.99

Sale \$18.99 | \$1.58 each



### Sausage, Egg & Cheese Biscuits

Microwave or oven bake. IW

12 ct./4.9 oz. box

#5354....\$23.99



### Meat Lovers Maple Stuffed Biscuits

Tender biscuits with maple flakes in the batter stuffed with scrambled eggs, smoked bacon, ham, sausage, and cheddar cheese.

24/4 oz. biscuits

#1160...\$37.99 | \$1.58 each



### Hearty Breakfast Bowls

Enjoy a hearty breakfast even when you're in a hurry! Just heat and eat this savory bowl of sausage, eggs, cheddar, peppers and onions.

GF 24/6 oz. bowls

#2637...\$52.99 | \$2.21 each



### Precooked Omelet Variety Pack

Fluffy, precooked omelets made with whole eggs; just heat and serve. 20 Cheddar Cheese; 20 Ham, Peppers, and Onions.

GF 40 ct. / 3.5 oz.

#1161....\$64.99 | \$1.62 each



### Personal Breakfast Pizzas

Crisp crust topped with mozzarella cheese, mild jalapeno cheese sauce, breakfast sausage, scrambled eggs, cheese and bacon. Microwaveable. IW.

9/6.9 oz. pizzas

#2638....\$32.99



### Sausage, Egg & Cheese Buttermilk Biscuits

16/4 oz. biscuits

#4842...\$20.99 | \$1.31 each



### Sausage & Gravy Stuffed Buttermilk Biscuit

16/4 oz. biscuits

#4844....\$20.99 | \$1.31 each



### Hash Browns Stuffed with Ham & Cheese

Real crispy hash browns on the outside and melty ham and cheese on the inside.

24 / 3.75 oz. patties

#2244...\$42.99 | \$1.79 each



### Homestyle Waffles

72 ct. waffles

#1498...\$16.99



### Belgium Pearl Sugar Waffles

Pre-baked, yeast-raised waffle dough with caramelized pearl sugar (like waffle trucks!) Light, crispy, and soft. IW.

12 ct. / 3.17 oz. waffles

#1811....\$17.99 | \$1.50 each



### Original French Toast Sticks

Bake, fry, or toast.

32 oz. bag

#1499....\$12.99



### Mini Bagels with Strawberry Cream Cheese

Filled with the goodness of whole grain and richness of strawberry Neufchatel cheese, these pre-baked, frozen mini bagels are individually wrapped in heat-and-serve ovenable pouches.

36 ct. / 2.43 oz. packs

#2663....\$29.99





### All-Natural Peppered Bacon Wrapped Pork Fillets

Pork tenderloin fillets (approx. 1/3 lb. each) wrapped in flavorful peppered bacon. Delicious on the grill, baked, or pan-fried.

**GF** 3/approx. 6-7 oz. fillets  
#2681....\$11.99

Buy in bulk and save 31% on a case of 48 fillets at [alisonspantry.com](http://alisonspantry.com).



★★★★★

"We seared these in a pan on each side and then popped them in the oven until they reached an internal temperature of 145°. They are so yummy! They make such a quick, delicious dinner."

**Mary Rogers, Fernley, NV**



### Applewood Smoked Master Carve Half Ham

Product is frozen before shipping which extends its shelf life for 6-9 months beyond the printed use or freeze by date. This item is a 'catch weight' meaning it's supposed to be within a weight range of approx. 4 lbs.. We are not able to weigh every single (product). If you receive a below-weight item, please let us know and we'll happily credit you the difference.

Sweet, tender ham made from fresh outside muscle only and slow smoked with real applewood. Boneless, fully cooked, natural juices. Distinctive flat shape for carving boards. Just slice and serve. Pork raised without antibiotics. **GF**  
#2715....\$17.99



### Bone-In Ham Steaks

Fully cooked, hearty ham steaks. Individually vacuum sealed for freshness.

**GF** Big 1 lb. steaks, 4 per order  
#5659....\$24.99



### Smoked Canadian Bacon, Sliced

Smokey sweet Canadian Bacon made from pork sirloin hips. Frozen.

**GF** 32 oz. pouch / .75 oz. slices  
#2744....\$14.99



### St. Louis Rib Pork Patty

100% boneless, unsauces quarter-pound pork patty. Specially shaped with raised ribs, just like the ones from a popular fast-food restaurant.

40 / 4 oz. patties  
#2094....\$51.99 | \$1.30 each

★★★★★

"Unexpected guests for dinner? No problem if you have these gems in your freezer. Just grill, add BBQ sauce and candied jalapenos and onions, your guests will love them!"

**Marty Hinkel, Worland, WY**



### Ultimate Heat & Serve Brats

#1 Brats in the U.S.! Fully cooked, premium, coarsely ground pork bratwurst sausage in a 5.75-inch collagen casing, already browned with grill marks. Flame-grilled for superior flavor. Heat and serve. No MSG.

**GF** 5 lb. bag / 25 ct.  
#1396....\$26.99







### Smoke Craft Pulled Pork in BBQ Sauce

Tender roasted pork, hardwood smoked, pulled, and mixed with a legendary BBQ sauce. Reduced sodium. No added MSG. 16/5 oz. servings.

GF 5 lb. bag

#2108....Reg. \$30.99

Sale \$28.99

★★★★★

"I served a bag of this pulled pork for a party. I put it in the crock pot for about 4-5 hrs before the party and it smelled just like I was at a BBQ restaurant. I loved the flavor of the smoked meat and the sauce was a great flavor of BBQ. We served 11 adults & 4 kids and had a small tray left over for lunch the next day. I have already added another bag of this to my order for next month. You never know when you will need to feed a crowd."

Breanne Nilhas, Ellis, KS

SAVE  
\$200

PORK | FROZEN



### Smoke Craft Pulled Pork (Unsauced)

Fully cooked, naturally hickory smoked pulled pork.

Free of the 8 common food allergens as defined by the FDA.

No added hormones ever.

GF 5 lb. bag

#1677....\$34.99

Keto Friendly



### Pork Loin Center Cut Chops

Bone-in, Raw, lean and trimmed. Marinated for added tenderness.

GF 40/4 oz., 10 lb. case

#2184....\$59.99 | \$1.50 each

Compare our price of \$5.99 per lb. to Schwan's cost of \$9.00 per lb. and save 33% with AP!

Keto Friendly



### Olive Oil Ciabatta

4 in. Buns

24 ct. case

#1051....\$14.49



### Original Pork Brats

No artificial flavors or colors.

Raw pork brats. No MSG.

GF 14 ct. / 3.5 lbs.

#1401....\$15.99

Just \$1.14 each!



### Bratwurst Minis

Fully-cooked. Skinless. Approx. 50-3.5" links per package.

Oven bake, grill, or griddle.

GF 5 lb. pack

#4843...\$24.99



### Lit'l Smokies® Cocktail Links

Pork, turkey, and beef smoked to perfection.

Fully cooked.

GF 3 lb. pouch

#6042....\$23.99





**All Meat Premium Corn Dogs**  
 Plump pork & beef franks.  
 Generous 50/50 meat-to-batter ratio.  
 60/2.67 oz. case  
 #1182....Reg. \$39.99 | Sale \$37.99

AP Bestseller

★★★★★  
 "These are really yummy. I love a good corn dog every once in a while and these fit the bill. The breading is just the right amount of sweet. My kids love them too!"  
**Celeste Bosch,**  
 Logandale, NV



**Chicken Mini Corn Dogs**  
 Mini chicken franks wrapped in honey crunch batter.  
 120/.67 oz., 5 lb. bag  
 #1581...\$21.49

★★★★★  
 "These are great! I make them in the air fryer and serve them with mac. They are great for kids but us adults like them too."  
**Jennifer Hilton,**  
 Velva, ND



**Fully Cooked Chicken Fries**  
 White meat chicken in the ideal shape for dunking.  
 Ready to enjoy in minutes from the oven or microwave.  
 2 / 5 lb. bags; 10 lb. case  
 #1618....\$36.99



**Panko Breaded Chicken Breast Tenderloins**  
 Made with white-meat chicken and 20% less breading. 100% all-natural ingredients—no antibiotics ever, no added hormones or steroids. Raw.  
 5 lb. bag  
 #1615....\$26.49



**Breaded Chicken Tenderloins**  
 All-natural, lightly breaded breast tenderloins. Fully cooked.  
 2/4.5 lb. bags / 9 lb. case  
 #6214...\$45.99



**Dino Buddies Chicken Nuggets**  
 Fully cooked, No artificial ingredients. Frozen.  
 5 lb. box  
 #1258...\$21.99



**Crispy Chicken Breast Strips**  
 All-white meat chicken in a crunchy golden batter. Raised with no antibiotics ever. No fillers, no added hormones or steroids. About 8 servings/bag.  
 1.5 lb. bag  
 #1130....\$8.99



**Pilgrim's Popcorn Chicken**  
 Popcorn-shaped, breaded chicken breast with rib meat. No antibiotics ever.  
 24 oz. bag  
 #2763....\$7.99



Due to nationwide chicken shortages, some products may be temporarily unavailable or experience sudden price changes.  
 Please visit [alisonspantry.com](http://alisonspantry.com) for most current info.





Stuffed Chicken Entrées feature crispy breaded chicken breast, stuffed with flavorful filling. Just wrap in foil and oven bake from frozen. 100% Natural. Made With White Meat Chicken. Whole Grain Breading. 0 Grams Trans Fat. No Hormones, Nitrates, or Preservatives. Delicious, grown-up flavors for a healthy indulgence.

**Chicken Cordon Bleu**  
Stuffed with smoked ham and Swiss cheese.  
25/5 oz. box  
#8553...Reg. \$36.99  
Sale \$33.99 | \$1.36 each

★★★★★

"My daughter absolutely LOVES these! They are delicious and a great, easy, dinner paired with a veggie and some rice."  
**Stephanie Curr, Gering, NE**



**Chicken with Broccoli & Cheese**

Crispy breaded chicken breast filled with broccoli blended with Swiss and American Cheese.  
25/5 oz. box  
#8555...\$36.99



**All-Natural Chicken, Brie, and Apple Entree**

Sweet apples, cranberries and natural Brie cheese inside chicken breast meat with whole grain breading. Raw. Bake and serve.  
2 / 5 oz. entrees/10 oz. box  
#4849...\$6.99



**Chicken Kiev**

Crispy breaded chicken breast filled with a butter blend.  
25/5 oz. box  
#8561...\$36.99



**100% Natural Chicken Breasts**

Boneless, skinless breasts with rib meat. Ice glazed to prevent freezer burn. Raw. Irregular, #2 product, packaged under the Sunland label. Size of breast pieces will vary.  
GF 4 lb. bag  
#5513...\$16.99



**Chicken Breast Tenders**

Juicy tenders to enjoy in stir fry, fajitas, kabobs, and more. Irregular, #2 product, packaged under the Sunland label. Size of pieces will vary. Raw.  
GF 4 lb. bag  
#6829...\$14.99



**Bacon Wrapped Stuffed Chicken Three Cheese**

Low-carb, Keto-friendly, delicious bacon-wrapped stuffed antibiotic-free chicken filled with mozzarella, parmesan, and fontina cheeses. 1 g. net Carbs; 32 g. Protein per serving.  
GF 16/6 oz. servings  
#2762...\$49.99  
\$3.12 each



**Applewood Bacon Wrapped Chicken Breast Fillets**

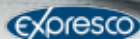
Boneless, skinless chicken breast fillets wrapped in applewood-smoked bacon slices. Raw.  
GF 3/approx. 6.5-7 oz. fillets  
#2680...\$11.99  
Buy in bulk and save 15% on a case of 48 fillets.







SAVE  
\$200



### Mediterranean Style Chicken Breast Skewers

Fully-cooked, hearty portions of grilled skewered chicken breast with Mediterranean seasoning.

GF 18/2.5 oz. skewers

#1801....Reg. \$35.99

Sale \$33.99 | \$1.89 per skewer



★★★★★

"These are so good!! Super quick to make, and you have a delicious main dish for dinner. I bought 4 boxes already!"

Darci Baker,  
Glendive, MT



### Homestyle Breaded Chicken Tenderloins

Raw. Fry or bake. Tenderloins carefully cut from the juiciest part of the breast; marinated to keep them extra moist and flavorful.

2-3 oz. size. 2/5 lb. bags, 10 lb. case

#6219...\$45.99 | \$4.60 per lb.



### Bacon Wrapped Turkey Fillets

Tender turkey fillets wrapped in thick, flavorful bacon.

GF 3 / Approx. 6 oz. fillets

#1614....\$11.99



### Black Label Carving Turkey Breast

Fully cooked. No added hormones, no starches added. 1 year freezer life.

Approx. 20 servings. GF

#9197...\$29.99

This item is a "catch weight" meaning it's supposed to be within a weight range of 5-6 lbs.. We are not able to weigh every single (product). If you receive a below-weight item, please let us know and we'll happily credit you the difference.



### #1 Ground Turkey, Frozen

Premium ground turkey is 85% lean / 15% fat.

GF 12/1 lb. chubs

#3568...\$38.99



### 1/2" Diced Chicken Breast Pieces

Tender fully-cooked 1/2" pieces of superior-quality, lean breast meat. They can be heated in less than 10 minutes and added to soups, tacos, nachos, casseroles, pot pies, and Pasta Alfredo.

GF 2 / 5 lb. bags

#2546....\$59.99

Precooked



### Sizzle Strips Fajita Seasoned Chicken Breast Strips

Fully-cooked chicken breast with rib meat strips with mild fajita seasoning and grill marks. Warm and serve in a tortilla with peppers and onions, on a protein bowl, or atop a salad.

GF 5 lb. bag

#1054....\$36.99





SHAPIRO'S QUALITY MEATS, INC.  
Quality And Service At Its Finest

### Chicken Breast Pieces

95% lean, randomly-cut chicken breast pieces, perfect for soups, stir-fry, etc. Raw.

GF 5/1 lb. packs  
#2620....\$15.99



Keto Friendly



### Tempura Battered Chicken Breast Strips

Uncooked Tempura-battered whole breast meat strips with a light, golden battered coating.

10 lb. case  
#7102...\$55.99



### Zesty Orange Sauce

The sweet tang of citrus complemented by garlic, soy, toasted sesame and ginger.

GF 0.5 gallon jug  
#2989....\$16.99



### Sweet & Sour Sauce

Sweet, tangy sauce with chunks of pineapple, diced tomatoes, green peppers and onions.

0.5 gallon jug  
#1265....\$11.99



### Breaded Chicken Breast Nuggets

One year frozen shelf life.  
.7 oz. size, 2/5 lb. bags, 228 nuggets  
10 lb. case  
#6220...\$44.99



### Boneless Zings Chicken Breast Chunks

Spicy boneless breaded breast chunks, fully cooked. Made from premium solid-muscle breast meat.

5 lb. bag  
#6588....\$35.49



### Boneless Dings Chicken Breast Chunks

Marinated, breaded fully cooked boneless chicken breast chunks.

5 lb. bag  
#6587....\$34.99



### Breaded Chicken Breast Patties

Breaded chicken breast with rib meat.  
45/3.6 oz. size, 2/5 lb. bags, 10 lb. case  
#6221...\$43.99 | .98 each



### Tempura Chicken Breast Nuggets

Made with 100% breast meat with crispy tempura batter. Par-fried. Fry or bake.  
2/5 lb. bags, 10 lb. case  
#6838...\$36.99





### USDA Choice Seasoned Flat Iron Steaks

Similar flavor to fillet mignon without the high price tag. Cryo-vac'd pkgs.

GF 12/6 oz. steaks  
#6044.....\$74.99



Keto Friendly

AP Bestseller



Keto Friendly

### Steakhouse Butter

Chef Shamy calls this "dangerously delicious!" Its deep, rich flavor with a hint of red pepper heat makes it perfect for sauteing or as a finish to meats and vegetables.

GF 10 oz. tub  
#2615.....\$9.19

★★★★★

"We've done these a few ways and love them! They work great marinated and cooked on a pellet grill or fried on the Blackstone. They are absolutely amazing with a dollop of Garlic or Steakhouse Butter added a couple of minutes before you take them off the grill or griddle. They are vacuum sealed individually with perforation between each one, so thawing out only what you need is very convenient. No trimming is necessary. They are very good cuts of meat! They also come in a sturdy box that fits nicely on a shelf in our deep freeze."

Craig Cramer, Collyer, KS

**Flavorful. Tender. Juicy.**  
Our beef is raised and processed in the U.S.A.



### Certified Hereford Choice Flat Iron Steaks

Naturally flavorful beef from premium breeding.

GF 6/8 oz. steaks  
#1554.....\$34.99

Keto Friendly



### Carne Asada Steak

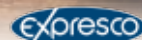
1/4" cubes, raw, diced, unseasoned flavorful beef eye of round for traditional Carne Asada. Pair it with our Carne Asada Seasoning (#7378).

GF 2/1.5 lb. pkgs.  
#1755.....\$18.99

### Carne Asada Seasoning

GF 1 lb. bag  
#7378.....\$7.99

Keto Friendly



### Fully Cooked Sirloin Beef Skewers

Just heat and eat these tender skewers as an entree, on salads, in wraps or bowls. Excellent source of protein: 20 g per avg. Real grill marks.

GF 30 ct. / 2.81 lb. box  
#1395.....\$52.99 | \$1.77 each

Keto Friendly



### Ground Beef, 85/15

Fresh frozen ground chuck. Raw.

GF 5/1 lb. chubs  
#2549.....\$29.99

Keto Friendly



Keto Friendly



### Breaded Steak Fingers

One ounce ready-to-dip fingers!

160/1 oz. fingers, 10 lb. case  
#8565.....\$65.99



### Country Fried Steak

Raw and breaded. Deep fry for best results. IQF to guarantee freshness.

40/4 oz. steaks, 10 lb. case  
#4613.....\$65.99







### Bacon Wrapped Beef Filet Mignon

Flavorful thick-cut bacon wrapped around a tender beef filet. Raw.

GF 2/8-9 oz. fillets  
#2558....\$20.49



### Garlic Butter with Parmesan & Basil

Gourmet, savory real butter recipe.

GF 10 oz. tub  
#8124....\$9.19



★★★★★

"Seriously this is the best, yummiest garlic butter ever. Really you can't go wrong with any Chef Shamy products. We use it on steak, vegetables, on toast with our pasta meals, etc."

**Heather Everitt,**  
Mesquite, NV

★★★★★

"We can't sing enough praises about this butter! It takes griddled food like steaks, potatoes, veggies and grilled cheese to a whole new level! Stock up because you'll use this up FAST!!! DELICIOUS!!"

**Jen Winterberg,**  
Bismarck, ND



### USDA Choice Beef Stew Meat

Tender chunks of Choice beef. Raw; frozen.

GF 3 lb. bag  
#2607....\$18.49



### 100% Beef 3-Way Blend Hamburger Patties

Juicy, flavorful blend of USDA ground chuck, ground sirloin, and ground brisket. 80/20. 100% beef, no fillers.

GF 40/4 oz. patties  
#2621....\$54.99 | \$1.37 each



### Olive Oil Ciabatta 4 in. Buns

24 ct. case  
#1051....\$14.49



### Quarter-Pound All Beef Franks

6" all beef franks.  
100% Kosher beef.  
No fillers, by-products, artificial flavors, or colors.

GF 5 lb. pouch  
20 franks  
#2765....\$35.99  
\$1.80 each



Sweet and spicy toppings for cream cheese, hot dogs, pulled pork, and more!

GF 11.5 oz. jar  
\$7.49

#### ◆ 2121 Campfire Candy

Diced jalapenos with onions, garlic, vinegar and red bell pepper, sweetened with non-GMO organic cane sugar.

#### ◆ 2293 Cowgirl Kisses

Candied jalapenos with sweet pineapple; hot & sweet!

#### ◆ 2294 Cowpoke Smoke

Candied jalapenos with warm smoky flavor.  
Try it on roast beef and brats!



### 100% Beef Hamburger Patties

75/25 lean to fat ratio, with no soy, fillers, additives, or MSG. 100% pure ground beef.

GF 24 / 4 oz. / 6 lb. case  
#1075....\$23.99 | \$1.00 each

### Jumbo 1/3 lb. Cheddar & Bacon Stuffed Beef Patties

Stuffed with pieces of smoky bacon and shredded Cheddar cheese.

GF 6 patties/2 lb. box  
#8377....\$10.99



### Deli Craft French Dip Kit

1 lb. oven-roasted whole-muscle USDA Choice beef sirloin, trimmed to 95% fat free, and thin sliced. Reduced sodium. No added MSG. Comes with a 1 lb. packet of Au Jus. Stack on our Tuscan Mini Dinner Loaves (#8196) for hearty French Dip sandwiches.

GF 2 lb. box  
#2103....\$12.49







### Ultimate Fish Sticks

No preservatives, no artificial ingredients. Light all-natural breading. Bake or fry.  
62/1 oz. sticks/4 lb. bag  
#2809....\$26.49



★★★★★

"Hands down the best fish sticks around! These aren't filled with minced fish or fish flavored breading. They are THICK pieces of fish to make the perfect fish stick. A family favorite and definitely something we will re-purchase."

Victoria Reinart,  
WaKeeney, KS



### Pub-Style Battered Cod

Wild-caught; no artificial colors, flavors or preservatives. Certified Sustainable Seafood. Bake or fry.  
2-3 oz. pieces/2.5 lb. box  
#2807....\$18.99



### Beer Battered Halibut Fillets

100% natural, untreated, whole muscle fish. Coated with a crisp, Samuel Adams Boston Lager batter.  
2 oz. fillets / 2.5 lb. bag  
#1125....\$45.99



### Atlantic Salmon Portions, IQF

Individually vacuum-sealed portions of Atlantic Norwegian salmon. Boneless, skinless. Processed in Norway.  
GF 4 oz./2 lb. bag  
#8669...\$29.99



### Lemon Herb Butter

100% Real butter with the brightness of lemons and herbs. Adds slow-cooked flavor to recipes. Heavenly melted over seafood or vegetables. 0 Carbs.  
GF 10 oz. tub  
#8879....\$9.19



### Wild-Caught Alaskan Sockeye Salmon Portions

Skin-on. Individually vacuum sealed. Product of USA.  
GF 4/6 oz. portions  
#2239....\$23.99



### Tilapia Fillets

Premium boneless, skinless Tilapia Fillets. Farm-raised.  
GF 3-5 oz./10 lb. case./Approx. 40 fillets  
#8027....\$49.99



### Cod Fillets, Skinless

Mild tasting, wild-caught cod fillets. Individually wrapped in cellophane.  
GF 5 lb. box  
#8026....\$46.49



### Wild Pacific Halibut Portions

Wild-caught, sourced from the Pacific Ocean. Skin-on; sustainably-fished. 4/4 oz. fillets.  
GF 16 oz. bag  
#8028....\$22.99



### Lobster Sensations

Lobster is the first ingredient of this rich, delicious, versatile, and affordable blend of North Atlantic lobster meat and premium surimi seafood. Can be served hot or cold. Try adding it to our Lobster Bisque for a hearty variation.  
1 lb. pouch  
#2813....\$14.99





# GARLIC BUTTER CREAM PASTA & SHRIMP SCAMPI

- 1 cup Chef Shamy Parmesan Basil Garlic Butter (#8124)
- 1 lb Newport Shrimp (#1545)
- 1/2 Tbsp Lemon Juice
- 1/2 Tsp Lemon Zest
- 1 cup Heavy Cream
- 1 cup Shredded Parmesan Cheese (#2886)
- 1 16 oz Package of Angel Hair Pasta or Spaghetti (#1331)
- 1 tsp cracked pepper (#1029)
- 1/4 cup Dry Vermouth (optional)

Put on a large pot of water to boil. Once it comes to a boil, add pasta and cook until al dente. Save one cup of the pasta water. In a large saucepan, melt butter on med-low heat. When butter is fully melted add cream & vermouth (optional). Cook for two minutes, then carefully stir in pasta water. Add shrimp and cook on med-high until it's pink and makes a "c-shape". Slowly stir in Parmesan cheese until melted. Add lemon juice. Remove from heat and gently pour mixture over drained pasta. Sprinkle with lemon zest and cracked pepper.



## Gold Pack Fantail Shrimp

Mrs. Friday's most popular breaded shrimp! Jumbo, premium quality, 100% natural shrimp, hand-coated in light and crispy Japanese Panko breadcrumbs. Known for its superior flavor, texture, and size. U15.

2.5 lb. box  
#1061....Reg. \$29.99 | Sale \$27.99



## Shrimp, Peeled & Deveined

White shrimp sourced from Indonesia and Vietnam. 26/30 ct. Tail-off. Raw.

GF 2 lb. bag  
#1545....\$19.99



## Classic Marinated Shrimp Skewers

Ready to cook. Griddle or oven bake.

12 skewers/1 lb. 5.6 oz. box  
#8270....\$16.99



## Cooked & Peeled White Shrimp, 31/40

Sweet white shrimp with a firm bite.

GF 2 lb. bag  
#1812....\$21.99



## Coconut Breaded Jumbo Butterfly Shrimp

Premium, peeled and deveined, tail-on shrimp coated with a shredded coconut breading for a unique crunch with just the right sweetness. 16/20 ct.

2.5 lb. box  
#3013....\$31.49



## Shrimp Scampi

Raw, peeled & deveined shrimp in a smooth garlic butter sauce. Farm-raised. Product of India. 31/40.

12 oz. bag  
#1927....\$10.99



## Black Tiger Shrimp

Tail-on. 16-20. Frozen.

GF 2 lb. bag  
#2806....\$27.99



## Stuffed Breaded Shrimp Bakers

This oven-ready treat tops a succulent butterfly shrimp with a flavor-rich seafood mixture, coated with a buttery glaze. They're a hit at any party!

3 lb. box  
#2792....\$39.99



## Buttermilk Breaded Popcorn Shrimp

Whole, not minced, shrimp! Select, round, tail-off, peeled shrimp coated in a unique, country buttermilk breading for a hearty crunch. Avg. 75 ct. shrimp/lb.. Oven, deep fry, or air fryer. Delicious as-is with dips, on salads, or in crunchy shrimp tacos or wraps!

2.5 lb. box  
#1062....\$18.99



## Premium Alaskan Salmon Burgers

Salmon patty is made with the finest wild, ocean-caught, deep skinned Alaskan Salmon, herbs and spices.

GF 12 ct./3 lb. bag  
#2808....\$29.99



## Moji Sushi Spicy Crab Sushi Rolls

Minced wild caught Alaskan white fish surimi and real crab with carrots, sesame seeds, and kicky sriracha.

8 rolls per tray.  
4/6 oz. trays  
#2248....\$24.99

## Moji Sushi Classic California Sushi Rolls

Creamy avocado, surimi, rice and sesame seeds. Surimi is minced wild caught Alaskan white fish, real crab, and premium shellfish flavorings.

8 rolls per tray.  
4/6 oz. trays  
#2247....\$24.99



Just thaw and serve!





### Beef Tamales

Shredded and ground beef seasoned with chili pepper and spices and wrapped in traditional corn masa and a corn husk, then steamed.

40 ct. / 5 oz. case

#1657....\$56.99 | \$1.42 each

★★★★★

"I get authentic tamales a couple times a year when I can. I decided to try these and they are so good! I was definitely surprised!"

Melissa Johnson,  
Voltaire, ND



**POSADA**

### Chimichangas

Meat and cheese in a lightly par-fried flour tortilla.

12 / 5 oz. case...\$23.99

◆ #1873 Shredded Steak & Cheese

◆ #1874 Shredded Chicken



America's #1  
Frozen Burrito!

### Butcher Wrapped Shredded Steak & Cheese Burritos

Savory shredded steak, cheddar cheese, mozzarella cheese, Monterey Jack cheese and Mexican spices in an oven-baked flour tortilla. Generously sized. Comes frozen. Bake, microwave, or deep fry. IW.

12 / 8 oz. burritos

#8848....\$25.99



### Bean & Cheese Burritos, IW

Creamy pinto beans, cheese, and mild diced jalapenos in a baked flour tortilla.

24/5 oz. case

#2245....\$18.99 | Just .79 each!

### Beef & Bean Burritos, IW

Ground beef and pinto beans seasoned with chili peppers and spices in a flour tortilla.

24/5 oz. case

#2246....\$19.99 | Just .83 each!



**DON MIGUEL**

### Egg, Sausage, & 3 Cheese Breakfast Burritos

Stuffed with whole eggs, savory sausage and three velvety, melted cheeses—American, Monterey Jack and Cheddar.

12/7 oz. burritos

#4845....\$26.49 | Just \$2.21 each



**EL MONTEREY**

### Burrito Variety Pack

15 Beef & Bean, 15 Bean & Cheese.

5 oz. / 30 ct. box

#7368....\$24.99



**POSADA**

### Shredded Beef Taquitos

Crisp corn tortillas filled with shredded beef, pre-fried. Bake, microwave, or fry.

1.1 oz./48 ct. box

#8269....\$22.99

**TORNADOS**

Tornados' unique twist on flavor and texture make it an instant sensation. Dipped in flavorful batters and fried to golden perfection. Every bite of a Tornado is packed with flavor.

### Tornados

24/3 oz. case....\$22.99

◆ #2928 Ranchero Beef  
Steak & Cheese

Our Ranchero red sauce,  
shredded steak and real cheese.

◆ #2926 Sausage, Egg & Cheese

Breakfast basics with a kick of salsa.

◆ #3105 French Toast & Sausage

Maple sweetness and savory sausage.

24/3 oz. case....\$24.99







SAVE  
\$100



Simplot  
roastworks

### Cilantro Lime Rice & Fire-Roasted Corn Fiesta

Take this blend of brown rice, black beans, fire-roasted corn, poblanos, tomatoes, onions and a savory cilantro lime seasoning from pan to plate in less than 10 minutes! 3 g. Fiber; 5 g. protein.

GF 2.5 lb. bag  
#2761....Reg. \$11.99 | Sale \$10.99



Try this!

Use Simplot Cilantro Lime Rice & Fire-Roasted Corn Fiesta as a flavorful base for taco bowls. Top with seasoned fajita meat (#2609 Chicken or 2604 Beef), taco meat, and your favorite toppings for hearty south-of-the-border bowls.



### Chicken Breast Strips for Fajitas

Lean, raw strips of chicken breast for fajitas or chicken stroganoff.

GF 3 lb. bag  
#2609....\$13.49

### Beef Strips for Fajitas

Tender strips of choice and select beef for juicy fajitas.

GF 3 lb. bag  
#2604....\$24.99



### Fajita Blend

Onion strips, with red, green and yellow bell pepper strips.

GF 4 lb. bag  
#2069.....\$9.49

Compare our price of \$2.37/lb. to Schwan's Fajita Vegetable Blend at \$5.49/lb. Save 57% with AP!



### Tagge's Famous Salsa

Tagge's Famous Farms fresh produce bottled into flavorful, kicky salsa recipes. We think they're addictive!

GF 17 oz. jar  
\$7.99

♦ #1154 Sweet Corn Salsa, Mild

♦ #1155 Brigham City Peach Salsa, Mild



FLAVR-PAC

### Baja Vegetable Roast

Blend of roasted super sweet corn, cut corn, black beans, red and green bell peppers, onions and green chilies.

GF 2 lb. bag  
#5353.....\$7.99



Simplot  
roastworks

### Flame-Roasted Sweet Corn and Jalapeno Blend

Perfectly flame-roasted sweet corn with white corn and a blend of jalapeno, green onion, garlic, cilantro and seasoning.

GF 2.5 lb. bag  
#1984...\$9.99



EL MONTEREY

### Raspberry Cheesecake Bites

Sweet and creamy cheesecake paired with raspberry topping in an oven-baked and battered flour tortilla. 24 Bites per box.

4 / 6 ct. bags / 2 oz. bites  
#8850...\$20.99



Simplot  
roastworks

### Harvest Fresh Avocado Dices

Quick-frozen rich, buttery Hass avocados. No mess; no waste! Thaw needed amount of dices overnight under refrigeration.

GF 2 lb. bag  
#1645....\$13.99



Calavo

### Fiesta Guacamole

Flavorful guacamole with medium kick from red and jalapeno peppers. Comes frozen.

GF 12 oz. tub  
#1060...\$5.99

Save 15% when you buy by the case of 6 tubs at [alisonspantry.com](http://alisonspantry.com).



Photo shows recipe suggestion.



### Potato Gnocchi

Frozen foodservice pack of potato gnocchi. Boil for a traditional, softer bite or cook in a skillet for a crispy texture on the outside, with a soft, tender center.

2.2 lb. bag  
#2754....\$11.99

### Homestyle Meatballs

Oven-baked IQF meatballs made from premium beef and pork, and imported Pecorino Romano cheese. Approx. 52 ½ oz. meatballs per bag. 26 oz. bag  
#8963....\$8.49



### Italian Style Meatballs

Savory ½ oz. beef blend meatballs, fully-cooked. Oven-baked, not fried. No MSG added.

52 oz. bag  
#9142....\$14.99



### Beef Ravioli

Tender freshly made pasta stuffed with a zesty beef filling. No MSG. Serves 5.

22 oz. bag  
#8964....\$6.99



### Tri Color Tortellini

Small pasta rings stuffed with a rich Ricotta cheese blend.

5 lb. bag  
#1815....\$22.49



### Six-Cheese Jumbo Ravioli

Precooked; filled with Ricotta, imported Romano, Parmesan, Monterey Jack, mozzarella, and cheddar cheeses. Approx. 40 ravioli.

2.65 lb. bag  
#3493....\$14.99

### DeLORIO'S

#### Pizza Dough Balls

Thaw overnight, then roll into pizza crusts, breadsticks, and calzones. Homemade flavor. 1W

16 oz. / 10 ct. case  
#2377....\$19.99 | Just \$2.00 each!



### NEW! Uncured Sliced Pepperoni

Made from all-natural pork, raised with no antibiotics ever. No nitrate or nitrite added except for those naturally occurring in sea salt and celery powder. Creminelli Fine Meats has won 11 national food awards for their products!

GF 2.5 lb. bag  
#2881....\$24.49



### Stuffed Rigatoni with Cheese

Tender rigatoni pasta stuffed with creamy Ricotta and Romano cheeses. Boil from frozen.

2.5 lb. bag  
#1431....\$10.99

Photo shows recipe suggestion.



### Cauliflower Pizza Crusts

Cauliflower is the first ingredient! Less than half the sugar of leading gluten-free pizzas, and packed with protein, fiber, and nutrients.

◆ #1546 2/10" crusts (12 oz. pack)  
\$8.99 | \$4.50 per crust GF

◆ #1547 12/10" crusts (72 oz. pack)  
\$34.99 | \$2.92 per crust GF



### 10" Gluten-Free Extra Protein Pizza Crust With Raised Edge

Delicious raised-edge, gluten-free crust that cooks, cuts and crunches like a traditional pizza without the guilt.

GF 12/9.5 oz. crusts  
#2573....\$41.99  
\$3.50 per crust







**Yang's**  
5th Taste

### BBQ Teriyaki Chicken

Marinated and barbecued chicken with an authentic teriyaki sauce. No MSG. Frozen.

21 oz. bag  
#1377....\$8.49

★★★★★

"We love, love, love Yang's Teriyaki Chicken in our house. Pairs perfect with a side of the fried rice or in a stir fry with Yakisoba Noodles! We love that it's fully cooked and enjoy that there is no breading. It's included on our order every month!"

Victoria Reinart, WaKeeney, KS



**Yang's**  
5th Taste

### Mandarin Orange Chicken

Crispy, juicy chicken battered and glazed with Mandarin orange sauce. No MSG. Frozen.

22 oz. bag  
#1376....\$8.49



**Yang's**  
5th Taste

### General Tso's Chicken

Our signature lightly battered chicken with a sweet sauce and a hint of heat.

22 oz. bag  
#2551....\$8.49

**Yang's**  
5th Taste

### Edamame Kung Pao Chicken

Succulent chicken with edamame, peanuts, and vegetables in a spicy sauce. Just heat and eat!

23 oz. bag  
#2552....\$8.49



**VAN'S**  
KITCHENS

### Chicken Egg Rolls

Made with white meat chicken, fresh cut cabbage, carrot and onion. Free from egg, dairy, and added MSG.

18 ct. / 3 oz.  
#2750....\$20.49



**MINH**

### Vegetable Egg Rolls

Cabbage, bok choy, water chestnuts, carrots and celery  
12/3 oz. box  
#4078....\$12.99

### Pork & Vegetable Egg Rolls

12/3 oz. box  
#4082....\$12.99



**ROYAL**  
FLORIDA CHICKEN & RICE

### Orange Chicken Meal Kit

Premium, foodservice case for families who LOVE orange chicken! Contains (4) 2 pound bags of fully cooked tempura-breaded, whole-muscle chicken & (4) 1 pound bags of orange sauce. No MSG. Fry or bake.

12 lb. case  
#2547....\$49.99

**Bulk Savings for Orange Chicken fans!**



### Chicken Rice Bowl with Teriyaki Sauce

Grilled white meat chicken with broccoli, carrots, edamame, and red bell peppers on a bed of white rice with teriyaki sauce. Microwave.

6 / 12.5 oz. bowls  
#1718....\$23.49 | \$3.92 per meal!



**CHINA**

### Japanese Yakisoba Noodles

Fully cooked, frozen; heat and serve.

5 lb. bag  
#9176....\$9.99



**AMOY**

### Vegetable Fried Rice

Simply heat and serve.

3 lb. bag  
#6695....\$13.99



### Savory Potstickers Chicken & Vegetable Dumplings

Savory chicken and vegetable filling in tender dumplings. Ready in 10 minutes. Frozen.

4.2 lb. bag  
#4767....\$17.99



**AMOY**

### Crab Rangoon

Fully cooked Rangoon, stuffed with a delicious blend of cream cheese and crabmeat. Deep fry or bake.

30 / 1 oz. bag  
#6694....\$17.99



**FLAV-R-PAC**

### Deluxe Stir Fry Vegetable Blend

Broccoli, carrots, water chestnuts, pea pods, mushrooms, celery, baby corn, onions, red peppers and yellow carrots.

GF 2 lb. bag  
#5309.....\$7.49

**MINOR'S**

### Zesty Orange Sauce

The sweet tang of citrus complemented by garlic, soy, toasted sesame and ginger.

0.5 gallon jug  
#2989....\$13.99



### Sweet & Sour Sauce

Sweet, tangy sauce with chunks of pineapple, diced tomatoes, green peppers and onions.

GF 0.5 gallon jug  
#1265....\$11.99





# Chef-quality chowders and soups made from fresh ingredients. Just boil in the bag and serve!



Prefer a chunkier soup? Stir a 1 lb. bag of Lobster Sensations (#2813, pg. 16) into creamy Lobster Bisque and warm through.



## Broccoli & Cheese Soup

Chopped broccoli, shredded carrots and select seasonings simmered in a velvety smooth cheese sauce. Boil in bag.

4 lb. bag / 8 svgs.

#9245....Reg. \$14.99

Sale \$13.99

SAVE  
\$100



## Maine Lobster Bisque Soup

A perfect blend of minced sweet lobster meat simmered in rich cream and sherry. Heat and serve.

4 lb. bag / 8 svgs.

#9166....\$16.49 | Just \$2.06 per svg.



## Natural Loaded Baked Potato Soup

Thick chunks of potato with natural bacon, cheddar cheese, and tangy sour cream for all of the flavor of a fully-dressed baked potato. Approx. 7.5 svgs.

GF 4 lb. bag

#2328...\$17.49 | Just \$2.50 per svg.



## Chicken Tortilla Soup

This popular Tex-Mex classic is made with tender chicken, black beans and roasted peppers, carefully blended with just the right amount of heat.

GF 4 lb. bag

#2321....\$16.49 | Just \$2.06 per svg.



## Zuppa Toscana Soup

Ivar's "Soup of Tuscany" is made with Italian sausage, russet potatoes and kale in a creamy base with chicken stock. Approx. 7 svgs.

GF 4 lb. bag

#2324...\$17.49 | Just \$2.50 per svg.



## Cheddar Garden Medley Soup

A mix of roasted broccoli, cauliflower and carrots highlighted by the rich flavor of cheddar cheese.

4 lb. bag

#2320...\$16.49 | Just \$2.06 per svg.



## Chicken Coconut Curry Soup

Enticing broth of red curry, coconut milk, lemongrass, ginger, garlic, and Thai basil, along with chicken pieces, carrots, red bell peppers, celery, and bamboo shoots. Approx. 8 svgs.

4 lb. bag

#2323...\$19.49 | Just \$2.44 per svg.



## Hearty Steak & Spud Soup

USDA beef, Northwest potatoes, rich beef stock and garden vegetables. Our lower-sodium recipe has only 3g. fat per serving. Approx. 7.5 svgs.

4 lb. bag

#2322...\$16.49 | Just \$2.20 per svg.



## Heart Warming Chicken Noodle

Rich and comforting, this home-style favorite is made with chicken breast, savory stock, fresh vegetables, tender egg noodles and aromatic herbs. **New recipe: ready-to-heat (no need to add water).** Approx. 7 svgs.

4 lb. bag

#2760....\$15.99 | Just \$2.28 per svg.



## Puget Sound Clam Chowder with Bacon

**Ready-to-heat (no need to add water), exclusive recipe** made with tender and succulent clams with a smokey hint of bacon. Approx. 7 svgs.

4 lb. bag

#2757....\$17.49 | Just \$2.50 per svg.



## Harvest Bounty Minestrone

Not your basic minestrone! This rich mix of beans, roasted vegetables and pasta is hearty and satisfying with only 90 calories per serving. Approx. 7 svgs.

4 lb. bag

#2759....\$16.49 | Just \$2.36 per svg.



## Robert's Smoked Brisket Chili

Enjoy rich beef brisket in a classic medley of beans, tomatoes, and corn, with a spicy punch of hatch chiles. Approx. 7 svgs.

4 lb. bag

#2758....\$23.49 | Just \$3.36 per svg.



## PanSaver®

### Slow Cooker Liners

Fits 3-6.5 qt. round or oval slow cookers.

6-4 ct. Boxes; 24 liners

#1089....\$15.99 | Just .67 each!

★★★★★

"These are a definite must-have for every crock pot season! No more scrubbing!"

Alexis Pfeifer,  
WaKeeney, KS



### Colorado Campfire Chicken Stew Hearty Meal Mix

Blend of peas, carrots, potatoes and white beans with just the right seasoning. Thick and rich enough for a chicken pot pie filling, or add 1-2 cups of broth for a thinner soup to feed up to 10. Add chicken and you'll see why this hearty stew is a top seller. No added salt or artificial anything. Serves 8.

GF 7 oz. bag  
#2298....\$7.99



## Convert your leftovers into a Chicken Pot Pie!

For a great way to use leftovers and get 2 meals out of one soup mix, prepare the Colorado Campfire Chicken Stew per directions on the package.

Have soup for supper for 2-3 people, and save the remainder. Refrigerate overnight. Line a pie pan with a pre-made pie crust, fill with leftover soup now nice and thick after refrigerating. Top with second sheet of pie crust and bake for 30 to 35 minutes at 350 degrees.

## HEARTY MEALS Quick-start mixes for larger, wholesome meals. Just add a few fresh ingredients and simmer for about 60 minutes.

### Rocky Mountain Trail Loaded Potato Soup Hearty Meal Mix

Perfectly seasoned creamy and indulgent loaded potato soup, with all the savory goodness and velvety richness of your favorite comfort food. Add bacon, broth, one potato, and cream. Cooks in 1 hour. Serves 8.

GF 8 oz. bag  
#2301....\$7.99



### Illinois Prairie Corn Chowder Hearty Meal Mix

Creamy delight bursting with bright yellow and super sweet corn (non GMO), red peppers and rice. Combine with diced potato and cream to make this top selling and versatile soup the talk of the table. Award winner! Serves 11.

GF 7 oz. bag  
#2302....\$7.99



## HOMEMADE IN MINUTES When you need dinner on the table fast!

### Virginia Blue Ridge Broccoli Cheddar Soup Mix

Beautiful broccoli florets combined with the fresh additions of cream and cheddar cheese to create this decadent classic. Ready in just 45 minutes. Serves 5.

GF 5 oz. bag  
#2297....\$6.99



### Arizona Sunset Enchilada Soup Mix

Bold southwestern flavor featuring dehydrated white beans, diced peppers and sweet potato, and warm chili seasonings. Add chicken and salsa verde for an authentic Mexican meal. 8 svgs.

GF 5.75 oz. bag  
#2484....\$6.99



### Kentucky Homestead Chicken & Rice Soup Mix

Thick and hearty classic with poultry herbs for delicious flavor. In only 30 minutes this cozy, home-style meal is ready for the whole family to enjoy. Serves 7.

GF 4.25 oz. bag  
#2296....\$6.99



### South of the Border Tortilla Soup Mix

Zesty Mexican spices, quick cooking dehydrated black beans, peppers and sweet corn. Just add chicken, salsa and tortilla chips for dinner in 30 minutes. Top seller and award-winner. Serves 9.

GF 4.5 oz. bag  
#2295....\$6.99



### Connecticut Cottage Chicken Noodle Soup Mix

A home-style medley of colorful peas, carrots and corn that are delicately seasoned with dill. Combined with gluten free corn pasta, this delightful 30 minute soup is a family favorite. 8 svgs.

GF 4.25 oz. bag  
#2753....\$6.99 | Just .87 per svg.



T Marzetti

### Frozen Homestyle Egg Noodles

America's favorite brand! Thick and hearty. 3 lb. bag  
#1407....\$13.99

Jancy Lou's

### Proof & Bake Soup Bowl Dough

Compared to our Sourdough bread bowls, these are slightly smaller, and have a French Bread flavor and texture.

Proof and bake.  
45 / 6 oz. bowls  
#8573....\$29.99





# Non-GMO • Grade A • Restaurant-quality



**FLAV-R-PAC**

**Riced Cauliflower**  
Unseasoned. Value sized bag.  
GF 5 lb. bag  
#2743....\$15.49

Keto Friendly



**Simplot**  
FOODS & WINES

**Exotic Grains & Fire  
Roasted Vegetable Blend**  
Red & brown rice, black beans, roasted sweet  
corn, red quinoa, tomato, peppers, onion, and  
amaranth, and southwestern seasoning.  
GF 2.5 lb. bag  
#1690....\$13.99



**FLAV-R-PAC**

**Broccoli Florets**  
GF 2 lb. bag  
#8197.....\$5.49

Keto Friendly



**FLAV-R-PAC**

**Country Trio**  
Colorful blend of sweet corn, carrots, and green beans.  
GF 4 lb. bag  
#1055....\$8.99



**FLAV-R-PAC**

**Chopped Onions**  
GF 2 lb. bag  
#5772.....\$4.99

Keto Friendly



**FLAV-R-PAC**

**Gourmet Whole  
Green Beans**  
GF 4 lb. bag  
#3781.....\$8.99

Keto Friendly



**FLAV-R-PAC**

**5-Way Mixed Vegetables**  
Blend of carrots, corn, peas, green beans and lima beans.  
GF 2.5 lb. bag  
#1493.....\$6.49



**FLAV-R-PAC**

**Deluxe Stir Fry Vegetable Blend**  
Broccoli, carrots, water chestnuts, pea pods, mushrooms,  
celery, baby corn, onions, red peppers and yellow carrots.  
GF 2 lb. bag  
#5309.....\$7.49



**FLAV-R-PAC**

**Super Sweet Whole Kernel Corn**  
Picked at the peak of freshness then flash frozen  
to lock in sweet flavor, color, and texture.  
GF 2.5 lb. bag  
#1090....\$5.99



**Simplot**  
FOODS & WINES

**Peas & Diced Carrots**  
Sweet, tender peas with colorful carrots.  
GF 2.5 lb. bag  
#2112....\$5.99



**FLAV-R-PAC**

**Cauliflower Florets**  
GF 2 lb. bag  
#6383....\$6.99

Keto Friendly



**FLAV-R-PAC**

**Winter Mix**  
A blend of 60% broccoli cuts and  
40% cauliflower florets.  
GF 2 lb. bag  
#6388.....\$5.99

Keto Friendly



**FLAV-R-PAC**

**Whole Kernel Corn  
with Sauce**  
GF 2 lb. bag  
#4664.....\$5.49



**FLAV-R-PAC**

**Pacific Blend**  
Blend of Sugar Snap™ peas,  
bias-cut yellow carrots, bias-  
cut carrots, and broccoli florets.  
GF 4 lb. bag  
#8640....\$10.49

Keto Friendly



**FLAV-R-PAC**

**Fajita Blend**  
Onion strips, with red, green and yellow bell pepper strips.  
GF 4 lb. bag  
#2069.....\$9.49

Keto Friendly



**BIRD'S EYE**

**Sweet Mini Corn on the Cob**  
GF 2-12 ct. bags. / 24 ct.  
#4655...\$10.99



**Chat Starters**

**Omelet Blend**  
Blend of diced red and green peppers & onions.  
GF 2 lb. bag  
#3216....\$5.49

Keto Friendly





### Tattooed Chef Cauliflower Mac & Cheese Bowls

Creamy cheddar cheese sauce over cauliflower florets topped with panko breadcrumbs. Vegetarian comfort food! 5 g. Fiber, 7 g. Sugar, 18 g. Protein. Contains no pasta.

6/10 oz. bowls  
#2825....\$28.99 | \$4.83 each



### Tattooed Chef Zucchini Spirals

100% zucchini. Serve as a side with your favorite seasoning, or topped with your favorite sauce.

GF 5/12 oz. bags  
#2803....\$19.99



### Malibu Blend

Cut broccoli, cauliflower, and carrots. Certified sustainable.

GF 4 lb. bag  
#1346....\$10.49



### Garden Blend

Blend of broccoli, cauliflower, green beans, carrots, zucchini, yellow squash, and red peppers.

GF 4 lb. bag  
#3221....\$9.49



### Normandy Blend

Blend of broccoli, cauliflower, sliced carrots, zucchini and yellow squash.

GF 4 lb. bag  
#1266.....\$9.49



### Asparagus Spears

Medium IQF Grade A, 5" spears.

GF 2.5 lb. bag  
#3127....\$16.99



### Chalet Garlic Butter Vegetables

Broccoli and cauliflower florets, with julienne orange and yellow carrots in a sauce of butter, roasted garlic, salt and pepper.

GF 2 lb. bag  
#7791.....\$8.49



### Baja Vegetable Roast

Blend of roasted super sweet corn, cut corn, black beans, red and green bell peppers, onions and green chilies.

GF 2 lb. bag  
#5353.....\$7.99



### Petite Peas

GF 2.5 lb. bag  
#6208.....\$6.49



### Yellow Squash, Sliced

GF 2 lb. bag  
#7860.....\$5.49



### Brussels Sprouts

GF 2 lb. bag  
#6381.....\$5.99



### Sunshine Carrots

Blend of sweet, bias-cut orange and yellow carrots.

GF 4 lb. bag  
#5520.....\$7.99



### Simple Goodness Parisian Carrots

Imported from Belgium, Parisian carrots are small and round with incredibly sweet flavor.

GF 2.5 lb. bag  
#1349....\$8.99



### Roasted Mediterranean Vegetable Blend

This blend of flame-roasted yellow and green zucchini, onions and bell peppers with carrots and green beans is seasoned with olive oil and a savory Mediterranean seasoning. Great as a side or in soups or lasagna.

GF 2.5 lb. bag  
#2242....\$9.99



### Roasted Vegetable & Pasta Blend

Delicious pasta and vegetable blend roasted with an herb and garlic seasoning.

2.5 lb. bag  
#1297....\$8.49



**QUINCY GOLD**

**Loose Shredded Hash Browns**

An AP bestseller for over a decade. 10 svgs.

GF 6/3 lb. bags, 18 lb. case

#2418....Reg. \$30.99 | Sale \$28.99

**SMALLER PACK**

Loose Shredded Hash Browns

#2421 GF 3 lb. bag ....\$7.99



**SAVE \$200**

★★★★★

"These hash browns are by far superior to any other brands I have tried. They cook up brown but still not too dry. They have great flavor and are great with sausage gravy too!"

**Cami Johnson,  
Bancroft, ID**

AP **Bestseller**



**3/8" Regular Cut French Fries**

Traditional, regular-cut French fries. Fry or bake.

GF 6/5 lb. bags

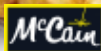
#2412....\$29.99

\$5.00 per bag

**SMALLER PACK**

3/8" Regular Cut French Fries

#1213 GF 5 lb. bag....\$7.99



**Cross-Trax® Waffle Fries**

Skin-on, ready to cook criss-cut potatoes. Frozen. Bake or fry.

2.5 lb. bag

#2416....\$13.49

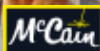


**Cracked Black Pepper Fries with Sea Salt & Garlic Seasoned French Fries**

Skin-on, bake and fry.

GF 3/8" 5 lb. bag

#1299....\$12.99



**Beer Battered Skinless 5/16" Thin French Fries**

Premium craft beer batter makes these extra-long, thin-cut fries perfect as a side or appetizer.

5 lb. bag

#1762....\$14.99



**Smiles® Shaped Potatoes**

Fun, smiley-faced battered mashed potatoes.

Bake or fry. CN label.

4 lb. bag

#2417....\$13.99



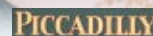
**Golden Crinkles French Fries**

Grade A, crinkle-cut potatoes. 0 Trans

Fat. Value size bag.

GF 8 lb. bag

#1120....\$12.99



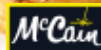
**Piccadilly Old English Style Fries**

Authentic batter-dipped English-style fries. Bake or deep fry.

5 lb. bag

#6761....\$14.99

AP **Bestseller**



**Redstone Canyon Spiral Cut Fries**

Light seasoned batter coating. Bake, or fry. CN labeled.

4 lb. bag

#2419....\$11.99



**Crispy Bakeable Seasoned Skin-On Potato Wedges**

Skin-on potato wedges coated in a seasoned red batter to deliver crisp texture and more flavor with lower sodium.

GF 5 lb. bag

#2672....\$14.49



**Golden Hash Brown Patties**

Approx. 120 patties

GF 6/2.8 lb. bags

#2429....\$33.99

**SMALLER PACK Golden Hash Brown Patties**

Bake or fry. 2.25 oz. patties.

Approx. 20 patties.

GF 2.8 lb. bag

#2427....\$7.99





**Tater Tots**  
Bake or fry. CN label.  
GF 8 lb. bag  
#2425....\$12.99



**Roasted Redskin Potatoes & Jalapeno Blend**

Perfectly roasted potatoes with the mellow heat of jalapeno peppers and flame-roasted poblano and bell peppers.

GF 2.5 lb. bag  
#2838....\$11.99



Perfect for breakfast skillet!



**Roasted Root Vegetables**

This hearty and colorful blend of roasted sweet potatoes, red onions, gold potatoes, purple potatoes with yellow carrots and turnips is lightly seasoned with rosemary, thyme and sage. Just heat and serve in beef stew, pot roast, or as a side with your holiday feasts.

GF 2.5 lb. bag  
#2793....\$9.99



Photo shows recipe suggestion.



**RoastWorks Baby Baker Halves with Parmesan and Herbs**

Fresh roasted potato flavor in a miniature size, seasoned to perfection with herbs and parmesan.

GF 2.5 lb. bag  
#1985....\$9.99



**Roasted Garlic Mashed Redskin Potatoes**

Creamy "skin-in" redskin homestyle mashed potatoes blended with real roasted garlic. Frozen. GF

{ 3/4 lb. bags (12 lb.) }  
#7944....\$31.99

Photo shows recipe suggestion.



◆ **Loaded Baked Potato Pierogies**

Sharp cheddar cheese, sour cream and chives, whipped potatoes seasoned with bacon Frozen.

6 lb. bag  
#4991....\$21.99

◆ **Potato & Cheddar Cheese Pierogies**

Tender pasta dumplings filled with a creamy blend of mashed potatoes and Cheddar cheese. Boil, pan fry, oven bake, deep fry or steam.

6 lb. bag  
#5621....\$18.99



**Redskin Salad Dices**

5/8" cubed potatoes.

GF 6 lb. bag  
#2028....\$14.49



**Roasted Redskins with Rosemary Seasoning**

Red potatoes lightly seasoned a blend of rosemary, garlic, and onion flavors.

GF 2.5 lb. bag  
#2068....\$7.49



**Sweet Potato Casserole with Praline Topping**

Farm-fresh sweet potatoes and a sweet praline topping.

5 lb. tray  
#2178....\$17.49



**Roasted Maple Sweet Potatoes**

Roasted sweet potatoes seasoned with olive oil, maple and brown sugar.

GF 2.5 lb. bag  
#2282....\$12.49



**Gold Sweet Potato Straight-Cut Coated Fries**

Coated Sweet Potato Fries, Grade A.

Bake or fry.  
6/2.5 lb. bags / 15 lb. case  
#4979....\$37.99

**SMALLER PACK**  
Gold Sweet Potato  
Straight-Cut  
Coated Fries  
2.5 lb. bag  
#1211....\$7.99



# BERRY BUTTERMILK BANANA MUFFINS

2 large eggs  
 ¾ cup C & H Granulated Sugar (#1632)  
 3 medium, very ripe bananas, mashed (about 1 cup mashed banana)  
 ½ cup low-fat buttermilk  
 2 Tbsp vegetable oil  
 2 tsp Mexican Vanilla (#6919)  
 1 cup all-purpose flour (set aside an additional 2 Tbsp more to coat berries)  
 ½ cup white whole-wheat flour  
 2 tsp Clabber Girl Baking Powder (#2847)  
 ½ tsp Clabber Girl Baking Soda (#2848)  
 ½ tsp Regal Fine Sea Salt (#1146)  
 ¼ cup flaxseed meal or wheat germ  
 1½ cups frozen Wyman's Triple Berry Blend (#1215)

Preheat oven to 350 degrees. Line 12 standard muffin cups with Wax Baking Cups (#1646). In the bowl of an electric mixer, beat eggs and sugar about 4 minutes, or until mixture is thicker and lighter in color. Add in the mashed bananas, buttermilk, oil and vanilla; mix to combine. Scrape down the bowl. In a medium bowl, stir together the 1 cup flour, ½ cup white whole-wheat flour, baking powder, baking soda, salt and flaxseed meal. Add the flour mixture to the mixing bowl all at once; mix just until blended—do not over beat. Add the frozen berries into the now-empty flour mixture bowl and toss them with the reserved 2 Tablespoons flour to coat. Gently stir berries into the muffin batter. Scoop batter into lined muffin cups, dividing it evenly (batter will come to the top of the muffin cups). Bake for 20-22 minutes, or until top is golden brown and toothpick inserted into the center of a muffin comes out clean. Cool muffins completely and store covered.

Recipe by Kit Broihier, MS, RD, LD for Wyman's



## Triple Berry Blend

Sweet, colorful blend of blueberries, raspberries, and blackberries.

GF 3 lb. bag  
 #1215....\$12.99



## Wild Blueberries

Leading antioxidant superfruit! Smaller berries.

GF 5 lb. bag  
 #1218....\$20.99



## Mixed Berries, Whole

Strawberries, red raspberries, blackberries, and blueberries.

GF 5 lb. bag  
 #1223....\$24.99



## Blackberries, Whole

Picked fresh at sweet-tart perfection!

GF 5 lb. bag  
 #1221....\$26.99



## Dark Sweet and Red Tart Cherries

GF 2 lb. bag

#1217....\$10.99



## Tropical Berry & Coconut Blend

Vibrant, juicy mango and pineapple chunks, strawberries, and coconut chunks. Delicious in smoothies!

GF 3 lb. bag  
 #2658....\$11.99



## Mango Chunks

Sweet chunks, perfect for colorful fruit salsas.

GF 3 lb. bag  
 #2655...\$10.49



## Mango Berry & Wild Blueberry Blend

Mangoes, strawberries, and wild blueberries.

GF 3 lb. bag  
 #9221....\$11.99



## Raspberry Crumbles

100% raspberry pieces minimize crushing for deliciously fruity jams and baked goods.

GF 2.5 lb. bag  
 #2830....\$10.99

Save 15% when you buy by the case of 4 bags at [alisonspantry.com](http://alisonspantry.com).



## Sunrise Fruit Medley

Peaches, Strawberries, Honeydew, Pineapple and Blueberries.

GF 5 lb. bag  
 #4985....\$16.49



## Peach Slices

Uniform, blemish-free, Grade A IQF peaches.

GF 5 lb. bag  
 #7841....\$16.49



## Firestone Pacific Foods Pineapple Chunks

Picked at the peak of ripeness and quick-frozen to lock in both nutrients and flavor.

GF 5 lb. bag  
 #2922....\$14.99

28



## Sliced Bananas

GF 5 lb. bag  
 #2835....\$12.99



## Chef-Ready Diced Strawberries

Premium-quality sweet strawberries, perfect for fruit salsas, drinks, and jams.

GF 2 1/2 lb. bags  
 #2832....\$32.99



# PBFIT CHOCOLATE PEANUT BUTTER HEARTS

1 cup PBfit (#3521)  
1 cup roasted peanuts  
1 cup dried pitted dates  
1 tsp salt (#1146)  
3-4 Tbsp water

## For Glaze

6 oz dark chocolate -dairy free

1 Tbsp BBF Naturally refined Coconut Oil (#8287)

Combine in food processor PB Fit, Peanuts, Dates, and Salt. Pulse until mixture is ground and completely combined. Add 3 Tablespoons of water to mixture and pulse together till you form a soft sticky dough. If the mixture is still dry add a little more water. Press mixture into a parchment lined 8x8 pan and press till flat and even. Let chill for 10-15 minutes. Cut into desired shapes and chill till glaze is ready. Melt dark chocolate and coconut oil together. Dip shapes into chocolate until coated, chill for 5 minutes till glaze sets.



betterbody  
foods

## PBfit Peanut Butter Powder

1/3 the calories and 75% less fat.

Non GMO and all-natural.

Just peanuts, sugar, salt.

GF 30 oz. jar

#3521....\$15.49



BETTER HEALTH

Less sugar, more  
healthy fats!  
Easy ways to  
make your meals  
more nourishing.

## Naturally Refined Organic Coconut Oil

Use small amounts of coconut oil to  
thin chocolate for dipping.

GF 28 oz. jar

#8287....\$8.49



Keto Friendly

## Naturally Refined Avocado Oil

GF 1000 ml/  
33.8 oz. bottle

#3516....\$16.49



Keto Friendly



Keto Friendly

## Monk Fruit Zero Calorie Sweetener

100% Natural and low glycemic. Use just like Sugar  
(1:1 Ratio), No Aftertaste. No blood sugar crash!

GF 16 oz. bag

#1745....\$13.99

AP Bestseller



Keto Friendly

## LIVfit Superfood Organic Antioxidant Fruit & Fiber Blend

This mix of fruits, veggies, and plant-based proteins has a  
neutral, unsweetened taste. Six grams of protein, 5 g. Fiber,  
plus three different super fruits, and 1,000 mg omega 3.

GF 8 lb. bag

#1539....\$15.49



Keto Friendly

## LIVfit™ Superfood Blend

Fruits, vegetables, vegan proteins, prebiotics, and fiber shown to enhance  
muscle mass, increase energy, improve cognitive function, encourage  
digestive health, boost the immune system and fight off aging oxidation of  
cells in your body. Contains green tea • 100% B6, B12,  
thiamin, riboflavin • 5 g of vegan protein

GF 12.7 oz. (360 gram) bag

#3514....\$16.49



Keto Friendly

## Organic Chia Seeds

High in protein, fiber, and more plant-based  
Omega-3 than any other food. GMO free.

GF 1.25 lb. container

#8941....\$10.49

## Oatsome Oat Milk

Non-dairy, smooth, creamy  
beverage that has the ability  
to froth too. Organic, nut-  
free, non-GMO, and vegan.  
12 month shelf life. 4 svgs.

GF 6/1 L. case

#1907....\$18.49

\$3.08 each



## Emergen-C 1000 mg Vitamin C Daily Immune Support Super Orange

Dissolve a packet in water  
for a fizzy, citrus-y burst of  
essential nutrients including  
Vitamin C and B Vitamins,  
Electrolytes, and other  
Antioxidants like Zinc and  
Manganese.

GF 30 packets

#2516....\$14.49







**Stuffed Cheese Bread Sticks**  
Fluffy mozzarella-cheese-filled breadsticks.  
36/7" sticks.  
#5620....\$28.99



**Philly Cheesesteak Wrapped Sandwich**  
The #1 selling Philly sandwich in the USA! Made with 100% beef (no fillers) and American cheese, on pillow-soft bread.  
Microwaveable.  
8 ct/2.75 lb box  
#2070....\$22.49 | \$2.81 each

**CUSTOM CULINARY**  
**Au Jus Base**  
GF 16 oz. yield: 3 gal  
#2061.....\$8.99

★★★★★

"These sandwiches are perfect. I added some sliced bell peppers and onions that were cooked slightly, added some Simplot Cracked Pepper Fries on the side and made some Au Jus. Perfect lunch! The sandwiches actually have the flavor of the bell peppers but adding more is great! It's a perfect sandwich for an older person like me."

**Nancy Atwood, Ballard, UT**



**Tortellini Carbonara Bowl**  
Cheese tortellini, Carbonara sauce, bacon, and parmesan cheese in a convenient heat and eat bowl.  
12/6.5 oz.  
#1162...\$39.99



**DeLORIO'S**

**9 Slice Cheese Pizza**  
Authentic, old Italian flavor in an easy, cook-and-serve pizza.  
Made with 100% real cheese.  
24 oz. box  
#2553....\$10.49



**Pepperoni Pizza Rolls**  
Pepperoni pizza toppings rolled into a snackable crust. Frozen. Microwave or oven bake.  
100 ct. bag  
#2265...\$12.99



**Rip N Dip Pepperoni Stuffed Pizza Ring**  
Freshly sliced pepperoni and naturally blended cheeses wrapped in fluffy pizza dough. Includes Marinara Sauce dipping cups.  
12/8.5 oz. case  
#2373...\$38.99



**Pepperoni Pizza**  
5" IW, 12/6 oz. case  
#6250....\$28.99



*Mama Callender's*

**Chicken Pot Pies**  
We create each pot pie from scratch. Filled with juicy meat, tender vegetables, and our signature golden, flaky crust.  
8/10 oz. pies  
#2393....\$18.49



AP "Bestseller"



**Pepperoni Pizza**  
Pepperoni pizza filling wrapped in a garlic buttery seasoned crust for a handheld lunch.  
4.5 oz. / 17 ct. box  
#1282....\$19.99 | \$1.18 each!



**Macaroni & Cheese Frozen Pouches**  
Microwave, or heat pouch in boiling water, then slice open and serve.  
36/7 oz. pouches  
#7881....\$52.99 | \$1.47 per pouch!







### Butter Breaded Mushrooms

Whole mushrooms coated with our premium batter to deliver an extra scrumptious crunch.

2.5 lb. bag  
#1276... \$12.99

★★★★★

"I can't keep these in my freezer! We all love them. They are delicious. You can use them as an appetizer, or as a side for dinner."

**Anne Metzler,  
Shoshoni, WY**



Image shows recipe suggestion.

### Beer Battered Zucchini Slices

Fresh crinkle cut zucchini slices coated in our crispy butter-golden batter.

3 lb. bag  
#1072.... \$14.99

★★★★★

"These taste just like what you would get from a restaurant. My kids will even eat them. Great!"

**Kim George**



### Cream Cheese Breaded Stuffed Jalapenos

Mild jalapeno peppers stuffed with cream cheese and breaded to perfection.

2 lb. bag  
#1272.... \$14.99



### Bakeable Breaded Mozzarella Sticks

Natural, aged mozzarella in a home style breading accented with Italian spices.

2 lb. bag  
#2683.... \$13.99



**GOLDEN CRISP**

### Breaded Cheddar Potato Bites

Diced and shredded potatoes and a blend of cheddar and mozzarella cheeses coated in a crispy golden breading. Move over, basic tater tots! Bake or fry.

3 lb. bag  
#2746.... \$12.99



### Crispy Battered Green Beans

Bake or fry.  
2 lb. bag  
#1300.... \$10.99



### Battered Mac & Cheese Wedges

Creamy cheddar cheese mixed with stick macaroni in a crispy cheddar batter.

3 lb. bag  
#1271.... \$20.99



### Battered Sweet Corn Nuggets

These sweet corn kernels coated in crispy batter are the perfect bite-sized snack.

2 lb. bag  
#1274.... \$8.99



### Breaded Pickle Chips

Sliced pickles coated in breading with a hint of spice.

2.5 lb. bag  
#1275.... \$14.99



### Texas Toothpicks

Thin-cut strips of sweet yellow onions and mild jalapeños coated with a crisp, spicy batter. Great as an appetizer, side, or topping for burgers.

2 lb. bag  
#2493.... \$11.99



**Due to COVID-related challenges, appetizers are having significant supplier shortages. Some products may be temporarily out of stock.**



### Soft Baked Pretzels

Traditional chewy recipe!

20 ct. box  
#1472.... \$13.99



### Gehl's Nacho Cheese Cups

Creamy nacho cheddar cheese sauce in convenient individual cups. Try it with our soft pretzels!

**GF** 6/4 ct. Cups  
#2839.... \$20.99







### Tuscan Mini Dinner Loaves

Par-baked. Heat for 3-5 min. for a crisp crust.

24 / 4 oz. case

#8196....\$16.99



### Bridgford

### Parkerhouse Frozen Roll Dough

Easy dinner rolls, and a Monkey Bread staple!

240/1 oz. pucks/17 lb. case

#5965....\$29.99



Try this!



### NEW! Garlic Toast Slices

Seasoned with aromatic garlic and a sprinkling of parsley, coated in real butter and cut into 3/4" thick slices for easy prep. Bake in 5-8 minutes.

4/8 ct. Bags

#2933....\$13.99 | .44 per slice



### Original Naan Dippers

The same Tandoor-oven baked naan you love, but bite-sized!

Perfect for holiday charcuterie boards, dips, and spreads.

Approx. 200 ct. / 4.4 lb. box

#2794....\$24.99



### Mini Naan Bread

Hand-stretched flatbread made with buttermilk and ghee (clarified butter). Save with our bulk case, and use for personal pizzas, tacos, dipping in hummus or oil blends, etc.. Comes frozen.

64 ct. case/5 1/4 x 4 1/2"

#1686....\$35.99 | .56 each



### Beehive Dinner Roll Dough

Generous dough portions come frozen.

Thaw, proof and bake for rolls with homemade look and flavor.

96/2.5 oz. pucks / 15 lb. case

#8925....\$39.99



### Rustic Sourdough Pullman Loaves, Sliced

Simple ingredients and a family recipe give this sourdough perfect chewy texture and authentic mild tangy flavor.

2/34 oz. loaves

#1612....\$11.99



### Bridgford

### Buttermilk Biscuits

Fluffy, home style biscuits.

Microwave to heat. IW

18/2.25 oz  
#1321....\$9.99 | .56 each



### Country Sausage Gravy

Ready to heat and pour over biscuits and scrambled eggs, our version of this country classic is chock-full of hearty sausage.

4 lb. bag

#2326....\$16.49



### Ciabatta Variety Pack

1 doz. 4" x 4" Olive Oil, 1/2 doz. Savory Herb, 1/2 doz. Whole Grain.

24 ct./3.5 oz. case

#5898....\$21.99





### Hard Salami Slices

Smoked, robust flavor from a seasoned blend of pork and beef, cured and slow-aged. Ships frozen.

GF 2 lb. bag  
#1688...\$16.99



★★★★★

"We love these salami wrapped around a Frigo String Cheese or around a pickle with cream cheese or just out of the package! Yummy!"

Liz Mollendor,  
Lamar, NE

All cheese products will ship frozen.



### Cheeseheads String Cheese

Stringy mozzarella cheese sticks. 80 calories; 6 grams of protein.

GF 1 oz. / 60 ct. bag  
#4972...\$17.99 | .30 each



CHEESE | FROZEN



### Grated Parmesan Cheese

The sweet, mellow, nutty flavor of this perfectly mature cheese makes it a Sartori favorite.

8 oz. bag  
#2599...\$4.49



### Folios Parmesan Cheese Wraps

Lightly baked sheets of cheese. Recipe ready to crisp, wrap, roll or melt for carb-free, high-protein meals.

GF 10/1.5 oz. pouch  
#1719...\$14.99



### Tillamook Medium Cheddar Shredded Cheese

GF 2.5 lb. bag  
#1866...\$13.99



### Shredded Cheddar Jack Cheese

Fancy shredded blend of cheddar and Monterey Jack cheese.

GF 2.5 lb. resealable bag  
#1860...\$11.99



### Double L Ranch Hardwood Smoked Angus Shaved Pit Beef

USDA Choice Angus beef bottom round, trimmed to 96% fat free, then naturally hardwood smoked to medium rare. Deli shaved. Reduced sodium and free of common food allergens.

GF 2 lb. pack  
#2722...\$23.99



### Bridgerland Deli Craft Oven Roasted Turkey Breast, Sliced

Mouthwatering, oven-roasted turkey breast, trimmed to 99% fat free. Reduced sodium. Ships frozen.

GF 2 lb. pouch  
#2100...\$15.99



### Bridgerland Deli Craft Naturally Hardwood Smoked Honey Ham, Sliced

Sweet, honey-cured ham, with delicious hardwood smoke flavor from Lower Foods state-of-the-art process. Ships frozen.

GF 2 lb. pouch  
#2101...\$15.49



### Tagge's Famous Fruit Preserves

Generously-sized jars of bright, beautiful jams made from Tagge Farms fruits, picked at the peak of the season.

GF 20 oz. jar  
\$7.99

- ◆ #1240 Strawberry Rhubarb
- ◆ #1242 Rocky Mountain Raspberry
- ◆ #1243 Brigham City Peach

Products show a fresh use-by date on the packaging. Because we ship them frozen, this date is extended by 365 days. Once thawed and refrigerated, they have 75 days UNOPENED; 5-7 days after opening.



### Uncrustables

Soft, crustless 51% wheat bread sandwiches filled with creamy peanut butter and sweet Smucker's jelly. IW 18/2.6 oz. box

#3119 Peanut Butter & Grape Jelly  
\$18.99 | \$1.05 each

#3120 Peanut Butter & Strawberry Jam  
\$20.99 | \$1.17 each

### Peanut Butter & Honey

Sweet and smooth honey spread meets rich and nutty Smucker's® Peanut Butter in a crustless whole wheat sandwich.

2 oz. / 4 ct. box  
#1437...\$4.99



{ Grape Uncrustables  
72/2.8 oz. IW  
#7579...\$59.99 | .83 each }

{ Strawberry Uncrustables  
72/2.6 oz IW  
#4290...\$62.99 | .87 each }



### Jif to Go Cups

This size case is not available in stores.

GF 1.5 oz. cups/36 ct  
#8390...\$19.99  
\$.56 each



Jif Family Size Creamy Peanut Butter  
GF 4 lb. can  
#2913...\$11.99



Nutella Spread  
Velvety hazelnut spread.

GF 26.5 oz. jar  
#7338...\$9.99





# CHURRO CREAM PUFFS

8 Delizza Belgian Mini Cream Puffs (#1350)

Vegetable oil for frying

½ cup Cinnamon Vanilla French Toast Sugar (#1536)

Caramel sauce, for serving  
Chocolate sauce, for serving



Bring oil to 400 degrees Fahrenheit in deep pot. Defrost and flash fry Delizza Belgian Mini Cream Puffs in hot oil, a few at a time for 25 seconds maximum. Remove and drain on a paper towel-lined cooling rack. Roll drained churros in the Cinnamon Vanilla French Toast Sugar. Serve warm with Caramel and Chocolate Sauces for dipping.

**Delizza**  
FROZEN

**Belgian Mini Cream Puffs**

Frozen; thaw & serve.

3 lb. 5 oz. tub / 120 ct.

#1350....\$16.99



**Delizza**  
FROZEN

**Belgian Custard  
Mini Eclairs**

Chocolate Topped  
Belgian mini eclairs  
filled with a rich  
Bavarian custard cream.

Frozen; thaw & serve.

24.6 oz. tub / 50 ct.

#1351....\$13.49



**Janey Lou's**  
FROZEN

**Cinnamon Rolls**

Frozen proof-and-bake  
cinnamon roll dough with  
homemade flavor. Frozen.

60 / 4 oz. rolls

#9134....\$38.99

**Alison's  
Pantry**

**Cream Cheese Icing**

Comes frozen.

GF 3 lb. tub

#8388....\$13.99



\*\*\*  
AP Bestseller  
\*\*\*

**Janey Lou's**  
FROZEN

**Yeast Raised Donut Rings**

Donuts are frozen. Thaw, proof,  
and fry in oil.

100/2 oz. rings

#7151....\$33.99

**Bridgford**

**Cinnamon Monkey Bites**

Tender bite-sized pull-apart pieces of  
sweet bread coated in a sticky cinnamon  
glaze. Frozen. Ready to heat and eat!

5/32 oz. trays

#2052....\$32.99

**White Flat Icing**

Professional, squeezable shelf-stable white icing for  
drizzling over turnovers, etc.. Dries solid and not sticky.

GF 2 lb. tub

#1910....\$5.99



**Best Maid**

**Peanut Butter Crispy Bars**

Thaw-n-Serve. Not Pre-Cut. 4-¼ sheet pans.

Yields 16-2 x 2 bars per sheet, or 64 bars.

#6917....\$35.99



**Janey Lou's**  
FROZEN

**Chocolate Chunk Cookie Dough**

Premium cookie dough with homemade  
flavor. Easy place-and-bake portions.

60 ct. / 1.5 oz.

#2610....\$25.99 | .43 each







### Simple Joys Cinnamon Swirl Cake Slices

Moist, generously-sized slices of cinnamon and vanilla-swirled cake topped with cream cheese icing. Individually wrapped.

20 ct. box

#2791....\$26.99 | \$1.35 each

Compare to Starbucks Cakes at \$2.50 per slice and save almost 50%!



### Simple Joys Bakery Lemon Iced Sliced Cake

Moist, generously-sized slices of lemon cake topped with lemon icing.

Individually wrapped. Thaw and serve a fresh slice whenever you get a craving!

20/3.5 oz. slices

#1084....\$26.99 | \$1.35 each

★★★★★  
"These are so dang good! Seriously, the best lemon cake! Better than Starbucks but less in price! LOVE that they are individually packaged as well. These are our go to treat when ordering from AP!"  
Jess Berwick,  
Lodgepole, SD



Don't miss our NEW trü frü  
Hyper-dried fruit treats  
on page 5!

### trü frü Nature's Fruit in Chocolate

Whole fruit, hyper-chilled (frozen) to lock in flavor and nutrition, then immersed in white and dark chocolate. Made with clean, non-GMO ingredients—only fruit and chocolate! Just 90 calories per serving!

GF 8 oz. bag....\$7.99

◆ #1097 Cherries in White & Dark Chocolate

◆ #1099 Raspberries in White & Dark Chocolate



### trü frü Bananas with Peanut Butter and Dark Chocolate

Sliced bananas, hyper-chilled to lock in flavor and nutrition, then immersed in peanut butter and dark chocolate. Made with clean, non-GMO ingredients. Only 90 calories per serving and packed with protein!

GF 8 oz. bag  
#2764....\$7.99



### Caramel Apple Blossoms

Indulgent pastries made with fresh-peeled apples, natural cane sugar and Indonesian cinnamon then topped with our home-style caramel sauce made with creamery butter and whipping cream.

12 ct. box / 4.2 oz. blossoms

#2755....\$19.99



Don't miss our new  
Pillsbury Triple Layer  
S'more Bar on page 5!

### Triple Layer Bar Cookie Caramel Brownie

Buttery chocolate chip cookie base covered with a rich caramel layer and then topped with a chocolate chunk brownie on top. The perfect indulgence!

Frozen and individually wrapped 3.5" x 1.5" x 1" bars. Great for lunchboxes!

12 ct. box

#2739....\$21.99 | \$1.83 each



### Fruit Turnovers

Flaky pastry wrapped around premium fruit fillings. Thaw & bake pre-proofed product. Drizzle with #1910 White Flat Icing. 60/4 oz. case

◆ Cherry #1889....\$41.99  
.70 each

◆ Apple #1199....\$33.99  
.57 each

Photo shows product  
with sugar added on top.



### Strawberry/Cream Cheese 'Strudel Bites' Pre-Sugared

Thaw and bake.

252/.8 oz. case

#2106....\$37.99 | .15 each





**Ole Taco Seasoning**

Add 3-5 Tbsp. of our flavorful taco seasoning to beef, chicken, pork, or turkey to create your favorite Mexican recipes. Also works well for a taco dip when mixed with mayo and sour cream. MSG Free!

**GF** 1 lb. bag  
#1037....Reg. \$7.99 | **Sale \$6.99**

★★★★★

"I gave some of this to a friend, who uses A LOT of taco seasoning, and we both agree - this is better tasting than the name brand. And it's less than half the cost!"

Anne Metzler, Riverton, WY

**Fabulous Fajita Seasoning**

Add 3-5 Tbsp. of this Southwestern blend to 1 lb. of chicken, beef, or pork before cooking for effortless fajitas. A restaurant favorite at home!

**GF** 1 lb. bag  
#1017....Reg. \$8.99 | **Sale \$7.49**

★★★★★

"I haven't found a seasoning from AP that I haven't loved, and this is no exception. So much better than any other fajita seasoning I have used! Will definitely make sure I always have this on hand!"

Lindsay Flax, WaKeeney, KS

**Baja Chili Lime Seasoning**

The kick of chili peppers with the zing of lime brings the perfect seasoning to shrimp, chicken, beef, and fish for any South of the border recipe.

**GF** 1 lb. bag  
#2730....Reg. \$12.49 | **Sale \$11.49**

★★★★★

"I love this! The Baja Chili Lime Seasoning is wonderful. It turns ordinary chicken into extraordinary chicken!"

Anne Metzler, Riverton, WY

# Freshen Up Your Spice Cupboard

## OUR BULK SPICES MEAN BIG SAVINGS.

All spices sold in 1 lb. bags unless otherwise noted.

### MENU ESSENTIALS

Ali's Essential Season-All Blend <b>GF</b>	#2478	\$8.99	Onion, Chopped <b>GF</b>	#1026	\$8.49
Applewood Seasoning Rub <b>GF</b>	#5990	\$8.49	Onion Salt, Classic Blend <b>GF</b>	#1024	\$6.99
Bay Leaves, ½ lb. <b>GF</b>	#1753	\$13.49	Onion Powder <b>GF</b>	#1027	\$8.49
Celery, Diced, ½ lb. <b>GF</b>	#3232	\$8.49	Oregano, Mediterranean <b>GF</b>	#1445	\$13.49
Chili Powder, Mild <b>GF</b>	#1014	\$8.99	Paprika, Mild <b>GF</b>	#1697	\$9.49
Cumin, Ground <b>GF</b>	#1442	\$9.49	Parmesan Garlic Perfection	#2475	\$11.99
Garlic and Herb Seasoning <b>GF</b>	#5408	<del>\$8.99</del> <b>Sale \$7.49</b>	Parsley Flakes, ½ lb. <b>GF</b>	#1426	\$8.49
Garlic Granules <b>GF</b>	#1948	\$13.49	Pepper, Black, Table Grind <b>GF</b>	#1029	\$15.99
Garlic, Minced <b>GF</b>	#1020	\$13.49	Pepper, Black, Coarse Grind <b>GF</b>	#1028	\$16.49
Garlic Pepper <b>GF</b>	#1018	\$14.49	Peppercorns, Whole, Black <b>GF</b>	#1030	\$15.99
Garlic Powder <b>GF</b>	#1021	\$13.49	Seasoning Salt <b>GF</b>	#1033	\$6.99
Garlic Salt, Classic <b>GF</b>	#1019	<del>\$6.99</del> <b>Sale \$5.49</b>	Smoky Maple Herb Seasoning <b>GF</b>	#4576	\$7.99
Garlic Supreme <b>GF</b>	#2592	<del>\$11.49</del> <b>Sale \$10.49</b>	Thyme, Cut & sifted, ½ lb. <b>GF</b>	#1444	\$6.99
Mustard Seed Powder <b>GF</b>	#1428	\$7.99	Turmeric, Ground <b>GF</b>	#1832	\$8.99
			Ultimate Onion Blend <b>GF</b>	#4575	<del>\$8.99</del> <b>Sale \$7.49</b>

**Sea Salt**

Healthy alternative to more-refined table salt.

**GF** 16 oz. container...\$4.99  
♦ #1146 Fine  
♦ #1147 Coarse

**Pure Powdered Vanilla**

Contains no alcohol, so none of the beautiful flavor bakes out.

**GF** 4 oz. jar  
#8626....\$14.99

**Montreal Steak Seasoning**

One of our bestselling spice blends! Coarse ground spice blend for all red meat—steaks, hamburgers, meatloaf and great to top off roasts.

**GF** 1 lb. bag  
#1023....Reg. \$8.99 | **Sale \$7.49**

★★★★★

"We keep this on hand at all times. It's great for meals other than steak! We use it on burgers, chicken, and even veggies."

Erika Zimelman, Saint Francis, KS

**Clear Round Spice Containers**

♦ **Black Lid**  
8 oz., 5" tall  
#1233.... \$1.49

♦ **Mini Red Lid**  
3.5 oz., 4" tall.  
#1234.... \$1.49



**16 oz. Clear Square Plastic Jar with Shaker Flip Lid**  
#1526....\$1.49

**32 oz. Clear Square Plastic Jar with Shaker Flip Lid**  
#1228....\$1.99

Save 30% when you buy jars by the case of 12 at [alisonspantry.com](http://alisonspantry.com).



- Use to replace cream soup in any recipe for a healthier option.
- Used by professional chefs for over 35 years!
- Only 35 calories in a ¼ cup serving!
- Won't curdle or separate in freezer meals.

**Whisk Bliss, Gluten-Free**

Quick, rich, healthy, and versatile; use Whisk Bliss in place of any cream sauce components in your favorite recipes.

**GF** 32 oz. bag  
#1980....\$15.49





## SPRINKLES FOR EVERY TABLE

Cinnamon Vanilla French Toast Sugar <b>GF</b>	#1536	\$6.99
Everything Bagel Seasoning <b>GF</b>	#1826	\$9.49
French Fry Seasoning <b>GF</b>	#1441	\$6.99

## MEAL MUSTS

Baja Chili Lime Seasoning <b>GF</b>	#2730	\$12.49 <b>Sale \$11.49</b>
Carne Asada Seasoning <b>GF</b>	#7378	\$7.99
Chili Seasoning Mix	#1015	\$7.99
Emma's Enchilada Seasoning <b>GF</b>	#1016	\$6.99
Fabulous Fajita Seasoning <b>GF</b>	#1017	\$8.99 <b>Sale \$7.49</b>
Italian 'n Pizza Seasoning <b>GF</b>	#1432	\$9.99
Leah's Lemon Pepper <b>GF</b>	#1022	\$9.49
Montreal Chicken Seasoning <b>GF</b>	#7746	\$8.49
Montreal Steak Seasoning <b>GF</b>	#1023	\$8.99 <b>Sale \$7.49</b>
Mushroom Soup & Stroganoff <b>GF</b>	#1672	\$8.99
Olé Taco Seasoning	#1037	\$7.99 <b>Sale \$6.99</b>
Sloppy Joe Seasoning Mix <b>GF</b>	#1035	\$7.99
Superb Spaghetti Seas. Mix <b>GF</b>	#1036	\$7.49

### Garlic Supreme

Our blend of garlic, onion, parsley and chives is a customer favorite. Sprinkle it in soups or on vegetables, or use it as a rub on meats. It's also a flavorful topping on breads.

**GF** 1 lb. bag  
#2592....Reg. \$11.49 | **Sale \$10.49**

★★★★★

"I use this seasoning on everything from meat to vegetables to breads. I even used this instead of minced garlic in my home canned salsa last year!"

Maria Jo Brady, Cedar City, UT



**SAVE \$150**

### Garlic & Herb Seasoning

Savory all-purpose blend of sea salt, brown sugar, garlic, onion and other spices perfect for meats, soups, and vegetables. No MSG.

**GF** 1 lb. bag  
#5408....Reg. \$8.99 | **Sale \$7.49**

★★★★★

"This is a great garlic mix. We add it to meats when grilling or even to our chili and spaghetti sauce for that nummy garlic flavor!"

Darlene W.



### Cornaby's Jam in a Jiffy

The simplest way to make freezer jam! Just add dry mix to 2 lbs. of crushed fresh or frozen fruit and stir. Yield: approx. 6 cups of jam.

**GF** 18 oz. bag  
#8732....\$7.99



### Cornaby's E-Z Gel

Non-GMO cornstarch that can be directly added to any liquid, hot or cold, for instant thickness. Perfect for canning or freezing.

**GF** 16 oz. bag  
#8733....\$12.49

Sweet & Smoky Pub Sheet Pan Seasoning	#2477	\$9.99 <b>Sale \$8.49</b>
Tuscan Herb Blend Seasoning <b>GF</b>	#3628	\$10.49

## BAKING SPICES

Cinnamon, Ground Saigon <b>GF</b>	#3626	\$12.49
Cinnamon, Ground Korintje <b>GF</b>	#1005	\$10.49
Cozy Mulling Spice	#1009	\$13.49
Ginger, Ground <b>GF</b>	#1420	\$9.49
Orange Zest Granules, ¼ lb. <b>GF</b>	#1669	\$7.99
Zesty Lemon Zest, ¼ lb. <b>GF</b>	#1433	\$7.49

## DIPS & DRESSINGS

Dilly Dill Dip Mix <b>GF</b>	#1421	\$9.49
Guacamole Seasoning, ½ lb. <b>GF</b>	#2588	\$6.99
Hearty Vegetable Dip Mix <b>GF</b>	#2217	\$9.49
Italian Salad Dressing Seas. <b>GF</b>	#1698	\$7.99
Lip Smackin' Chipotle Ranch, ½ lb. <b>GF</b>	#2589	\$8.49
Onion Soup & Dip <b>GF</b>	#1025	\$8.49 <b>Sale \$7.49</b>
Popeye's Spinach Dip Mix <b>GF</b>	#1423	\$10.49
Rosie's Ranch Buttermilk Salad Dressing Mix <b>GF</b>	#1032	\$8.99
Salsa Seasoning <b>GF</b>	#1898	\$9.49

**SAVE \$150**



SPICES

### Ultimate Onion Blend

Flavorful blend of coarse dehydrated minced onions and red bell peppers. Use it as a rub on meats, sprinkled over vegetables, or stirred into recipes. Use in place of fresh onions in hamburgers, meatloaf, etc.

**GF** 1 lb. bag  
#4575....Reg. \$8.99 | **Sale \$7.49**

★★★★★

"Love the affordability of this product... especially since I go through about a bag per month. There's only two people in my household, so that's saying something! I use this mix in almost everything: burgers, steaks, soups, dips, roast, chicken, pork, shrimp, potatoes, pasta, grilled veggies, cowboy beans... the possibilities are endless. It's SO good! Try it, you will not regret it."

Tori Voller, Bison, SD



**SAVE \$100**

### Onion Soup & Dip Mix

We consider this versatile blend to be a pantry staple! Add this seasoning to meatloaf, stews, pot roast, French Onion Soup, or Creamy Onion Dip.

**GF** 1 lb. bag  
#1025....Reg. \$8.49 | **Sale \$7.49**

★★★★★

"I use a lot of the Onion Soup & Dip Mix. I love it on my roasts--beef, deer, pork, and on chicken. It has the best flavor. Then all I have to do is thicken it up and I have an amazing gravy. Add potatoes to it and also with carrots and I have a full meal in a crock pot."

Donn Powell, Vernal, UT



**SAVE \$150**

### Classic Garlic Salt

Just two classic ingredients to add flavor to meats, veggies, pasta, and rice.

**GF** 1 lb. bag  
#1019....Reg. \$6.99 | **Sale \$5.49**



# Bake your heart out!



## Delectable Blueberry Muffin Mix

Customer-favorite mix for tender bakery-style blueberry muffins. 45/2 oz. muffins/4 lb. bag #2308.....\$12.49

Save 10% when you order by the case of 6 bags at [alisonspantry.com](http://alisonspantry.com).



## Scrumptious Raspberry Muffin Mix

Craft fluffy muffins with juicy raspberry-flavored bits. 45/2 oz. muffins/4 lb. bag #2309.....\$12.49

Save 10% when you order by the case of 6 bags at [alisonspantry.com](http://alisonspantry.com).

★★★★★

"Delicious and easy to make! My 11 year old makes these on a weekly basis. Sometimes she mixes it up with the AP Blueberry Muffin Mix (#2308) for mixed berry muffin!"

Sara Firme, Haxtun, CO



## Classic Crème Cake & Muffin Mix

Professional mix for premium cakes. 4 lb. bag #1823.....\$8.99



## Professional Banana Muffin Mix

Just add water to craft bakery-quality banana muffins and quick breads. Stir in mini chocolate chips or coconut for fun variations. 5 lb. box #2548.....\$14.99

## Ateco 18" High-Grip Clear Disposable Pastry Bags

Convenient disposable polyethylene bags with a wide design for easy filling. Trim to use with any coupler (or no tip). These can also be filled with candy or snack mixes to package for gifts! 100 ct. roll #2817.... \$15.99 Just .16 each!

## ♦ Baking Cups

White standard paper baking cups. 500 ct. sleeve #1646.....\$7.99

## ♦ Mini Baking Cups

Use for candy, mini muffins, nut cups, fudge, chocolates, crafts. 500 ct. sleeve #2058.....\$7.99

## ♦ Texas Size Baking Cups

2 3/4" x 1 7/8" wax baking cups 500 ct. sleeve #1580.....\$15.99



## Snickerdoodle Cookie Mix

Just add water and shortening. Yield: 30 (2 1/2") cookies. 23 oz. bag #5243...\$6.99

## Ginger Molasses Cookie Mix

Just add water and shortening. Yield: 30 (2 1/2") cookies. 23 oz. bag #5299...\$6.99

## Chocolate Crinkle Cookie Mix

Just add water. Yield: 30 (2 1/2") cookies. 23 oz. bag #5244...\$6.99



## Shirley J Coconut Macaroon Cookie Mix

Bake up sweet coconut macaroons with this simple mix and just the addition of water. 26 oz. bag #2431....\$13.99





### Old Fashioned Buttermilk Pancake Mix

Tasty, old-fashioned, fluffy pancakes and waffles. Yield: 115/4" pancakes. Just add water. 4 lb. bag  
#1822....\$8.49

### Conestoga Sweet Cream Pancake & Waffle Mix

The touch of sweet cream in this professional mix makes these the best pancakes to grace the skillet. Just add water. 5 lb. bag  
#7435....\$11.99

### Log Cabin Syrup

GF 1 gal. jug  
#1590....\$12.99



Cornaby's syrups are made from an unprecedented amount of cold-pressed fruit juice so you taste the sweetness of the fruit, not the sugar.

MIXES



### NEW! Five Star Fruit Syrups

Made from cold-pressed fruit juice so you taste the fruit and not the sugar.

GF 12.5 oz. bottle

\$7.99

- ◆ #1486 Raspberry
- ◆ #1487 Strawberry
- ◆ #1488 Blueberry



### Richly Delicious Fudge Brownie Mix

Premium fudgy flavor and incomparable texture make this mix one of our most popular mixes.

72/2 x 2" brownies /4 lb. bag

#1824....\$12.99



### Professional Buttermilk Biscuit Mix

Commercial mix for tender, mildly sweet buttermilk biscuits. Yields 8 doz., 2" biscuits

5 lb. box

#2129...\$10.99



### Cinnamon Brown Sugar Honey Butter

All-natural, gourmet, real-butter treat with no added preservatives or flavors.

GF 12.4 oz. tub

#8129...\$9.19



### Raw Creamed Honey

Smooth, creamy premium raw honey. Approx. 54 svgs.

GF 40 oz. tub

#2564....\$14.49



### Professional Homestyle Cornbread Mix

Commercial mix bakes fluffy, slightly sweet cornbread with a finer grain.

5 lb. box

#2130...\$10.99





**Semi-Sweet Chocolate Baking Chips**

Highest-quality cocoa butter, unsweetened chocolate, and just the right touch of sugar.

**GF** 12 oz. bag  
#2781....\$4.99

**Milk Chocolate Chips**

Sweet baking chocolate made with the highest quality cocoa butter, whole milk powder, and vanilla extract.

**GF** 11.5 oz. bag  
#10100....\$4.99

Save even more when you buy by the case!  
Visit [alisonspantry.com](http://alisonspantry.com) to buy 12 bags and save 10%.

**Fancy Medium Pecan Pieces**

Premium pecan pieces to save you time chopping for your holiday baking.

32 oz. bag  
#2812....\$18.99

**Gluten Free 1-to-1 Baking Flour**

Use as a direct replacement for all-purpose baking flour.

**GF** 44 oz. bag  
#1277....\$9.99

**Turkey Brand Unbleached Bread Flour**

All-natural, unbromated, non-GMO flour made from local wheat.

25 lb. bag  
#2285....\$14.49

**Saf Instant Yeast**

**GF** 1 lb. Package  
#2446....\$5.99

**Mini Poly Treat Bags**

Poly .001 mil 4" x 2" x 12". 100 ct.  
#7803....\$3.99

**Bakery Bags for Dinner Rolls**

Poly .001 mil 8" x 4" x 18". 100 ct.  
#4238.....\$5.99

**Bakery Bread Bags**

Poly .001 mil bags. 15" length. 100 ct.  
#5494.....\$5.99

**Bread Bag White Twist Ties**

3 1/2", 2000 ct. box  
#2057....\$7.99

**Dough Conditioner**

Shirley J's founder, Don Smith, developed the first dough conditioner over 40 years ago and we're happy to offer his updated, superior product now that yields fantastic rise and texture in homemade breads.

16 oz. bag  
#2747....\$10.99

**Mexican Vanilla Paste**

All-natural. No additives or preservatives.

**GF** 8 oz. jar  
#6945....\$23.99

**Original Mexican Vanilla**

All-natural, smooth and rich vanilla makes baked goods shine.

◆ 8.4 oz. **GF** #6702....\$20.99  
◆ 16.7 oz. **GF** #6919....\$30.99

**Baking Cocoa, 22-24%**

Natural, high-fat premium baking cocoa perfect for cakes, cookies, and homemade hot chocolate mixes.

**GF** 5 lb. bag  
#2498....\$25.99

## Bulk Baking Ingredients

**Maple Flavoring**

**GF** 16 oz. bottle  
#5714...\$12.49

**Busy Bee American Clover Honey**

Grade A No added ingredients; 100% honey. **GF**

◆ 3 lb. jug #1148...\$16.99  
◆ 5 lb. jug #1149....\$27.99

**Golden Brown Pure Cane Sugar**

Nutty, caramel and subtle molasses flavor; moist texture.

**GF** 7 lb. bag  
#2261....\$9.99

**Powdered Pure Cane Sugar**

Very fine, with exceptionally smooth texture for frostings, glazes, and candy-making.

**GF** 7 lb. bag  
#1151 .....\$11.99

**Pure Cane Granulated Sugar**

**GF** 10 lb. bag  
#1632....\$11.99

**BIGGER SIZE**

**GF** 25 lb. Bag  
#2096....\$24.99

#1625 Durkee Vanilla Clear Imitation Flavoring **GF** 32 fl. oz. bottle ..... \$9.99  
#2847 Clabber Girl Baking Powder **GF** 5 lb. tub ..... \$13.99  
#2848 Clabber Girl Baking Soda **GF** 5 lb. tub ..... \$7.99  
#2849 Clabber Girl Cornstarch **GF** 3.5 lb. tub ..... \$6.49



## CRESTWARE

**A. Commercial Cookie Sheet (Bun Pan)**

Aluminum, 18" x 13"  
#4020....\$11.99

**B. Cover for Commercial Cookie Sheet**

(fits #4020 only)  
#3860....\$7.99

**C. Quarter Size Sheet Pan**

Aluminum, 9" x 13"  
#5957.....\$7.99

**D. Cover for Quarter Size Sheet Pan**

(fits #5957 only) 9" x 13"  
#5958.....\$6.99

## BAKER'S MARK

**E. Eighth Size Sheet Pan**

Aluminum, 6.5" x 9.5"  
#2601....\$6.99

Cookie Sheets and Covers should be washed by hand.

**F. Cooling Rack**

Stainless, fits commercial cookie sheet. One is never enough!  
12" x 17"  
#1145....\$6.99

**G. Silicone Baking Mat**

Reusable, nonstick silicone mat fits in our Commercial Cookie Sheet (#4020) and prevents sticking and burning of your baked goods.  
16.5" x 11.75". Withstands up to 600°.  
#8436.....\$14.99

**H. Commercial Parchment Paper**

Silicone grease-proof pan liners to line baking sheets, separate foods for freezing, line cake pans, etc.  
12" x 16" 100 sheets  
#1153....\$9.99

**I. Cookie Scoop**

Measure consistent scoops of dough for perfectly portioned cookies every time.  
#3838....\$8.99

**J. Flexible Cutting Mats, 6 pk**

6 ct. 15" x 12"  
#3840....\$13.99



★★★★★

"I wanted to let you know how much I like the large Cookie Sheet (#4020) and the Covers (#3860). The pans heat evenly and clean up so nice! I use the sheets with covers to transport items when I take things for family or friend get-togethers. They carry a couple of pies, or two or three small shallow baking dishes."

Deb Steffa

**Vegalene® Pan and Grill Spray**

This all-natural, zero trans-fat product prevents food from sticking to cooking utensils and dishes.

GF 21 oz. can  
#1212....\$8.99

**Vegalene Grid Iron Release Spray**

Achieves a smooth, fast release for waffles (3-5 waffles per spray).

GF 14 oz. can  
#1575....\$7.49

**Buttery Delite®**

Spritz on rich, buttery flavor without the fat and calories. Perfect for veggies and breads.

GF 17 oz. can  
#1576....\$8.49

# Vegalene

**Food Film w/Cutter**

Commercial grade plastic wrap in an economical foodservice pack. 12" X 2000' Each  
#6127....\$22.99

**Ziploc Sandwich Bags**

6-1/2" x 5-7/8"  
4/145 ct. Boxes (580 ct. Bags)  
#2769....\$21.99 | .15 per bag

**Ziploc Bags Variety Pack**

Multi-purpose pack of resealable plastic bags; 125-Sandwich, 120-Snack, 52-Gallon Storage, 50-Quart Storage bags.  
347 ct. box  
#1978....\$22.99  
Just .07 per bag!

**Heavy-Weight 2-Gallon Seal Top Freezer Bags**

Thick bags to seal in freshness and protect from freezer burn. 13" x 15" 100 ct. pack  
#2820....\$29.99  
.30 per bag

**Ziploc Smart Zip Gallon Freezer Bags**

Double zipper freezer bags.  
10 9/16" x 10 3/4" 152 ct. box  
#1979....\$23.99  
.16 per bag

**Deli Containers with Lids**

Our Deli Containers make it easy to pack leftovers, salads, cookies, and more.  
50 ct.

• 8 oz. #2258....\$10.99

• 16 oz. #6476....\$12.99

• 32 oz. #6477....\$14.99







**Seneca Original Apple Chips**  
Choice, orchard-grown Washington State apples carefully selected and delicately sweetened and crisped.  
GF 24/7 oz. bags  
#2810....\$14.99



**Double Eagle Silver Dollar Jerky**  
2 1/2" round jerky. 15 oz. of meat.  
80 ct. jar...\$20.99  
♦ #4694 Peppered  
♦ #4695 Teriyaki  
♦ #4693 Old Fashioned



Product may be temporarily out of stock due to production challenges.



**Kellogg's Rice Krispies Treats Minis**  
The original crispy marshmallow treats in a cute mini size.  
50 ct. box  
#5378....\$14.49 | .29 each



**Lay's Classic Chips Variety Pack**  
Frito Lay's bestsellers all in one box: 12-Doritos Nacho Cheese, 12-Cheetos Crunchy, 8-Lay's Classic, 7-Fritos Original, 7-Doritos Cool Ranch, 4-Lay's Sour Cream & Onion, 4-Lay's Barbecue  
1 oz. / 54 ct. box  
#4018.... 24.99 | .46 each



**Cookie and Snack Variety Pack**  
Perfect lunchbox portions of your favorite snacks! 9-Mini Chips Ahoy, 8-Nutter Butter Bites, 8-Ritz Bits Peanut Butter, 8-Ritz Bits Cheese, 9-Mini Oreos.  
1 oz. bags / 40 ct. box  
#1257...\$17.99



**Kellogg's Cereal Jumbo Assortment Pack**  
3 - Apple Jacks, 3 - Corn Pops, 3 - Rice Krispies, 6 - Froot Loops, 6 - Mini Wheats, 9 - Frosted Flakes  
30 ct. Mini Boxes / 1.05 oz.  
#2713....\$17.99 | .60 each



**Cookie & Cracker Variety Pack**  
Kid-pleasing pack includes: 12-Cheez-It Crackers, 12 Fudge Stripe Cookies, 9 Scooby Doo! Graham Crackers, 12-Chips Deluxe Mini Cookies  
45 ct. box  
#4019....\$17.99



**Pretzel Snaps**  
46 oz. tub  
#2319.... \$10.99

**Gourmet Hunter Mix**  
Flavorful crunchy mix of sesame sticks, peanuts, sunflower kernels, almonds, cashews, and pepitas all seasoned with a special blend of spices.  
23 oz. jar  
#2408....\$10.99



**Berries 'N Cherries Fruit Snacks**  
Fruit puree is the first ingredient. 100% DV of Vitamin C.  
GF 9 oz. / 40 ct. box  
#1288....\$10.49  
Just 26¢ each!



**Mott's Unsweetened Applesauce Pouches**  
Snack & go portable pouches with no added sugar.  
GF 3.2 oz. / 12 ct. Pouches  
#2544....\$11.49 | .96 each



**Goldfish® Cheddar Snack Crackers**  
One of America's favorite snacks.  
31 oz. box  
#3097....\$11.99



**Goldfish Giant Cinnamon Grahams**  
Each pack has 2 large cinnamon graham Goldfish. Fun to dunk in milk, or use to scoop applesauce or yogurt.  
.9 oz. / 50 ct.  
#1765....\$12.99  
Just .26 each!



**Super Hero Trail Mix**  
Roasted peanuts, butter toffee peanuts, Boston baked peanuts, chocolate coated peanuts, yogurt coated raisins, and candy-coated chocolate candies.  
16 oz. tub  
#1163....\$7.99



**Nut Berry Trail Mix**  
Dried Cranberries, R&S Almonds and Cashews, Pecans and dried cherries.  
14 oz. tub  
#2076....\$7.99





## Chocolate Fruit Basket

Tender chewy dried cranberries, apples, blueberries, cherries, and apricots covered in luscious milk & white chocolate.

16 oz. tub  
#2044....\$9.99



★★★★★

"Oh my goodness these are chewy, sweet, and chocolately. It's like opening a box of chocolates. Love the chocolate covered cherries. Buying again!!"

Stephanie Reed-Tippets,  
Vernal, UT

## Milk Chocolate Almonds

Roasted almonds covered in rich milk chocolate.

GF 3 lb. jar  
#1619....\$20.49



## Macadamia Clusters with Salted Caramel and Milk Chocolate

Crisp macadamia nuts smothered in buttery salted caramel then enrobed in rich milk chocolate. Our AP staff is addicted to them!

GF 32 oz. tub  
#2660....\$25.99



## Chocolate Cinnamon Bears

GF 2.65 lb. bag  
#1290....\$13.99



## Cinnamon Bears

Childhood favorite chewy hot cinnamon bears.

GF 16 oz. tub  
#1172....\$6.49



## Alpine Mints

Creamy mint round candy balls with a rich dark chocolate middle wrapped in a fine candy coating.

16 oz. tub  
#2035....\$9.99



## Dried Cranberries

GF 14 oz. tub  
#9205....\$7.49



## Dark Chocolate Espresso Beans

Buzzy espresso beans enrobed in rich dark chocolate.

16 oz. tub  
#2525....\$11.99



## Dark Chocolate Cranberries

16 oz. tub  
#2038....\$8.99



## Milk Chocolate Cashews

Fresh, crunchy cashews enrobed in creamy milk chocolate.

16 oz. tub  
#2036....\$9.99



## Butter Toffee Cashews

Crunchy cashews coated in a buttery toffee glaze.

16 oz. tub  
#2043....\$10.49



## Butter Toffee Almonds

Crisp almonds coated in a sweet and buttery shell.

16 oz. tub  
#2041....\$8.99



## Salted Caramel Pecans

Premium pecan halves that are drenched in a rich butter toffee and sprinkled with the perfect amount of sea salt.

GF 12/1.5 oz. pouches  
#2556....\$18.99  
\$1.58 each



## Cashews, Roasted & Salted

GF 14 oz. tub  
#9117....\$14.99



## Deluxe Mixed Nuts

Roasted and salted almonds, cashews, pecans, Brazil and hazel nuts.

GF 14 oz. tub  
#9121....\$13.99



## HARIBO

## Gummi Bears Family Pack

3 lb. bag  
#5009....\$10.99



## Vanilla Yogurt Pretzels

9 oz. tub  
#2716....\$4.99



## Swedish Fish Mini

Family size bag of soft, chewy fishes in a new mini size.

GF 1.8 lb. bag  
#2263....\$7.49





# Shelf-Stable Dairy Products



## U.H.T. (Ultra High Temperature) Shelf-Stable 2% Milk

Real, delicious Grade A milk that has all the vitamins and nutrition of conventional pasteurized milk and is ready to use. Stays fresh without refrigeration until the sealed package is opened (approx. 12 months). No preservatives added.

GF 27/8 oz. cartons  
\$17.99 | Just .67 each!

A. #1710 White Milk

B. #1708 Strawberry Milk

C. #1709 Root Beer Milk

D. #2805 Cookies & Cream

E. #1707 Chocolate Milk

★★★★★

"If I didn't know these were shelf stable I would have no idea! They are so creamy and delicious and perfect for on the go. Love that they can be stored in the pantry instead of taking up so much cold space."

Victoria Reinart,  
WaKeeney, KS



## Cappuccino

Rich, comforting cappuccino that's terrific hot or cold, or enjoyed as a coffee creamer.

GF 2 lb. bag  
(45/8 oz. svgs.)....\$8.99

- ◆ #1326 French Vanilla
- ◆ #1330 English Toffee
- ◆ #1328 Mocha
- ◆ #1329 White Chocolate Caramel



## Caramel Stroopwafels

Soft, toasted waffle wafers filled with gooey caramel, cinnamon, and real bourbon vanilla. Delicious served with your favorite warm beverage or straight from the box. Imported from Holland. No artificial colors or flavors. 1W.

1.38 oz. / 24 ct.  
#1809....\$18.99 | .79 each



## Nonni's Biscotti Cioccolati

Made with real eggs, butter, California almonds and gourmet bittersweet chocolate, these biscotti are light, crunchy, and delicately sweet!

1.33 oz. each / 25 ct. Tub  
#2738....\$17.99 | Just .72 each!



## V8 Splash

Refreshing combinations of natural fruit flavors with a 5% carrot juice blend for a deliciously sweet taste.

GF 12/16 oz. bottles

◆#1717 Tropical Blend....\$19.99  
Just .10 per oz.!

Juicy apples, pineapples, kiwis, limes, and mango paired with carrot juice.



◆#1716 Berry Blend....\$18.99  
Just .09 per oz.!

The sweetness of apples, cherries, strawberries, red raspberries, and blackberries with carrot juice.

## Sunny D Tangy Original Citrus Punch

The refreshing orange drink with 100% Vitamin C and a convenient reclosable sport cap bottle.

11.3 oz. / 30 ct. case  
#2924....\$26.49  
.89 each  
Bigger bottles!  
Bigger case!



## True Lemon Crystallized Lemon Packets

Each packet equals one lemon wedge. Adds natural flavor with zero calories to water, recipes, yogurt, or sprinkled over salmon. No artificial sweeteners, flavors, or colors. Allergen free.

GF 100 ct. box  
#1689....\$8.49



Keto Friendly

**Almond Milk**  
No cholesterol or saturated fat, and is free of dairy, soy, lactose, gluten, casein, egg and MSG. Non-GMO.

**Unsweetened Vanilla Almond Milk**  
GF 6/1 qt. case  
#1457...\$19.99



## Nesquik Chocolate Powder

45% less sugar than the leading syrup brand. Provides calcium and 7 essential vitamins and minerals.

44.9 oz. container  
#2262....\$11.99 | Just .14 per svg.!



## Country Time Lemonade Flavored Drink Mix

No artificial sweeteners or flavors. Good source of Vitamin C. Yield 34 qts.

GF 82.5 oz tub  
#2536 ...\$14.99 | Just .31 per qt.!





# CLUB STORE DIRECT

Alison's Pantry has partnered to bring this selection of Kirkland premium club store products to rural areas.  
**Better quality and larger pack sizes, still at a great value for families!**



## Italian Sausage & Beef Lasagna

Made with 100% USDA Choice ground chuck, vine-ripened tomatoes, whole milk ricotta and mozzarella. No preservatives added. Convenient twin-pack. Each tray feeds 6. Frozen.  
2/48 oz. trays  
#1279...\$23.99



## Bacon Crumbles

100% real bacon. High-quality, fresh pork is slowly smoked over all-natural hardwood chips then crumbled for easy use.  
GF 20 oz. bag  
#1241...\$16.99

Keto Friendly



## Boneless, Skinless Chicken Thighs

Grade A, all natural chicken thighs with no added hormones or steroids. Ice glazed and individually frozen. Ready to cook from frozen.  
GF 6.5 lb. bag  
#1317...\$24.99

Keto Friendly



## Soft & Chewy Granola Bars, Chocolate Chip

Made with real semi-sweet chocolate chips and whole rolled oats.  
.85 oz. bars / 64 ct. box  
#1138...\$14.99



## Trail Mix Snack Packs

Blend of peanuts, M&M's Milk Chocolate Pieces, raisins, almonds and cashews in convenient snack packs.  
GF 2 oz. / 28 ct. box  
#4005...\$25.99 | .93 each

## Microwave Popcorn, Movie Theater Butter

100% whole grain, non-GMO popcorn; perfectly coated in movie theater butter.  
GF 3.3 oz. / 44 ct. box  
#1821...\$18.99 | .43 each



## Walnut Halves & Pieces

Approx. 12 cups of U.S. #1 walnuts for baking and snacking.  
GF 3 lb. bag  
#1293...\$22.99

Keto Friendly



## Whole Almonds

Approx. 9 cups of supreme #1 U.S. raw almonds.  
GF 3 lb. bag  
#1294...\$21.49

Keto Friendly



## Fancy Pecan Halves

U.S. #1 beautiful pecan halves for recipes and snacks.  
GF 2 lb. bag  
#1292...\$23.99

Keto Friendly



## Minced Garlic

Grown, harvested, processed and packed in California. Packed in water; recipe ready!  
GF 48 oz. jar  
#1289...\$8.99

Keto Friendly



## Foodservice Aluminum Foil

12" x 1000' roll (1,000 sq ft)  
#1963...\$39.99



## Flex-Tech Kitchen Trash Bags

13 gal. bags / 200 ct. box  
#2777...\$28.99



## Salted Sweet Cream Butter

GF 4/1 lb. case  
#1723...\$15.99

Keto Friendly





CUSTOM CULINARY PRODUCTS ARE THE SAME BASES AND GRAVIES USED BY CHEFS.

### Granular Flavored Bases

An economical granular meat base. Use in rice or pasta cooking water for extra flavor. 0 trans fat.

**GF** 16 oz. jar, yield: 5 gallons....\$6.99

◆ #1040 Chicken

◆ #1041 Beef

### Real 'Meat First' Bases

Professional chef quality. No MSG added. 0 trans fat

**GF** 16 oz. jar, yield: 5 gallons

◆ #1038 Chicken....\$8.99

◆ #1039 Beef....\$9.99



### Au Jus Base

**GF** 16 oz. yield: 3 gal

#2061.....\$8.99

### PanRoast Gravy Mixes

Real pan drippings and select seasonings create rich, savory gravies.

Just add water.

68-2 oz. servings when prepared.

12 oz. bag

◆ #1254 Turkey Gravy Mix....\$8.99

◆ #2131 Pork Gravy Mix....\$7.99

◆ #1253 Chicken Gravy Mix....\$7.99

◆ #1255 Country Gravy Mix....\$7.99

◆ #1252 Brown Gravy Mix....\$6.99

◆ #3586 Beef Gravy Mix....\$6.99

### Peppered Biscuit

### Gravy Mix

20 oz. bag/72-2 oz. svgs.

#1525.....\$6.99



★★★★★

"I love this stuff! So much better than broth or bouillon. It lasts forever too!"

**Sandra Howell,**  
Vernal, UT

### Baby Reds Flavored Mashed Potatoes

Premium Russet and red real Idaho potatoes with skins. Just add water.

Approx. 40 svgs.

**GF** 32.85 oz. bag

#1390....\$11.99



### Premium Homestyle Mashed Potatoes

Made with 100% real Idaho potatoes, milk, and seasonings for creamy comforting flavor. Just add water. Approx. 52 svgs. per bag.

**GF** 28 oz. bag

#1391....\$10.99



### Fresh Cut Hash Browns

Dehydrated fresh Idaho potato shreds. 12 month shelf life. Just add water.

Yield 72 ½ cup servings.

**GF** 2.125 lb. carton

#1392....\$13.99



### Excel Original Potato Pearls Butter Mashed Potatoes

Extra butter flavor classic mashed potatoes.

Just add water. 34 servings per bag.

**GF** 28 oz. bag

#4744....\$9.49



### 10" Spaghetti Noodles

10 lb. bag

#1331....\$16.99



### Elbow Macaroni Noodles

10 lb. bag

#1332....\$16.99



### Extra Wide Egg Noodles

5 lb. bag

#2479....\$12.99



## Bulk Pudding & Topping Mixes

◆ #1952 Dream Whip Topping Mix, **GF** 10.8 oz. bag.....\$7.49

◆ #1913 Jell-O Instant Chocolate Pudding & Pie Filling, **GF** 28 oz. bag.....\$8.99

◆ #1914 Jell-O Instant Vanilla Pudding & Pie Filling, **GF** 28 oz. bag.....\$8.99





**Germade Cereal**  
Ultra-smooth and creamy wheat cereal.  
3 lb. bag....\$8.49

- ◆ #4451 Maple Brown Sugar
- ◆ #4452 Strawberries & Cream
- ◆ #4453 Plain

★★★★★

"Simple easy and delicious.  
Kiddos love this. Will  
definitely order more."

**Caitlin Glover,  
Stratton, CO**



**SHIRLEY'S**

### Timeless Grains Cereal

A proprietary, hearty hot cereal that includes 13 all natural ingredients, including oats, dried cranberries, brown rice farina, amaranth and flax--each one selected for a distinct health benefit.  
32 oz. bag  
#2749....\$13.99

## Honeyville

- ◆ #1067 Quick Rolled Oats, 25 lb. bag.....\$19.99
- ◆ #1068 Regular Rolled Oats, 25 lb. bag.....\$19.99



## Other Containers

- #1231 Six-gallon bucket ..... \$14.99
- #4434 Clear Square 1/2 gallon Jar W/Lid (6 Per Order) ..... \$9.99
- Twister Lids (Fit 5 & 6 gallon buckets) ..... \$8.99 each
- ◆ #2575 Red
- ◆ #2576 Blue

The Twister Lid is a heavy-duty ring with a rotating center lid that seals tight or spins to open--much easier than prying off standard bucket lids!

### 5 Gallon Plastic Bucket with E-Z Open Lid

Made with BPA-free food-grade plastic. Comes with a lid that has an internal gasket for an airtight seal. Holds about 37.5 lbs.  
#7078.....\$14.99

### 2 Gallon Opaque White Plastic Bucket with White Gamma lid

2 gallon bucket will hold approximately 15 lb. of dense product. Gamma lid gives an easy airtight seal.  
#4779.....\$9.99



### Cambro Translucent Round Containers

Stackable, professional-grade, BPA-free containers with red gradations and lids. Made of chemical- and stain-resistant translucent polypropylene.

- ◆ #2751 2-Quart Size, Set of 3....\$21.99
- ◆ #2752 6-Quart Size, Set of 2....\$18.99



### Sona 4 Wick 48 Hour Survival Candle

Perfect for emergencies, camping, backpacking, hunting, and disaster preparedness. Made from palm and soy wax. Use as a light source, or to warm up to 1 lb. of food.  
#1094....\$8.49

Save 20% when you buy by the case of 12 at [alisonspantry.com](http://alisonspantry.com).

### Emergency Sleeping Bag

The same mylar material as the emergency blanket, shaped into a sleeping bag to prevent heat loss even more efficiently. Retains 80% of body heat. Wind and waterproof. 84" x 36"  
#7403.....\$3.99



### Glass Cleaner

Dissolves dirt, grease, grit, and grime. Ammonia-free with a clean fresh fragrance. 23 oz. can  
#1342.....\$4.49



### Puricit®

### Puricit® Citrus Air Freshener

Eliminate the lingering odors of grease, fish, and even cigarette smoke! We use this product in all the bathrooms here at Alison's Pantry. 6 oz. can  
#1579.....\$5.99



### 7-IN-1 Survivor Series Camping Tool

High-quality multifunctional camping tool is entirely constructed of stainless steel for long-lasting durability. The tool can detach into two separate units so the eating utensils may be used simultaneously as needed, and easily snaps back together for compact storage and organization.

- (1) Spoon
- (2) Can Opener
- (3) Bottle Opener
- (4) Cork Screw
- (5) 4 Prong Fork
- (6) 2-3/4" Clip-Point Saber-Grind Knife
- (7) Tent Reamer
- Nylon Pouch with Belt Loop Included
- #1446....\$5.99



### 5-in-1 Survival Whistle with Lanyard

A staple for 72-hour kits, hunting, backpacking, and emergencies. 4 1/2". Functions Include:  
(1) Safety Whistle  
(2) Liquid Filled Compass  
(3) Signaling Mirror  
(4) Water-resistant Storage Container  
(5) Fire Starter Flint  
#1452....\$3.49





# Plan a restaurant meal at home!



Alison's  
Pantry

580 W. State Street  
Pleasant Grove, UT 84062  
www.alisonspantry.com



## USDA Choice Seasoned Flat Iron Steaks

See page 14.

**GF** 12/6 oz. steaks  
#6044....\$74.99

Keto Friendly

AP Bestseller



## Gold Pack Fantail Shrimp

See page 17.

2.5 lb. box  
#1061....Reg. \$29.99 | Sale \$27.99

SAVE  
\$200



## Mediterranean Style Chicken Breast Skewers

See page 12.

**GF** 18/2.5 oz. skewers  
#1801....Reg. \$35.99  
Sale \$33.99 | \$1.89 per skewer

SAVE  
\$200

Keto Friendly



## All-Natural Peppered Bacon Wrapped Pork Fillets

See page 8.

**GF** 3/approx. 6-7 oz. fillets  
#2681....\$11.99

Keto Friendly



## Homestyle Breaded Chicken Tenderloins

See page 12.

2-3 oz. size. 2/5 lb. bags, 10 lb. case  
#6219...\$45.99 | \$4.60 per lb.



## Smoke Craft Pulled Pork in BBQ Sauce

See page 9.

**GF** 5 lb. bag  
#2108....Reg. \$30.99  
Sale \$28.99

SAVE  
\$200



## Pork & Vegetable Egg Rolls

See page 21.

12/3 oz. box  
#4082....\$12.99