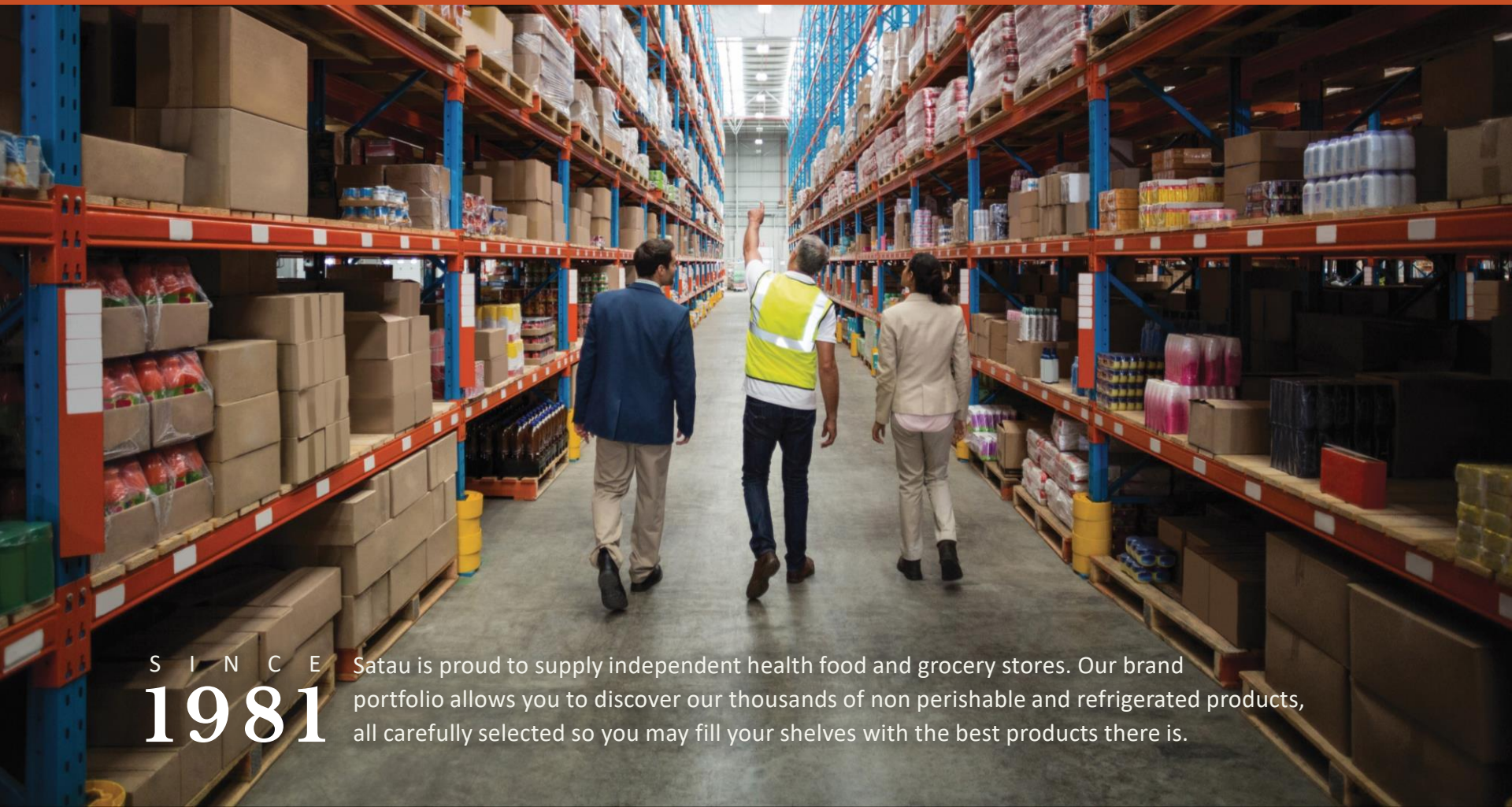


# SATAU

## BRAND PORTFOLIO

QUEBEC | OTTAWA | MARITIMES



S I N C E  
**1981**

Satau is proud to supply independent health food and grocery stores. Our brand portfolio allows you to discover our thousands of non perishable and refrigerated products, all carefully selected so you may fill your shelves with the best products there is.

# SATAU

# Quality Organic & Natural Products



# SATAU

# Quality Organic & Natural Products



LAIKI



LARABAR



lightlife

live.



LOVE CHILD organics

LULUBELLE & Co



MADE GOOD



MARY'S ORGANIC

mate libre

MID-DAY SQUARES

MONTE BENE



NAKED NATURAL FOODS



NATUREA BIODEGRADABLE

NATURE'S BAKERY



NATURONEY

NUMI

NÜTRINUGGET



Organico Bello



ROMR Organic

RXBAR

RYVITA



SALT SPRING COFFEE



SAPSUCKER



Say When

SCOUT



sesame snaps



Simply Delish

simply Organic

SimplyProtein



SMART SWEETS



sproutalicious

STASH



STEPHANO'S



Tastell

TERRA chips



Tilda



VIGEAN

Whisps CHEESE CRISPS

Wholesome! LIVE SWEETLY

yogourmet

yumi ORGANICS







# A+ Superfruit

## Cold-Pressed Juices • Fruity Maple Water

A+ Superfruit offers you all-natural beverages made only from fruits and organic maple water, using a unique and innovative process which keeps intact the fruits' natural properties. Therefore, each bottle contains only what matters: the fruit and its properties. No sugar, concentrate or preservatives is added, so you may discover the full potential of fruits!



SATAU

FRESH







# AgroFusion

**Whole Grains & Seeds • Beans • Quinoa • Rice**

Since 2003, AgroFusion makes a point of putting on the market products that are healthy, unprocessed and available to all in reaction to the growing processing of food in North America. A family business based in Montreal, AgroFusion stands out from the competition thanks to its rigorous quality standards as well as its ethical and responsible practices.



**SATAU**

GROCERY





# Alce Nero

## Organic Products imported from Italy

Alce Nero is an Italian company that has been cultivating and producing organic food since 1978. Today, Alce Nero is more than 1,000 organic farmers in Italy and 14,000 worldwide who are all actively involved in producing good food as a result of farming practices that respect the earth and its natural fertility. Our products provide the right nourishment and includes a list of clean ingredients for genuine quality and taste.



SATAU

GROCERY





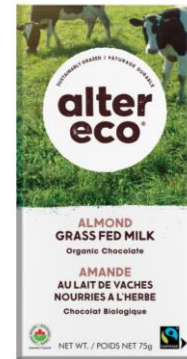
# Alter Eco



SATAU  
GROCERY

## Chocolate Bars • Sweet Snacks • Truffles

Alter Eco is based on the premise that food is fundamental to life – and whole, healthy, delicious food can make life better for people all over the world. By working directly with the small-scale farmers who grow our quinoa, rice, sugar and cacao, helping them institute Fair Trade and Organic practices and assisting them in improving both quality of food and quality of life, we're creating a system that benefits everyone involved.







# Amano



## SATAU

GROCERY

### Asian Sauces & Pastes • Soy Sauces & Tamaris

Since 1939, the Amano family name has stood for quality in naturally brewed, locally produced Japanese foods products. Drawing on three generations of Japanese brewing traditions, Amano Food's products are carefully barrel aged up to a year, resulting in a superior traditional finish.





# Anita's



## SATAU

GROCERY

### Breakfast Cereals • Flours • Oatmeal • Baking Mixes

A Canadian company based in British Columbia, Anita's work with local framers to obtain the cleanest, freshest organic whole grains possible. Milled in small batches, every day, using a slow and traditional process, the grains remain packed with nutrients, just as nature intended. This care and attention to detail is for a purpose. Not only does our grains, flours, and mixes taste better for it, but they perform better in your kitchen.





# Annie's Homegrown



SATAU

GROCERY

Cookies • Candies • Cereals • Crackers • Pasta Meal

Annie's mission is to cultivate a healthier and happier world by spreading goodness through nourishing foods, honest words and conduct that is considerate and forever kind to the planet. We also make it our responsibility to take on important issues—such as supporting organic practices and honest labeling – so you can be sure that the products you buy from Annie's are as authentic as possible.





# ARIEL

## Ariel

### Non-alcoholic wine

Since the first commercial production in 1985, ARIEL has gained recognition from the world's leading wine critics and connoisseurs. Moreover, the company's heart-felt commitment to nurture and protect the environment is also reflected in each bottle of ARIEL non-alcoholic wine which is produced according to sustainable practices such as using solar power, implementing water conservation programs, composting and reducing chemical use.

## SATAU

GROCERY





# Artesian Acres



SATAU

GROCERY

## Kamut Pasta

Artesian Acres brings you organic Kamut pasta which contains 30% more protein, more vitamins, minerals and amino acids than conventional wheat. In addition to being a great, nutritious food, Kamut pasta has a nutty, buttery taste and texture that are truly delicious. This is a treat and a super-affordable luxury to fuel active people and families for whatever they want to do!





# Barbara's



SATAU

GROCERY

## Cereals • Cheese Puffs

A pioneer in the natural foods movement, Barbara's was founded in 1971 by a 17-year-old girl who was passionate about creating great-tasting food from simple, wholesome ingredients. Since then, our product offerings have grown to include cereals, cookies and cheese puffs, but we continue to fulfil Barbara's commitment to provide optimal nutrition and taste by choosing delicious, honest, high-quality ingredients.







## Bee Kind

### Beeswax Food Wraps

Bee Kind is a Canadian, female-owned small business founded in 2017 with the goal of protecting the oceans from plastic pollution. We aim to bring you incredibly beautiful and useful zero-waste products that don't break the bank! Each beeswax wrap design is hand-painted and handmade, and staying true to our ethos, we are proud to give back a portion of our profits to a variety of marine conservation initiatives.



SATAU

GROCERY





# Benjamissimo

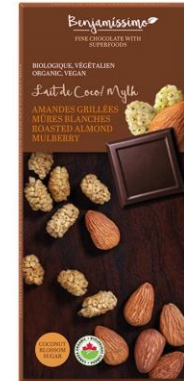
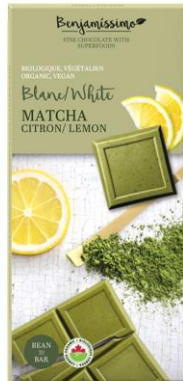
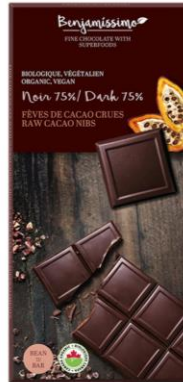


## SATAU

GROCERY

### Chocolate Bars

At Benjamissimo, our mission is to create the most wholesome and delicious chocolate-superfood. Our artisan chocolates are made with the finest Fairtrade cocoa beans sourced from family farms in Nicaragua. Our chocolate bars are vegan, organic and contain various superfoods to add some healthy nutrients to your diet and to delight your taste buds with unique, exciting flavours.





# Bev Lo-No

## Non-Alcoholic Beers, Spirits & Wines

Our team here at Satau is proud to offer you the non-alcoholic beverages from Bev Lo-no. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.

SATAU

GROCERY







# Big Mountain Foods



SATAU

FRESH

## Simulated Meat Products

Big Mountain Foods has been proudly family-owned since 1987. Our mission is to make food that we would proudly serve our own family. In other words, real food that tastes good. Food with no additives, no substitutes, and no names that you cannot pronounce. That is, unless your mouth is full which we guarantee it will be once you make a meal of our veggie patties, veggie links, bites and crumbles.



## Organic Cleaning Products

BioClean is a Canadian company that develops and manufactures organic cleaning products that are safe for both your family and your home. No mess or stain can resist to the great power of BioClean's enzymatic technology. Natural, biodegradable and free of VOCs, BioClean products allow you to go green without compromising on effectiveness.





# Blue Diamond

SG KS SATAU  
GROCERY

## Almond Beverages • Crackers

The people at Blue Diamond has spent 100 years getting to know almonds and we take great pride in bringing you the pick of the crop. The almonds that go into our beverages and crackers come straight from our cooperative of more than 3,000 diligent almond growers who share a dedication to maintaining the highest standards of responsible growing and production.





# Caf-Lib<sup>MD</sup>

## Caf-Lib

### Coffee Substitute

Throughout history, chicory has been celebrated for its digestive virtues. From the Ancient Greeks to the Egyptians, it was used to improve health and treat many illnesses. The secret is in the fiber in chicory: it has prebiotic characteristics which stimulate the good bacteria in your intestinal flora! Caf-Lib is proud to bring you a chicory-based coffee alternative that is both natural and healthy.



SATAU

GROCERY





# Califia Farms



SATAU

GROCERY FRESH

Plant-Based Beverages • Cold Brew Coffee • Cream Substitute

Founded in 2010 by a farmer's cooperative based in the San Joaquin Valley in California, Califia Farms creates innovative, healthy and great-tasting premium beverages that make it easy for consumers to go 'plant-powered' and dairy free, without compromise. Furthermore, its manufacturing plant is eco-friendly, energy efficient and repurposes more than 90 percent of its post-production by-product.



**Whole Coffee • Ground Coffee • Hot Cocoa • Chocolate Bars**

Established in 1999, La Siembra Co-operative, owner of the Camino brand, became the first registered importers of Fairtrade Certified cocoa and sugar in North America and today works directly with 18 producer co-ops, supporting more than 36,000 family farmers in 9 countries. Since their humble beginnings, the Camino line has grown to include a full line of various organic products such as chocolate bars, hot chocolate, and coffee.





Cocoa & Chocolate • Coconut • Sugar

Cuisine Camino is a family of great tasting, high quality fair-trade and organic baking ingredients for everything from home baking to gourmet delights. Their exceptional and natural flavours will transform all your recipes, both sweet and savoury, into taste sensations.



## Seasonings • Pepper • Salt

Founded in 1994, the Cape Herb & Spice Company is based in Cape Town, a cosmopolitan city situated at the South-Western tip of Africa. Regarded as a global leader in the herb and spice industry, the Cape Herb & Spice Company is a non-discriminatory employer with enlightened human resources policies, striving to deliver the best herb and spice product ranges in the world.





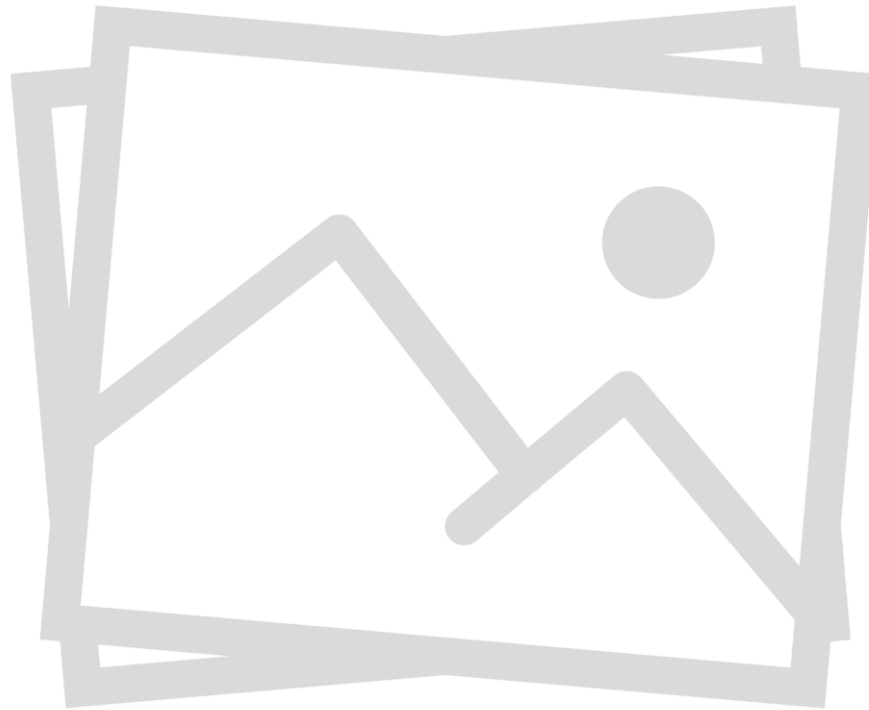
# Caro

## Coffee Substitute

Our team here at Satau is proud to offer you the Caro brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.

# SATAU

GROCERY







# Celestial Seasonings

SATAU  
GROCERY

## Tea & Herbal Tea • Wellness Herbal Tea

In 1969, a group of young entrepreneurs founded Celestial Seasonings upon the belief that their flavorful, all-natural herbal teas could help people live healthier lives. From handpicking fresh herbs from the Rocky Mountains to becoming one of the largest specialty tea manufacturers in North America, Celestial Seasonings continues to being committed to providing the highest quality, most environmentally responsible products possible.





# Cha's Organics



SATAU

GROCERY

Canned Fruits • Chai Tea • Coconut Milk • Spices • Pepper • Rice

At Cha's Organics, we believe in better business practices that support organic agriculture and fair-trade principles, so our spices and coconuts are all grown on biodiverse, small-scale family-owned organic farms. In addition to being Fair Trade from day one, Cha's Organics is also committed to protecting elephants through a partnership with the award-winning Sri Lanka Wildlife Conservation Society (SLWCS), donating 1% of all coconut milk sales.





# Chimes™

## Chimes

Candies



SATAU

GROCERY

Chimes is a family affair—from our grandparents in Indonesia who crafted the candy by hand, to the farmers and processors who have been with us for over 20 years. True to our roots, we still create our good-for-you candies with the same timeless recipe and the utmost care, combining natural ingredients for a reward with benefits you can taste and feel.





Great snacking starts with simple ingredients. No substitutions, no additives, no need to trick your tastebuds. At ChocXO, we use fine flavour cocoa beans that are naturally nutty, fruity, and less bitter than traditional beans. Less bitterness means less need for additional sugar which allows us to make great dark chocolate and offer you healthier, natural, organic products that are both simple and artisanal in nature.







# Clic

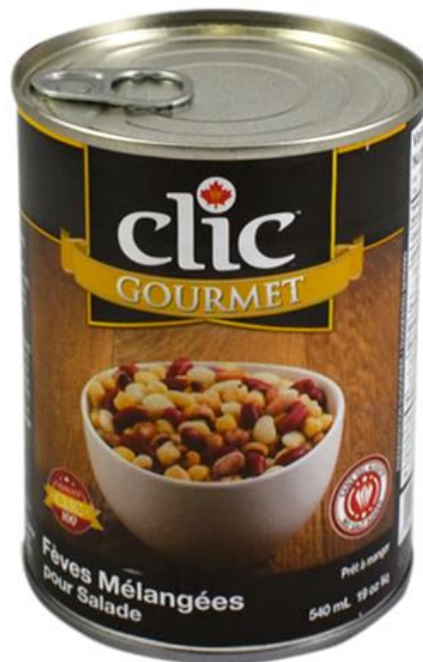
## Canned Beans

Founded in 1979, in Laval, Quebec, CLIC brings you dry and canned pulses of all kind in an effort to help cultural communities from around the world honour their culinary traditions.



# SATAU

GROCERY







# Clif

# SATAU

GROCERY

Nut Bars • Energy Bars • Nutrition Bars • Kid Bars • Protein Bars

In the early '90s, energy bars were generally unappetizing, sticky and hard-to-digest. Thinking he could make a better bar, Gary Erickson, founder of CLIF Bar, managed to do just that after months of mixing and baking. Today, CLIF Bar brings you delicious, nutritious bars while following an innovative business model guided by Five Aspirations— Sustaining our Business, Brands, People, Community and the Planet.



**Chocolate Crunch**

Cocomira makes an all natural chocolate that looks homemade and tastes decadently wonderful. We start with an all-butter toffee that we coat with the finest European chocolate. Finally, we sprinkle the top with freshly roasted nuts - like pistachio and pecan - or toppings like peppermint. Our delicious confections are free of gluten, artificial flavours or colours, and preservatives. So, it's not what we put in, it's what we leave out that make Cocomira taste so amazing.



# CR\*FT

## CRFT



# SATAU

GROCERY

### Non-Alcoholic Craft Beers

Craft beer is about great taste. That's why we brew our small batch recipes using quality ingredients to create innovative craft beers in many styles. CR\*FT builds on our history of award-winning beers, only with low alcohol, low carbs and low calories! It's not about what's been taken out. It's about our artisanal approach that blends big flavour, satisfying aromas and authentic mouthfeel into three styles of beer that you can enjoy anywhere.







# Crosby



# SATAU

GROCERY

## Molasses

In 1879, Lorenzo George Crosby opened a grocery business in the port town of Yarmouth, Nova Scotia. An enterprising youth, L.G. quickly established himself in the import/export trade industry, transporting fish and lumber to the West Indies and returning with that "liquid gold" known as fancy molasses. Today, 137 years later, the Crosby Molasses Company continues to flourish as an independently-owned family business.





# Cucina Antica



SATAU

GROCERY

## Ketchup • Pasta Sauces

Since 1998, Cucina Antica has been providing families with delicious pasta sauces made with imported Italian San Marzano tomatoes and only the freshest quality ingredients. We are also committed to giving back to those in need by donating a percentage of all our profits to deserving charities and organizations in an effort to end hunger and encourage education.





# CUISINE SOLEIL

## Cuisine Soleil

Flours • Starches • Baking Mixes

Cuisine Soleil is devoted to offer a wide range of quality gluten-free and allergen-free foods possessing the highest nutrition value. All our products are guaranteed gluten-free with less than 5 ppm, and our organic ingredients regularly undergo testing by an independent laboratory. Moreover, our products need few resources to grow, and are minimally processed.



# SATAU

GROCERY







# Dose



SATAU

FRESH

## Cold-Pressed Juices

A young and flourishing Montreal-based company, Dose offers cold-pressed and completely organic juices for active people who take their wellbeing to heart and understand the importance of natural produce. Always made with 100% raw and organic fruits and vegetables—nothing else, Dose juices are cold-pressed in order to keep all the nutrients intact, allowing your body to quickly absorb everything it needs.



**DUE VITTORIE**

# Due Vittorie

SATAU

GROCERY

**Balsamic Vinegar • Apple Cider Vinegar**

Situated in the heart of the province of Modena, Due Vittorie is a fine example of the genuine quality agricultural industry of the Emilia area. Our production methods emphasize the authenticity and quality of raw materials and gives a naturally dense product. Today, the Due Vittorie Balsamic Vinegar of Modena is recognized as a special dressing, used by top chefs from all over the world.





# Dumet

# SATAU

GROCERY

## Olives (Pouch)

Cultivated in typical regions around the Mediterranean Sea, Dumet olives are carefully selected, hand-picked and packed in pouches that are not only convenient but also environmentally friendly and sustainable. In fact, thanks to the lightweight pouches, Dumet is able to reduce CO<sub>2</sub> emissions by up to 30% during production and transportation while giving consumers the opportunity to enjoy delicious olives on-the-go.







# Earth's Best



SATAU

GROCERY

## Infant Formula

Earth's Best organic infant formulas are made with high quality protein, carbohydrates, vitamins, minerals and essential fatty acids including DHA & ARA - special nutrients found in breast milk clinically shown to be critical to baby's mental and visual development. The formulas are specially blended without the use of growth hormones, steroids, antibiotics, dangerous pesticides or chemical fertilizers.



## Citrus Juice • Coconut • Canned Products

Based in Vancouver, British Columbia, Earth's Choice works directly with organic farmers, producers and suppliers to make sure your food is sustainable and meets the highest quality standards with the lowest environmental impact. Our wide range of affordable, natural, organic and sustainable foods includes citrus juice, coconut milk as well as canned beans and seafood.









# Eco-Max



## SATAU

GROCERY

### Housekeeping • Laundry • Dishwashing

Since 1999, Prism Care Corporation, a Canadian owned and family operated company, has worked hard to develop the best performing natural, non-toxic cleaning products on the market, using plant-based, sustainable materials. Important organizations throughout the country were, and still are, having their buildings cleaned with our products and with the release of Eco-Max consumer products in 2007, you can now also safely clean your home.





# Edward & Sons

SATAU

GROCERY

Crackers • Canned Fruits • Coconut Milk • Miso • Sauces

Edward & Sons supplies innovative natural and organic vegetarian foods that are free of artificial ingredients. Guided by our motto “Convenience without Compromise”, we travel the world to taste and evaluate regional foods, to source the finest ingredients, and to partner with the most reliable farmers, packers and food artisans to create our unique range of natural and organic specialties.



# EMMA

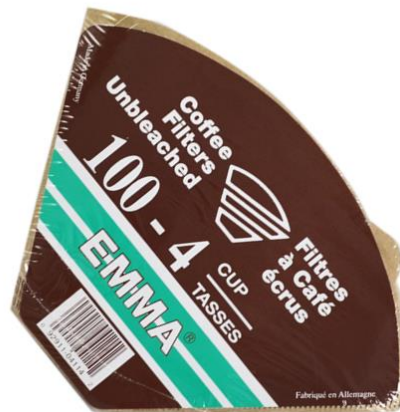
## Emma

# SATAU

## GROCERY

### Coffee Filters

Our team here at Satau is proud to offer you the Emma brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.







# Equal Exchange



SATAU

GROCERY

## Coffee • Teas & Herbal Teas

Committed to their bold and somewhat utopian vision, the three founders behind Equal Exchange started their worker-owned cooperative in an effort to foster mutually beneficial relationships between farmers and consumers. Through their success, they have proven that building trade partnerships that are economically just and environmentally sound is not only sensible but also entirely possible.





# Filsinger's



## SATAU

GROCERY

### Butters & Sauces • Apple Cider Vinegar

Located in Ayton, Ontario, Filsinger's orchard has been an organic orchard since 1953. Our soils and trees are balanced with seaweed extracts, trace minerals and compost while our apples are grown without the use of chemical herbicides and pesticides. We also take special care to make our cider, vinegar and other apple products the old-fashioned way.





## Flirt Drinks



SATAU

FRESH

### Carbonated Beverages • Lemonades

A Quebec company whose primary goal is to fight food waste, Flirt Drinks offers beverages that are low in sugar and made from unsold fresh fruit. Discover their delicious, fermented sodas that are loaded with good bacteria and organic acids, or their refreshing sparkling lemonades made with freshly picked herbs. If you believe in the circular economy, Flirt Drinks is definitely for you!







# Fody



## SATAU

GROCERY

### Ketchup • Marinades • Salsa • BBQ & Pasta Sauces

FODMAPs are short-chain carbohydrates that travel through the gastrointestinal tract and, instead of being properly digested, cause uncomfortable symptoms in susceptible individuals. Since they are found in commonly eaten foods such as pasta, onions and milk it can be hard to avoid them. At Fody, we create healthy and delicious food products that are big on taste and lows FODMAPs so you can live life to the fullest!





# Fous de L'île



SATAU

FRESH

## Kombucha

Founded in 2015 in Montreal, Fous de L'île offers a variety of organic fermented beverages, now available in convenient, recyclable aluminum cans. Crafted with care using a meticulous two-stage fermentation method to infuse every bottle with the phenomenal flavour and fantastic fizz that we strive for, Fous de L'île kombucha is made from tea and carefully sourced organic ingredients to achieve the subtle, complex flavours we love.



## Spices • Pepper

Frontier Co-op has been a member-owned cooperative supporting natural living since 1976. We care deeply about our effect on the world, and we are committed to helping the communities where our products are produced. We also feel organic agriculture is crucial to a safe and sustainable international food supply and that the basic values of organic agriculture — concern for people and the environment — are key to the well being of us all.







# G.H. Cretors

**SG KS** **SATAU**  
GROCERY

## Popcorn

Since 1885, G.H. Cretors has been creating handcrafted, gourmet popcorn one mouth-watering batch at a time. We strive to provide the most authentic popped corn we can by using only the highest- quality, real ingredients. Popcorn is naturally gluten-free, and we are committed to keeping it that way. We do not process gluten in our facility, and all of our products are certified gluten-free.





# GimMe



# SATAU

## GROCERY

### Seaweed Snacks

Offering the broadest range of minerals of any food on the planet, seaweed contains 10-20 times the mineral concentration of land plants in addition to being high in protein and fiber. That being said, organic seaweed can be hard to find. Thanks to the protected nature of the water where we grow our seaweed and the fact that no chemicals or pesticides are used, GimMe roasted seaweed snacks are certified organic.



## Ginger Products

For 30 years, The Ginger People have dedicated themselves to promoting the virtues of ginger. We take great pride in sourcing from the premier growing regions of the world and crafting the most innovative ginger products. Family owned and operated, The Ginger People is the world's most award-winning ginger brand and America's leading supplier of all natural and organic ginger products.





## Broth Bases • Soup Bases • Sauce Mixes

Our team here at Satau is proud to offer you the Les Glutineries brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.





# Gobio



## SATAU

GROCERY

**Candies • Broth • Broth Powder • Cooking Products**

At GoBIO , we take pride in offering you only the highest quality organic and mostly gluten-free products. We are constantly searching for new exciting organic products to add to our already extensive line of products which includes bouillon cubes, gelatine, desserts and much more.





# Gold Mine

SATAU

GROCERY

## Flours • Kelp Noodles

Out of a dream for “right livelihood” and a desire to spread the word about the healing powers of good food, Gold Mine was started in 1985. By distributing traditional macrobiotic foods and hard-to-find organic, heirloom quality grains, beans, and seeds, we developed a network of friends and local businesses that were eager to obtain these high quality products. Today, many and Gold Mine products are available in stores around the country.







# GoMacro



## SATAU

GROCERY

### Protein Bars

At GoMacro, we create high-quality products from simple, sustainably grown ingredients. We believe that natural food that is closer to the earth and less processed is healthier for the body and soul, which is why we only work with suppliers who meet our high standards for taste, certifications, and environmental stewardship. Our nutritious and delicious snacks help you feel your best while fuelling positive change for the planet.



# GOODTO GO

# Goodto Go

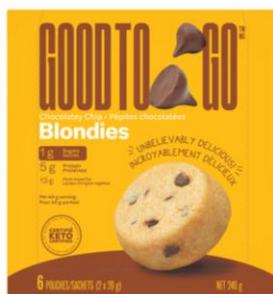


# SATAU

## GROCERY

### Snack Bars • Savoury Snacks

GOODTO GO knows sticking to a Keto diet requires discipline and meal planning. So, when an energy slump strikes in the middle of a hectic day, you want a Keto-friendly snack that takes zero effort. GOODTO GO uses real, organic ingredients like coconut, cinnamon, and raspberries to make the tastiest low net carbs bars. With a whopping 13 g of plant-based fat and just a hint of sugar, they'll bust any size craving.





# Green Table Foods



SATAU

FRESH

## Fermented Condiments & Vegetables • Kimchi • Sauerkraut

Green Table Foods is a family-owned business in Guelph Ontario and Canada's premier formulator and manufacturer of certified organic living foods. Wishing to honour the great fermentation traditions of the world, we have been making, since 2005, nutritious, lacto-fermented vegetable foods with certified organic, farm direct ingredients, one small batch at a time.







# GT's Living Foods



SATAU

FRESH

## Kombucha • Iced Teas

A family owned and operated company, GT's Living Foods provides probiotic nourishment to help improve gut health and to reinvigorate the mind, body, and soul. For over 20 years, GT's has stayed true to the authentic brewing process of the sacred elixir that is kombucha. GT's kombucha is raw, organic, naturally effervescent, and handcrafted in small batches – always cultured, never compromised.





# Happy Home



SATAU

GROCERY

## Lecithin • Sugar

Our team here at Satau is proud to offer you the Happy Home brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.





# Happy Planet

Fruit & Veggie Juices • Smoothies • Soups

At Happy Planet, we are passionate about giving you great food that is as natural and organic as we can get it, and using ingredients that you can recognize and pronounce. We are also passionate about supporting our Canadian farmers so that means buying everything we can locally in order to create our delicious juices, smoothies and soups.



SATAU

GROCERY FRESH





# Hardbite

## Hardbite



# SATAU

GROCERY

### Vegetable Chips • Potato Chips

The quest for the perfect chip started over 14 years ago with just a single fryer and an insatiable desire to make the very best chip out there. We're pretty picky about what goes into our chips and that's why we make our chips with ingredients that are free from GMOs, trans fat, gluten and cholesterol. To this day, we carefully cook our chips in small batches which gives Hardbite an unbeatable crunch.



# Harissa

## Hot Sauces

Our team here at Satau is proud to offer you the Harissa brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.

# SATAU

## GROCERY





# Healtea

## Iced Teas

Aside from water, finding a beverage that does not contain an excessive amount of sugar or calories can be challenging. Fortunately, Healtea is shaking things up with their delicious organic infusions that will quench your thirst while providing you with natural health benefits from plants which have been carefully selected and combined for their synergy. Depending on the season, enjoy them hot or cold!



# SATAU

GROCERY







# Heavenly Organics

**Chocolate Bites • Honey • Sugar**

At Heavenly Organics, it all starts with our honey and thinking outside of the box. We sustainably source our honey from naturally occurring, wild beehives located in the Northern regions of the Himalayan Mountains by using bee-friendly and smoke-free methods. We are also dedicated to preserving the livelihoods of family farmers in remote and conflict areas, as we believe that profits can create peace.



**SATAU**  
**GROCERY**





# Humble Potato Chips



SATAU

GROCERY

## Potato Chips

At Humble Potato Chips, we have a daring mission: helping snack eaters give back and pay it forward, one delightful chip at a time. Our locally farmed, organic potatoes are cooked traditionally, but unlike any other chips, they are packaged into 100% compostable bags, so that when you are finished snacking, you can toss our bag into your green bin and give back to the earth.



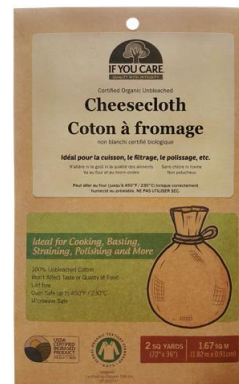


# If You Care

SATAU  
GROCERY

## Accessories • Coffee Filters

If You Care kitchen products are carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible while delivering to the consumer the highest quality and most effective results. Since launching its first product in 1990 and producing the very first aluminum foil made from 100% recycled aluminum in 2004, If You Care is proud to bring you a full-range of environmentally friendly kitchen products.







# Imagine

Broths • Miso • Soups

Imagine soups and broths are all organic, low-fat, and do not contain any preservatives or artificial ingredients. All Imagine creamy soups are made with non-dairy ingredients, like soy or rice, to deliver a smooth creamy taste without the fat of dairy cream. They are also flash cooked and aseptically packed for a fresh, homemade taste.

SATAU  
GROCERY



# IMPRESS

## imPRESS



## SATAU

FRESH

**Cold-Pressed Juices & Beverages • Baby Purees • Soups**

At imPRESS, our story is home-grown. It's a Canadian story of dedication, vision and, above all, a family working together. It all began with the idea of making healthy juices, soups and beverages that also taste good. The Leclerc-Bédard family is proud to offer a new kind of raw organic products. They're cold-pressed, healthy and also pretty darn good.





# Inka

## Coffee Substitute

When a group of Polish scientists developed a recipe for an instant cereal-based coffee replacement in 1971, nobody imagined that it would become so popular. Inka, a delicate coffee substitute made with 100% natural ingredients, has won the hearts of generations of people around the world since then while the ingredients and the manufacturing process has remained exactly the same for nearly 45 years.



# SATAU

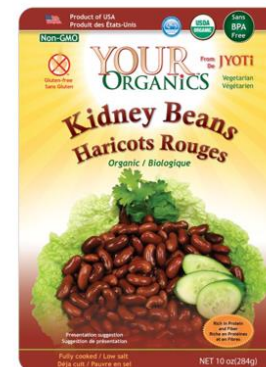
GROCERY





## Beans • Canned Beans • Indian Meals

JYOTI Natural Foods was founded in the USA in 1979 as a pioneering venture to produce high quality, nutritious Indian foods to all who were familiar with Indian cuisine. Today, we make a large variety of Indian foods packaged in shelf-stable cans and pouches. In an effort to preserve the environment, we also make sure not to waste water or energy during our manufacturing process and use cans that are made with more than 60% recycled steel.



# Kashi

# Kashi



# SATAU

GROCERY

Granola Bars • Cereals • Crackers • Granola

Innovative nutrition is Kashi's approach to food. It means we value not just the foods we make, but also how we make them by being progressive and mindful of sustainable and ethical farming practices. It also means we start with simple, natural ingredients and minimally process them to keep their inherent nutrition intact.







# Kettle Chips



## Vegetable Chips • Potato Chips

Kettle Foods made their first chips in 1982 and since then, we have only been using the freshest, all-natural ingredients to create intensely flavoured potato chips you can feel good about eating. We are also chipping in for the environment through a variety of sustainable business practices like fuelling our company vehicles with biodiesel made with waste vegetable oil as well as using solar and wind power to reduce CO<sub>2</sub> emissions.







# Kiju

**Fruit Juices • Lemonade • Iced Teas**

In 2005, a few regular guys quit their day jobs to pursue their passion for making healthier beverage options available to consumers everywhere. Nothing has changed since that first day – simply stated, it's always been about simplicity. We use only pure organic ingredients, create great tasting products and keep the price fair so more people can enjoy the benefits.



## SATAU

**GROCERY**



### Rice Noodles

Our team here at Satau is proud to offer you the Kim brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.





# King Island



SATAU

GROCERY

## Coconut Chips • Coconut Water • Coconut Syrup

King Island started over 50 years ago in humble beginnings when a husband and wife began trading Thai coconuts along the Chao Phraya River in Bangkok. Today, we are one of the only brands that pours water straight out of the coconut and into the tetra pack. And since our coconut water is always sourced from one single origin, Thailand, the result is consistent taste you will love and consistent quality you can trust.







# Knudsen & Sons

SATAU

GROCERY

Citrus Juice • Fruit & Vegetable Juices • Sodas

In 1961, when Russel W. Knudsen began bottling fruit juices from his organic grape vineyard, he did so on one condition: his fresh pressed and blended juices would never have artificial flavors or preservatives. Little did the R.W. Knudsen Family know, he was starting a tradition of innovation. Today, our diverse offerings include natural, organic fruit and vegetable juices, non-alcoholic, sparkling beverages, and quality-crafted carbonated beverages.





# Koukla

Cookies • Granola • Macaroons



SATAU  
GROCERY

Koukla delights are made with love, using only the best ingredients. They are packed with organic nutrients rich in antioxidants and sweetened only with organic maple syrup. Our products are never heated above 46 °C (115 °F) so all essential vitamins and enzymes are preserved, making them a raw, healthy and delicious snack.





# Krakus

**Pickled Vegetables • Coffee Substitute**

Our team here at Satau is proud to offer you the Krakus brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.

# SATAU

GROCERY







# Krisda



## SATAU

GROCERY

### Carob & Cocoa • Sweeteners

Krisda was created in 2004 by a small group of friends who felt strongly that it was time to make a real difference in the food industry. Simply put, it was time to give the world great tasting, all-natural sugar-free ingredients that can be used to make food taste sweeter and better naturally. Krisda products are non-GMO, minimally processed and contain natural ingredients like stevia, monk fruit, erythritol and xylitol.



# Kumaくま Kuma

## Rice

Koshihikari is the most favoured Japonica rice variety. Brought into the Mekong delta by Japan in the late 90's, this rice is known for its soft and silky texture after cooking. It is the best companion to all North Asian cuisines and ideal for sushi.



SATAU  
GROCERY





# La Preferida



## Canned Beans • Salsa

La Preferida is a family-owned company based in Chicago. For more than 65 years, our mission has been to provide only the highest quality ingredients available while creating an authentic food experience. As consumers became more health-conscious, we expanded to a line of organic products, including a variety of beans, legumes, salsas, refried beans, and the only diced green chiles in the market.





# LAIKI

## Laiki

### Craquelins

Every piece of Laiki contains all of the natural goodness and none of the gluten, GMOs, and artificial flavours. Our crackers are made from three simple ingredients: whole grain black and red rice, sustainably sourced palm fruit oil that does not harm orangutans or their habitat, and naturally harvested sea salt. Rich in flavour and perfectly crunchy, Laiki is the new rising star of the snack aisle. Finally, you can satisfy your crunchy cravings guilt-free.



# SATAU

GROCERY





# Laiterie Chagnon



SATAU

FRESH

## Butter • Yogurt

With over 40 years of experience as a dairy producer, the Kaiser family is proud to guarantee the quality and integrity of milk from one of the last existing independent dairies in Quebec. The high-quality, minimally processed dairy products from Laiterie Chagnon are made according to time-honoured traditions with a unique whole milk that undergoes gentle pasteurization in order to preserve all its inherent nutritive properties.



**LÄRABAR**

# Larabar

**SATAU**GROCERY

## Energy Bars

LÄRABAR is a delicious gluten free blend of unsweetened fruits, nuts, and spices. Made from whole food, each indulgent flavor contains no more than nine ingredients - minimally processed, and as close to their natural state as possible. Our bars do not contain dairy, and are made entirely from plant-based foods.







# Lemoncocco

## Coconut Beverages

Lemoncocco is inspired by the distinctive lemon and coconut stands found along the cobblestoned streets of Rome. To create an authentic version of this classic Roman drink, we extracted the flavor of Sicilian lemons and added a splash of coconut cream. Naturally light and refreshing, Lemoncocco is the perfect afternoon or weekend premium, non-carbonated drink.

SATAU

GROCERY





# Le Paludier

SATAU

GROCERY

## Fleur de sel • Sea Salt

For generations, the salt marsh workers of Guérande have been harvesting salt using time-honoured techniques. Hand-harvested from the clay-bottom pans of salt marshes, this sea salt is naturally grey and rich in minerals such as potassium and magnesium. Available as coarse salt, fleur de sel and ground salt, this high-quality sea salt from Guérande will perfectly enhance the taste of all your dishes.





# Let's Do...Organic



SATAU

GROCERY

## Coconut • Flours

Home bakers have discovered the goodness and versatility of Let's Do...Organic products to enhance so many favorite foods. From coconut flakes to our new green banana flour, all our items contain no added sugar or preservatives. In addition to being organic, gluten-free and kosher, our products are also suitable for vegans.



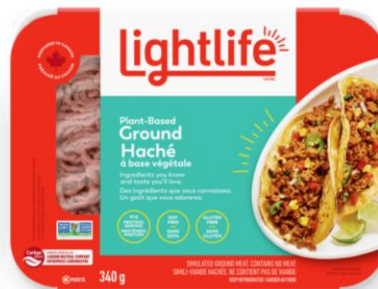




# Lightlife

## Simulated Meat Products • Tempeh

For more than 35 years, Lightlife has been on a mission to provide quality vegetarian and vegan foods prepared in the most healthy and sustainable manner. We strive to make it deliciously easy for people to eat veggie! Giving back to the community has always been a priority. This is why, since 1979, we have contributed 5% of our profits to organizations that support the earth on which we live and healthy lifestyles for people like you.





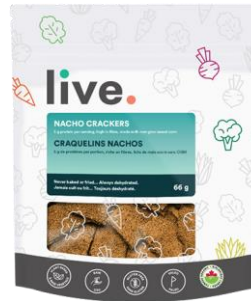
# Live Organic Food



**SATAU**  
**GROCERY FRESH**

**Bread • Crackers • Nori Snacks • Nut Bars • Tortillas**

At Live Organic Food, we create organic, plant-based products for the health conscious and health curious. This is why, each ingredient is of the highest quality, non-GMO and locally sourced when available. We never use preservatives, refined sugars or animal products, but you don't need to be vegan or raw to enjoy our products – you just need a spirit for adventure and a love of food.





# Lotus Foods

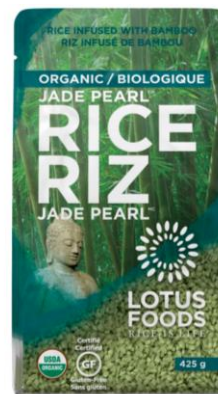
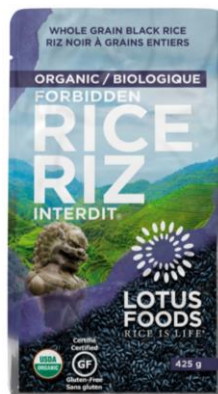


SATAU

GROCERY

## Rice Noodles • Instant Soups

Over the past 25 years, Lotus Foods has built strong partnerships around the world to bring you the highest quality heirloom, organic rice noodles and rice snacks. All while promoting organic agriculture, rice biodiversity and supporting producers. Thanks to innovative, sustainable practices Lotus Foods has had a significant positive impact enabling the company to help improve their farmers' income and protect the environment.







# Love Child Organics

## Baby Food Products

In a world of confusing ingredient labels, Love Child Organics was created on the promise of delivering truly healthy baby food products. That means you will never find unnecessary ingredients like refined sugars or additives in any of our products, but only organic foods that are packed with nutrients. And because we take to heart our responsibility to give back, one cent from every product sold goes directly to First Book Canada.



SATAU  
GROCERY



### Cake Decorating • Flours • Yeasts • Baking Mixes

At Lulubelle & Co, we believe that you deserve the best products. However, most brands of bread and baking mixes on the market are full of tongue-twister ingredients. We, on the other hand, only use natural, quality ingredients which are for the most part organically grown in Canada. Easy to make at home, Lulubelle & Co products are delicious and always crafted with care. What's not to like!







# Lundberg Family Farms



SATAU

GROCERY

Crackers • Chips • Sweetener • Rice Cakes • Quinoa • Rice

Since 1937, the Lundberg family has been growing healthy, great tasting rice while respecting and sustaining the earth. Today, the third and fourth generations carry on the family heritage by using eco-positive farming methods that produce wholesome, healthful rice, rice cakes, rice chips, quinoa and risottos while improving and protecting the environment for generations to come.







# Made Good

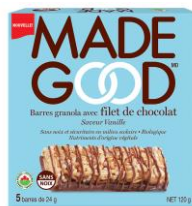
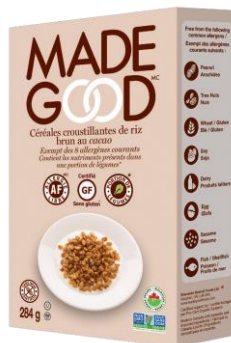
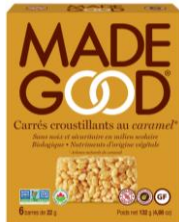


# SATAU

## GROCERY

Breakfast Cereal • Bars • Cookies • Granola • Sweet Snacks

At MadeGood, we strive to create products that provide exceptional nutrition and great taste to our customers and their families while respecting the environment. In addition to being gluten-free, vegan, kosher and made with whole grains, our granola products are organic and contain the nutrients found in one serving of vegetables. Free of the 8 common allergens they can safely be placed in your.





# Manitoba Harvest



SATAU

GROCERY

## Hemp Products

At Manitoba Harvest, our passion for hemp foods is rooted in our co-founder Mike Fata's personal transformation. Weighing over 300 pounds, he was able to get back in shape by overhauling his diet, focusing on protein, good fats, and fibre – all nutrients found in hemp foods! Today, we are proud to be the world's largest manufacturer to grow, make, and sell our own line of hemp food products.





# Marphyl

## Seaweed

Derived from pure, marine phytoplankton harvested on Vancouver Island, Marphyl organic soil enhancer contains an abundance of nutrients, vitamins and minerals. It is high in nitrogen, phosphorus and potassium while also containing trace amounts of calcium and magnesium for optimum plant health and growth. This unique liquid fertilizer is also very easy to use and perfectly for safe plants, grass and flowers.



SATAU

GROCERY







# Mary's Org. Crackers



SATAU

GROCERY

## Crackers

Mary's Organic Crackers is proud to offer authentic, real food with joy, generosity and love. Our passion for real, gluten free, organic and vegan makes it easy to eat healthy and guilt free. Our delicious crackers and cookies are made using the highest quality, organically grown ingredients.



# mate libre

## Mate Libre

### Iced Teas

Mate Libre is the go-to refreshment for a new generation looking for healthier and environmentally conscious beverages. Brewed with fair trade yerba mate leaves, Mate Libre is not too sweet nor too caffeinated, so you can enjoy a steady buzz throughout the day. Always organic and fair trade. Discover the best-tasting, all-natural beverage on the market.



SATAU

GROCERY



# MID-DAY SQUARES™

## Mid-Day Squares



SATAU

FRESH

### Sweet Snacks

Perfectly designed to stop your hunger or cravings in between meals, Mid-Day Squares will help you get through the day feeling full and energized. Made with whole superfoods, each square is packed with clean plant protein and raw chocolate. So, go on and indulge yourself without compromising your healthy lifestyle thanks to these delicious guilt-free squares.





# MONTE BENE

# Monte Bene



# SATAU

GROCERY

## Pasta Sauces

Our pasta sauces are Non-GMO Project Verified and made with real tomatoes – no paste or puree, no preservatives, no added sugar or water. Monte Bene means “Mountain of Good,” a phrase that defines the purpose of the brand—to do good for the Common Good. When you buy Monte Bene, you are not only doing a good thing for your family; you’re also giving back to those most in need.





# Mrs. Crimble's



SATAU

GROCERY

## Sweet Snacks • Macaroons

At Mrs. Crimble's, our mission is to make delicious gluten-free products that taste every bit as good, if not better, than the best mainstream alternatives that are made with gluten. Launched in 1979 in London, the company has more recently become known for its range of sweet rice cakes and macaroons which are deliciously gluten free.





# Muir Glen



## Canned Tomatoes

Muir Glen growers' certified organic farming methods create healthy, nutrient-rich soil. All our products are all certified organic and bear the USDA Organic seal. We harvest our tomatoes in late summer at their peak of ripeness and deliver them to the processing facility. The tomatoes go from field to can in 8 hours or less and are packaged without synthetic chemical additives of any kind.







# Naked Natural Foods



## SATAU

GROCERY

### Soy Sauce Substitute • Asian Sauces & Pastes

At Naked Natural Foods, we are passionate about creating healthy foods made from ethically-sourced ingredients that are deliciously nutritious and soy free. Our gluten-free coconut aminos sauces let you experiment with a little flavourful fun with no fear of a negative reaction or impact on the environment. In short, we make food that is good for you and good for the planet too.





# Nature Clean

## Cleaning Products

In the early 1960's Mrs. Ross, the wife of our founder, suffered allergic reactions to harsh chemicals used in household products, leading her beloved husband to develop his own natural formulations. Since then, the Ross family has continued the tradition of creating healthier household alternatives. Nature Clean is about caring for your family's health and our products are proudly made in Canada.



## Biodegradable Sponges & Towels

Our team here at Satau is proud to offer you the Naturea brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.







# Nature's Bakery



SATAU

GROCERY

## Fig Bars

Nature's Bakery is a snacks and food brand that supports health conscious living and active lifestyles. We take that extra step to create foods that are Non-GMO Project Verified, Vegan and Kosher Certified because we care. Proudly, we offer a delicious family of stone ground whole wheat fig bars that you can enjoy and benefit from.





# Nature's Path



SATAU

GROCERY

Bars • Cereals • Flax Seeds • Granola • Oatmeal

At Nature's Path, we live for healthy, great-tasting organic foods. It's why we get up in the morning. But we are also a company that wants to do more than just sell breakfast foods. Arran Stephens, our founder, was taught by his father to "Always leave the soil better than you found it" and this is wisdom that has guided us here ever since we made our first tasty flakes in 1985.





# NATURONEY

# Naturoney



# SATAU

GROCERY

## Apitherapy • Honey

Founded by skilled beekeepers, the Naturoney brand was born of a great passion for honey and its production. With a desire to offer unique and high-quality products, Naturoney travelled across Canada and the world to find the best beekeepers and finest honey. Today, 25 years later, the company's product line reflects the fruit of its research and expertise.







# Numi

## Tea & Herbal Tea

Numi inspires well-being of mind, body and spirit through the simple art of tea. Our company is rooted in the principle of creating a healthful product that nurtures people and honors the planet. Since we use real ingredients and high quality teas and herbs, there is no need to apply “natural” flavorings or fragrances to create flavor. This means you can pronounce the ingredients and know exactly what you’re sipping.



# SATAU

## GROCERY



# NÜTRIUGGET®

# NutriNugget



# SATAU

GROCERY

## Superfood Squares

Sustainably sourced and produced, NutriNugget was created by a Chef and a nutrition expert seeking the most balanced bar that indulges your guilt-free sweet tooth and satisfies your hunger for hours. The result is an organic superfood bar made with delicious, raw cacao and other superfoods such as hemp protein, pumpkin seeds and maca powder.





# Nuts for Cheese



SATAU

FRESH

## Cashew Cheese • Plant-Based Butter

Nuts for Cheese was born of a passion for vegan cooking and founded by young Canadian entrepreneur Margaret Coons. Our cheeses are individually hand-crafted, made from fermented cashews to replicate an authentic cheese process to provide cheese lovers with a healthier, vegan alternative. Whether you shred, spread or melt them, Nuts for Cheese products are very versatile and can be used in many delicious recipes, just like real cheese!







**Nuts to You Nut Butter Inc.**

# Nuts to You

## Nut & Seed Butters

Started in 1989, Nuts to You is the original Canadian full-range nut butter manufacturer, making both organic and conventional nut and seed butters. The nuts and seeds used in our butters are dry roasted or raw, and do not contain added salt, sugar or saturated oils. Nuts to You nut butters are kosher, Non-GMO and dairy, soy, wheat and gluten free.



**SATAU**

GROCERY



# Organico Bello

# Organico Bello



# SATAU

GROCERY

## Pasta Sauces

Organico Bello is a line of organic pasta sauces made with 100% imported organic Italian tomatoes. All of our ingredients are certified organic, meaning you can enjoy our products with confidence and peace of mind. Here at Organico Bello, we believe that food was made to be enjoyed in its simplest form, which is why we don't add sugar or water to any of our products. We let the real taste of our authentic ingredients come through.





# Pacific

**Plant-Based Beverages • Broths • Soups**

SATAU

GROCERY

When we opened our doors 28 years ago, Pacific set out to make healthier, better tasting foods without losing sight of the people we are making them for, or this planet we all call home. We have made it our mission to treat animals kindly and people respectfully. And we have seen that no one around us goes hungry. All the while lessening the footprint we leave behind.







# Panda

## Licorice

The famous, wonderfully soft Panda licorice is prepared by a conventional cooking method, in which the raw materials are boiled onto dough and then compressed into their form in accordance with the licorice master Väinö Hilden's legacy recipe. We made our licorice sweets in 1927, in Finland, and today have reached the market leader position in licorice products.

SATAU

GROCERY





# Peacock

## Rice Noodles

For over 50 years, Peacock has been synonymous with fine quality rice vermicelli and noodles. Thanks to our extensive steaming and cooling process, our products are more porous and absorb flavours better when cooked. Peacock noodles can also withstand frying without clumping or breaking easily, so that you may enjoy their wholesome, natural goodness whatever you are cooking!



# SATAU

GROCERY





# Prairie Harvest



SATAU

GROCERY

## Ketchup • Wheat Pasta • Pasta Sauces (Jar)

At Prairie Harvest, we decided a long time ago to take our time to craft fine pasta the old-world way. Slow-dried, using only the best ingredients. We also decided that we must make our products affordable so Canadian families can enjoy the benefits of organic goodness at fair, everyday prices. All, from a proud Western Canadian company, to you. We want the best of taste, nutrition and health for you, your family, your home.







# Pulp & Press



SATAU

FRESH

## Cold-Pressed Juices

Founded in 2014, Pulp & Press stands for making health convenient, accessible, and delicious for everyone. Because we adhere to the highest standards in the production of our juice, we use a superior quality hydraulic cold press to extract the optimal amount of nutrients and enzymes. With 3-4 pounds of fresh, organic fruits and vegetables, cold pressed into every bottle, Pulp & Press delivers a delicious and 100% nutritious juice, every time.





# Que Pasa

## Corn Chips • Salsa

When it comes to quality, no kernel is left unturned. From our carefully sourced whole-grain corn to our skillfully smoked jalapenos, at Que Pasa only the best ingredients make the cut. Keeping it real as nature intended, our foods are organic and non-GMO. And just to make sure no one's left out of the fiesta, we've got plenty of gluten free and vegan options to choose from.





# Remedy Drinks



SATAU

GROCERY

## Carbonated Beverages • Shelf-Stable Kombucha

At Remedy Drinks, we are proud to offer you delicious beverages that contain no sugar, naturally. Our shelf-stable kombucha is made the old school way, in small batches. During our 30-day long aged brewing process, all of the raw organic sugar used to feed the all-important live cultures is converted into healthy organic acids, leaving no sugar (and we test each batch to make sure of it).







# Rizopia

Quinoa Pasta • Rice Pasta

Before Rizopia, tasty gluten-free pasta was simply a myth. Now, al dente rice pasta is a reality. This journey continues; from oven-ready lasagna to the highest quality quinoa rice pasta. We bring you delicious pasta for your whole family regardless of your dietary needs. We also in real food and good practices and this is why our current operation is one of the most environmentally friendly processes in the industry.



SATAU

GROCERY





# ROAR Organic

## Electrolyte Beverages

ROAR Organic feature a new scientifically formulated blend of organic coconut water, reverse-osmosis filtered water and B vitamins along with a unique, low-calorie sweetener blend which is comprised of evaporated pure cane sugar, erythritol and stevia. With delicious, exotic flavours and only 2 g of sugar and 25 calories per bottle, ROAR Organic provides the latest in all-natural, healthy hydration and refreshment.



**RXBAR®****RxBar****SATAU****GROCERY****Protein Bars**

Made with a few simple ingredients and recommended by registered dietitians, RXBARs are perfect for breakfast on the go, as protein-packed snack bars, or as a pre/post-workout fuel. Each delicious bar is packed with 12 g of protein and 5 g of fibre in just under 220 calories. RXBARs are also paleo-friendly and free of gluten, soy and dairy. Just real food that tastes good and is good for you.







# Ryvita

## Crispbreads

You will only find simple, natural ingredients in RYVITA products. Wholegrain rye is the main ingredient across our crispbread range and we work closely with our farmers to ensure we get the best quality rye for our crispbread.

SATAU  
GROCERY





# Safe Catch



SATAU  
GROCERY

## Canned Fish

At Safe Catch, we only can fish that come from sustainable tuna stocks and meet our strict purity standards which are 3 to 10 times stricter than the FDA mercury action limit. Because we hand pack pure, raw tuna steaks and slow cook them to perfection, all of the vital Omega 3s and flavor are retained in Safe Catch tuna. No need for draining after opening. Open the can into a bowl, chop up the steak with a fork, let it reabsorb its natural oils and voilà!





# Salt Spring Coffee

Whole Coffee • Ground Coffee

For two decades, sustainability and social responsibility have been an integral part of the Salt Spring Coffee story. It all started in 1996 when a family of entrepreneurs opened the doors to their first roasting café on Salt Spring Island in British Columbia. Today, the company brings you fair-trade organic beans that are on the leading edge of great taste so you can brew world-changing cups of coffee.



**SATAU**  
GROCERY







# San Zenone



## Corn Pasta • Quinoa Pasta • Rice Pasta

Located in Northern Italy, San Zenone combines old-age goodness with new-age technology in order to produce their gluten-free pasta. Made from corn, rice or a mouth-watering combination of four organic ancient grains, discover true al dente pasta that is both delicious and non-mushy.





# San-J



## SATAU

GROCERY

### Asian Sauces & Pastes • Soy Sauces & Tamaris • Salad Dressings

San-J is dedicated to the manufacture of premium Tamari soy sauce and quality Asian-inspired products. The San-J brewing process is unique, and only our fermentation and aging process can create the rich and smooth taste of San-J Tamari. We've embraced the power of nature for over 200 years and we continue to do so, never taking shortcuts.



# SAPSUCKER®

# Sapsucker



# SATAU

GROCERY

## Maple Water

Sapsucker is a plant-based sparkling tree water. It's organic, lightly carbonated, naturally hydrating and alkaline, locally harvested, and sustainably tapped from Canadian trees. With only 3 ingredients, the water is packed with 46 naturally occurring minerals, antioxidants, and vitamins. Sapsucker offers a clear and refreshing taste with a natural hint of sweetness. Drink easy, drink Sapsucker.







# Save da Sea

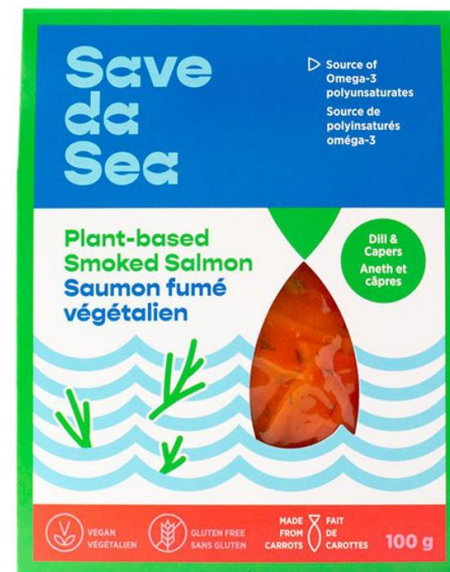


SATAU

FRESH

## Simulated Meat Products

At Save da Sea, we offer plant-based seafood that is better for you and the environment. Made from simple ingredients, our sustainable, vegan smoked salmon convincingly mimics the taste and texture of salmon lox allowing each of us to do our small part to preserve marine life and help reduce our environmental impact.





# Say When

## Chai Tea Concentrates

At Say When, we believe great things can begin with a heartwarming cup of chai, so we work hard to brew one you can feel good about drinking. Each blend is handcrafted in small batches with whole spices, organic teas, natural sweeteners, and purified mountain water. Plus, our higher concentrated products mean less packaging, less post-consumer waste and fewer trucks on the road as we do our best to lessen our impact on the environment.



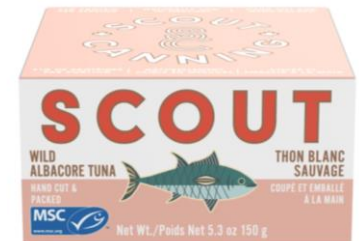
# SCOUT Scout

## Canned Fish

Our team here at Satau is proud to offer you the Scout brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.



**NEW PRODUCTS IN STOCK SOON!**







# Sensible Portions



SATAU

GROCERY

Crackers • Vegetable Chips • Veggie Straws • Cheese Puffs

Sensible Portions brand is the next generation in healthy foods. We promise to deliver the highest quality ingredients without ever sacrificing taste and hunger satisfaction. The key to a healthy diet is moderation and eating healthier is a lifestyle change. Choosing our snacks instead of regular potato chips or other fatty snacks is one easy way to start eating better.





# Sesame Snaps

## Sesame Snacks

The perfect pick-me-up, delicious Sesame Snaps have been part of childhoods since the 70s. Extra thin and crunchy, Sesame Snaps are an easy and convenient way to add the power of sesame seeds to your daily intake. A long forgotten super seed loaded with wholesome nutritional value, sesame seeds offer a great source of Omega-6, fibre, calcium and protein.



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# Signé Caméline

Camelina Oil • Camelina Seeds • Honey

Signé Caméline offers products made from camelina, an impressive northern plant with exceptional nutritional properties and that is sustainably grown in Quebec and increasingly popular with consumers. Discover camelina in the form of an oil rich in antioxidants and essential fatty acids or in the form of seeds, a superfood that will enhance the flavour, texture and colour of your plate.



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# Simple Treasures



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## Cereals

At Simple Treasures, we use only the finest quality ingredients to produce our great tasting cereals. Our products are made the old fashioned way, using only the finest organic whole grains, and taste great on their own, with fruit or your favorite sweetener. Plus, our cereals are all organic, gluten free, nut free and kosher.





# Simply Delish



SATAU

GROCERY

## Jel Desserts • Puddings

At Simply Delish, our mission is to create delicious, healthy, desserts that can be enjoyed every day, everywhere by everyone. Our vegan, non-GMO, sugar-free jel desserts and instant puddings caters to a wide variety of individuals, from consumers on the Keto diet, fitness enthusiasts and diabetics. With no refrigeration necessary for setting, every box is easy to make and even more fun to share.





# Simply Organic

Flavours & Extracts • Spices • Seasonings Mixes



At Simply Organic, we are driven by the goodness of organics. From the field to your kitchen, we are committed to ensuring that our organic spices and seasonings are grown and processed in an ethical and sustainable manner. With Simply Organic you can feel good about the food on your table and its effect on the world we live in.





# SimplyProtein®

# SimplyProtein



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## Nut Bars • Protein Bars • Savoury Snacks

Wellness Foods is a small Canadian, female owned and managed company that was started in 2002 by Cathy Richards. Cathy created the SimplyProtein because she couldn't find a filling and nutritious snack that didn't upset her stomach. We grew from one bar to offering today a whole range of great tasting, low-sugar snacks that help you stay fuller longer.





# Smartbite



**GROCERY**

## Corn Cakes • Crispbreads • Rice Cakes

Try a different kind of rice cake and crispbread! Smartbite's products are premium quality, organic and natural. They are made from whole-grain cereals with a light touch of sea salt and manufactured by a special process to produce a thin, crisp, delicious, wholesome snacks naturally low in calories. Enjoy these cereal cakes on their own or topped with some kind of cheese or your favourite spread as a great, light lunch or anytime snack!





# SmartSweets



SATAU

GROCERY

## Candies

A Canadian company, SmartSweets is tackling one of the largest and most concerning problems hidden in our everyday foods: sugar. So, we choose natural, high-quality ingredients with functional benefits that both your body and taste buds love. Made with stevia and plant-based soluble fibre, our candies are low in sugar (only 2 g per serving) and incredibly high in fibre (an amazing 24 g per serving, the equivalent of 6 servings of vegetables).







# Snyder's of Hanover



SATAU

GROCERY

## Pretzels

In our commitment to promoting healthier living, Snyder's of Hanover is proud to offer gluten-free snacks to the millions of people living with celiac disease or following a gluten-free lifestyle. Made with the finest premium ingredients, our gluten-free pretzels and pretzel sticks are a delicious alternative to wheat-based pretzels and offer all the satisfying flavour and crunch you would expect from America's pretzel bakery.





# Sobaya

## Japanese-Style Pasta

SOBA YA is a Canadian company founded by Jacques Petit who discovered the joy of eating fresh, hand-made soba noodles while travelling in Japan. In 1985, Jacques learned the art of making soba and udon in the heart of Tokyo and started his own pasta company upon his return. Today, SOBA YA produces some of the finest Japanese-style pasta made anywhere in the world.



# SATAU

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# Sonoma Creamery

**SG** **SATAU**  
**GROCERY**

## Savoury Snacks

Sonoma Creamery was founded in 1931 in Sonoma, California. Since then, we have believed in a simple concept - use the best milk to produce our delicious cheese and snacks. We only use milk that is rBST-free (free of artificial hormones) as well as simple, high-quality ingredients, avoiding anything we can't pronounce. Enjoy our delicious snacks on their own, with spreads and dips, or as a crunchy, savoury topping.







# Spectrum Naturals

SATAU

GROCERY

Mayonnaise • Oil • Vinegar

Spectrum brand started over twenty years ago with the purpose of making healthy oils available to the Canadian public. That commitment and vision hasn't dimmed one bit. Whether artisan olive oils and trans-fat free spreads, or supplements like Flax Oil and other essential lipids, we're committed to bringing you the best there is.



## Sprouted Cookies

At Sproutalicious we understand that nourishing plant based food is good for our bodies and essential for a healthy global environment. Our inspiration and commitment is to create the most nutrient rich food possible using sprouted spelt grains which simply put are better for you and higher quality real food.





# Stash Tea



SATAU

GROCERY

## Sweetener • Tea & Herbal Tea

At Stash Tea, we pride ourselves on continuing the 5000-year-old tea tradition by creating top quality and delicious specialty teas with natural ingredients. We are passionate about tea and strive to continually delight our customers, so that each cup we produce will be your best.







# Station Cold Brew

## Cold-Brewed Coffee

At Station Cold Brew, we do things differently. Our beans are responsibly sourced using direct trade policies to support our commitment to outstanding coffee, growing community and improving the lives of every person involved in the process. Plus, our meticulous method takes 18 hours to brew and the result is a smooth, less acidic cold coffee that elevates beverage standards.



**SATAU**  
GROCERY FRESH





# St-Dalfour

## Fruit Spreads

The use of concentrated juice to make jam is a ST. DALFOUR innovation inspired by an ancient preserving method. Sugar was rationed and very costly during the Second World War, leaving our president's grandmother no choice but to replace it by grape juice from the family vineyard. Today, the family tradition continues and ST. DALFOUR products can be found in over 70 countries around the world.

SATAU  
GROCERY





# Stephano's



SATAU

GROCERY

**Breakfast Cereals • Cereals • Granola • Oatmeal • Muesli**

At Stephano's, our mission is clear and our methods are straightforward. All products are hand made with only the best ingredients to create extremely high quality products. Our granola is light, sensationally tasty and can be enjoyed any time. We have been baking for 35 years, and we intend to continue revolutionizing the world of breakfast cereal.







# Stoked Oats



SATAU

GROCERY

Oats • Granola • Oatmeal

At Stoked Oats, we do our best to power your passion - and our planet - in the healthiest way possible. It is why our gluten-free, non-GMO oats are all-natural, preservative free, and never sprayed with pesticides or chemicals like glyphosate. It is also why we work with Canadian family farms that use sustainable, rain-only farming practices to cultivate their crops. Because this Earth is worth protecting, along with all the crazy fun things we do on it.





# Sumer

## Sumer

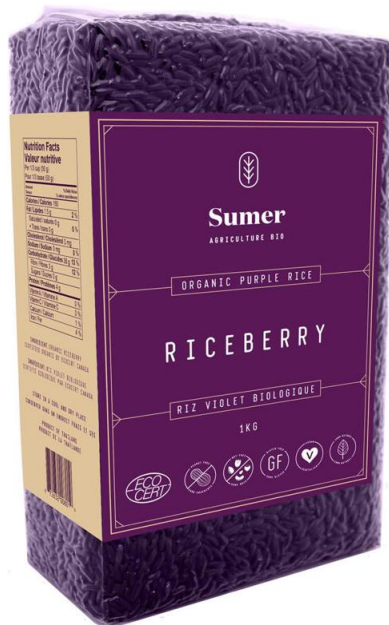
Beans • Oatmeal • Quinoa • Rice • Whole Grains & Seeds

Never heard of Riceberry rice? That's about to change thanks to the Canadian brand Sumer! As healthy as rice can get, this beautiful purple variety was developed in Thailand and is a cross-pollination between non-glutinous black rice and the fragrant jasmine rice. The result is a wholesome, soft-textured, tasty and aromatic grain – high in minerals and rich in antioxidants.



# SATAU

GROCERY







# Taste of Nature



## Snack Bars • Nut Bars • Protein Bars

Since 1994, Taste of Nature has provided a nutritious and tasty way to snack. Our bars are non-GMO project verified, organic, certified gluten free, and made only with real ingredients, like real nuts, organic fruit, and sweet agave syrup. That means when you choose a Taste of Nature snack bar, you are making a smart choice for your body and for your taste buds, too.







# Tastell



SATAU

GROCERY

## Bean Pasta • Soybean Pasta

At Tastell, we hope to preserve traditional processes while practising fair trade and supporting organic agriculture. We are proud to offer the perfect pasta for those who want an excellent source of plant protein, suitable for vegans and people with gluten and lactose allergies. Our superior quality standards paired with a genuine commitment to consumers and organic agriculture makes Tastell a great alternative to wheat-based pasta.



# TERRA

chips

## Terra Chips

SG KS SATAU  
GROCERY

### Vegetable Chips

Over twenty years ago, the TERRA brand revolutionized the natural snacks market with deliciously different exotic vegetable chips. Every bag of our real vegetable chips is a feast for your eyes and a delight for your taste buds, offering a sophisticated snacking experience unlike any other. You want a chip that tastes as good as it looks. So sit back, relax and get ready to embark on a culinary journey with TERRA Chips.





# Thai Kitchen

SATAU

GROCERY

Coconut Milk • Rice Noodles • Rice • Asian Sauces & Pastes • Instant Soups

We could not seriously call ourselves Thai Kitchen if we were not committed to making nothing but the most authentic Thai food. In fact, we are about providing the best Thai food experience available to anyone, anytime, without compromising quality for convenience. That is why we use only fresh, natural ingredients selected at harvest for their quality and flavor.







# The Bridge

## Plant-Based Cream

Founded in 1994, The Bridge is a small family business that produces organic cooking creams made with carefully chosen and certified ingredients as well as spring water coming directly from the mountains that surrounds their tiny little village in the north of Italy. All their products are vegan, lactose- and cholesterol-free, while most of them are gluten-free.



SATAU

GROCERY





# Tilda

## Rice • Steamed Rice

Tilda was the first company to bring Basmati to the Western World over 40 years ago and has become an international food brand selling in over 50 countries. With the offering of both the dry rice and steamed rice varieties, Tilda continues its commitment to sustain the legendary status of Basmati which tastes like no other rice on earth.

# SATAU

## GROCERY





# Traditional Medicinals



SATAU

GROCERY

## Green Tea • Herbal Tea • Wellness Herbal Tea

For nearly forty years, Traditional Medicinals has been passionate about connecting people with the power of plants. We do not just make formulas because they sound good. We are passionate about passing along the centuries-old wisdom of how to use plants for wellness. Every tea and herbal product that we make must have sufficient evidence of safety, quality and efficacy in support of our claim statements and formulation rationale.







# Two Bears

Cold Brew Coffee • Iced Teas • Oat Beverages

Two Bears offers a sustainable coffee option that elevates your morning, meeting or hike. By making quality, direct trade coffee more accessible, we seek to brew nature back into the lives of coffee lovers. Two Bears beans are roasted in small batches creating a precision that brings out only the best flavor profiles and our method of flash cold brewing produces a naturally sweet, smooth tasting and less acidic coffee.



SATAU

GROCERY





# UrbanZen

## Iced Teas

Founded in 2004 in Toronto, UrbanZen source all of their green tea from the company's own tea plantation in Taiwan. The tea leaves are hand selected to get a "two-leaf-one-heart" tea leaf, the choice leaves for making high-quality tea.



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Vigean has produced three generations of French master oil makers since 1930, but more than ever the family business strives to give you complete satisfaction with its range of high-quality traditional oils. Dedicated to craftsmanship and terroir, Vigean uses only the most sophisticated selection and manufacturing processes to guarantee the quality and traceability of its oils.







# Whisps

## Cheese Crisps

Our team here at Satau is proud to offer you the Whisps brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.



SATAU  
GROCERY





# Wholesome



## SATAU

GROCERY

Sweetener • Molasses • Coconut • Stevia • Sugar

At Wholesome, we are committed to organic farming and stay on the cutting edge of eco-friendly agriculture to ensure the smallest footprint possible. We are also dedicated to Fair Trade and partner with caring farming families across the globe. So when you choose Wholesome, rest assure that you have a delicious, high-quality product and that through your purchase you will help us to sweeten other people's lives around the world.





# Yogourmet



## SATAU

GROCERY

### Yogurt Cultures

Yogourmet offers you a complete solution for homemade yogurts and fermented milks, such as kefir, that will meet all your needs and healthy food choices. Our products are quick and easy to use, so you can discover step-by-step how to make your own yogurt and kefir with your choice of milk.







# Yumi Organics



SATAU

GROCERY

Chia Seeds • Flax Seeds • Oatmeal • Nut Mixes

Our team here at Satau is proud to offer you the Yumi Organics brand. As a distributor of quality organic and natural foods, we do our best to only list products of the highest quality which, above all, are made in an eco-friendly way. Each brand is carefully selected, so that you can fill your shelves with the best products there is.





# Yves Veggie Cuisine



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## Canned Vegetables • Canned Beans

For over 20 years, Yves Veggie Cuisine has always been committed to creating delicious products that meet the needs of the health-conscious consumer. We have always strived to achieve ultimate customer satisfaction, producing high-quality products in an environmentally responsible manner.

