

# NTOAFRICA

INC.

*Distributor of Natural Foods*

African · Caribbean · Around the World

## Wholesale Product Catalog

340 African, Caribbean & World Foods

*"Bringing Back Home to Your Home... Since 1977."*

**281-499-4315 · [orders@ntoafrica.com](mailto:orders@ntoafrica.com)**

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African Foods — 103 items

Caribbean & Islands — 167 items

Fresh Produce — 8 items

Seafood & Meat — 17 items

Health & Beauty — 45 items

*Sizes shown reflect common pack options; contact us to confirm current availability and case-pack pricing.*

## African Foods

### Ado Pounded Yam

Smooth yam-based flour for pounded-yam swallow.

Sizes: 2 LB · 4 LB · 20 LB

### African King Sardines

Tinned sardines, a quick and handy protein.

Sizes: 4 3/8 OZ

### Asiko Salted Plantain Chips

Crunchy fried plantain chips — a moreish snack.

Sizes: 75 G

### Asiko Sweet Ripe Plantain Chips

Crunchy fried plantain chips — a moreish snack.

Sizes: 75 G

### At Home Foods Ogi Akamu

Fermented corn pap for a silky breakfast porridge.

Sizes: 16 OZ

### Bouche Bouche Stockfish Bits

Air-dried cod (stockfish), firm and full-flavoured for soups.

Sizes: 12 OZ

### Cerelac Maize

Fermented corn pap for a silky breakfast porridge.

Sizes: 400 GM

### De Rica Tomato Concentrate

Concentrated tomato paste for rich stew bases.

Sizes: 210 G · 400 GR

### Esther Ready Stew (mild)

Authentic African pantry staple.

Sizes: 8 OZ · 16 OZ

### Exeter Corned Beef

Tinned corned beef for quick stews, hash and sandwiches.

Sizes: 340 GR

### Golden Tropics Plantain Fufu

Plantain fufu flour for a smooth, filling swallow.

Sizes: 24 OZ

### Gonyek Chin Chin

Crunchy fried chin chin, a classic West African snack.

Sizes: 99 G

### African King Palm Cream

Rich red palm oil/cream for authentic West African soups and stews.

Sizes: 800 G

### Alafia Bitters

Herbal bitters, a traditional wellness tonic.

Sizes: 350 ML

### Asiko Spicy Plantain Chips

Crunchy fried plantain chips — a moreish snack.

Sizes: 75 G

### Asiko Unsalted Plantain Chips

Crunchy fried plantain chips — a moreish snack.

Sizes: 75 G

### Bigga Orange

Authentic African pantry staple.

Sizes: 20 OZ

### Bournvita

Malted chocolate drink mix for a comforting cup.

Sizes: 450 GR

### Chaka Palm Oil

Rich red palm oil/cream for authentic West African soups and stews.

Sizes: 16 OZ · 32 OZ · 64 OZ

### Endless Love Palm Oil

Rich red palm oil/cream for authentic West African soups and stews.

Sizes: 16 OZ · 32 OZ

### Esther Ready Stew (original)

Authentic African pantry staple.

Sizes: 8 OZ · 16 OZ

### Golden Country Sardines

Tinned sardines, a quick and handy protein.

Sizes: 125 G

### Golden Tropics Cocoyam Fufu

Cocoyam fufu flour for a soft, hearty swallow.

Sizes: 24 OZ

### Grandios Pap (ogi Akamu)

Fermented corn pap for a silky breakfast porridge.

Sizes: 500 G

|                                                                                                                      |                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <b>Indian Head Corn Meal</b><br>Wholesome grain/noodle staple for everyday meals.<br><i>Sizes: 5 LB</i>              | <b>Indomie Instant Noodles</b><br>Wholesome grain/noodle staple for everyday meals.<br><i>Sizes: 70 G</i>                     |
| <b>Knorr Maggi Cube</b><br>Savoury seasoning cubes to build deep flavour.<br><i>Sizes: 10 CT</i>                     | <b>Knorr Maggi Cubes</b><br>Savoury seasoning cubes to build deep flavour.<br><i>Sizes: 100 CT</i>                            |
| <b>Laser Sardines</b><br>Tinned sardines, a quick and handy protein.<br><i>Sizes: 4 3/8 OZ</i>                       | <b>Lee Cream Crackers</b><br>Crisp water crackers, great with saltfish or cheese.<br><i>Sizes: 340 G</i>                      |
| <b>Lion Curry Powder</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 25 GR</i>                  | <b>Lion Thyme</b><br>Aromatic herb/spice for seasoning and traditional brews.<br><i>Sizes: 10 GR</i>                          |
| <b>Maltex Malta (4 Packs/cs)</b><br>Non-alcoholic malt drink, rich and lightly sweet.<br><i>Sizes: 11.2 OZ</i>       | <b>Mama Lycha Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 90 G</i>                     |
| <b>Mama Lycha Spicy Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 90 G</i>      | <b>Mama's Choice Plantain Fufu Flour</b><br>Plantain fufu flour for a smooth, filling swallow.<br><i>Sizes: 24 OZ</i>         |
| <b>Mama's Choice Cocoyam Fufu Flour</b><br>Cocoyam fufu flour for a soft, hearty swallow.<br><i>Sizes: 24 OZ</i>     | <b>Milo</b><br>Malted chocolate drink mix for a comforting cup.<br><i>Sizes: 400 G · 500 GR · 900 G</i>                       |
| <b>Mr. John Crispy Ripe Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 150 G</i> | <b>Mr. John Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 150 G</i>                      |
| <b>Nayama Couscous Attieke</b><br>Wholesome grain/noodle staple for everyday meals.<br><i>Sizes: 300 G</i>           | <b>Nkulenu's Palm Soup Base</b><br>Rich red palm oil/cream for authentic West African soups and stews.<br><i>Sizes: 800 G</i> |
| <b>NTOAFRICA African Beans</b><br>Wholesome beans/peas for stews, rice and porridge.<br><i>Sizes: 1 LB</i>           | <b>NTOAFRICA Akanwu</b><br>Traditional food-grade mineral (kaun/akanwu) for cooking.<br><i>Sizes: 2 OZ</i>                    |
| <b>NTOAFRICA Atama</b><br>Traditional dried soup leaf for authentic Nigerian soups.<br><i>Sizes: 1 OZ</i>            | <b>NTOAFRICA Bittercola</b><br>Classic cola soft drink.<br><i>Sizes: 2 PK</i>                                                 |
| <b>NTOAFRICA Bitterleaf</b><br>Washed, dried bitterleaf for the classic bitterleaf soup.<br><i>Sizes: 1 OZ</i>       | <b>NTOAFRICA Cassava Flour</b><br>Fine cassava flour for baking and light fufu.<br><i>Sizes: 1 LB · 3 LB · 50 LB</i>          |
| <b>NTOAFRICA Chewing Stick</b><br>Natural chewing stick for traditional oral care.<br><i>Sizes: 5 EA</i>             | <b>NTOAFRICA Cola Nut</b><br>Classic cola soft drink.<br><i>Sizes: 1 PK</i>                                                   |

**NTOAFRICA Crayfish**

Dried crayfish for signature West African umami.

Sizes: 2 OZ · 8 OZ

**NTOAFRICA Dried Fish**

Sun-dried fish, deep and savoury in soups and stews.

Sizes: 4 OZ

**NTOAFRICA Egusi Seed**

Melon (egusi) seed, whole or ground, for rich egusi soup.

Sizes: 3 OZ · 8 OZ · 1 LB

**NTOAFRICA Elubo**

Smooth yam-based flour for pounded-yam swallow.

Sizes: 1 LB · 50 LB

**NTOAFRICA Farina**

Authentic African pantry staple.

Sizes: 3 LB · 5 LB

**NTOAFRICA Garri**

Dried, granulated cassava; make eba or soak as a snack.

Sizes: 1 LB · 3 LB · 5 LB · 50 LB

**NTOAFRICA Ground Crayfish**

Dried crayfish for signature West African umami.

Sizes: 1 OZ · 3 OZ

**NTOAFRICA Ground Egusi**

Melon (egusi) seed, whole or ground, for rich egusi soup.

Sizes: 3 OZ · 8 OZ · 50 LB

**NTOAFRICA Ground Ogbono**

Ogbono (wild mango) seed for a rich, drawy soup.

Sizes: 2 OZ · 4 OZ

**NTOAFRICA Hot Ground Pepper**

Ground hot pepper for a fiery kick.

Sizes: 4 OZ · 50 LB

**NTOAFRICA Maggi Cube**

Savoury seasoning cubes to build deep flavour.

Sizes: 100 CT · 10 CT · 40 CT

**NTOAFRICA Nchanwu**

Traditional dried soup leaf for authentic Nigerian soups.

Sizes: 1 OZ

**NTOAFRICA Nzu**

Traditional food-grade mineral (kaun/akanwu) for cooking.

Sizes: 2 OZ

**NTOAFRICA Oat Fufu**

Lighter oat-based fufu, a fibre-rich swallow.

Sizes: 1 LB

**NTOAFRICA Ogbono Seed**

Ogbono (wild mango) seed for a rich, drawy soup.

Sizes: 2 OZ · 4 OZ

**NTOAFRICA Okra Powder**

Ground okra for a quick, drawy okra soup.

Sizes: 4 OZ

**NTOAFRICA Oporo**

Dried prawns for a rich, savoury depth in soups.

Sizes: 2 OZ

**NTOAFRICA Palm Oil**

Rich red palm oil/cream for authentic West African soups and stews.

Sizes: 16 OZ · 32 OZ · 64 OZ · 1 GAL

**NTOAFRICA Potato Flour**

Potato flour/starch for smooth swallows and thickening.

Sizes: 2 LB

**NTOAFRICA Potato Starch**

Potato flour/starch for smooth swallows and thickening.

Sizes: 24 OZ

**NTOAFRICA Pumpkin Leaf**

Dried pumpkin (ugu) leaf for hearty vegetable soups.

Sizes: 1 OZ

**NTOAFRICA Riceflour**

Fine rice flour for baking and batters.

Sizes: 5 LB · 2 LB

**NTOAFRICA Semolina**

Coarse wheat semolina for a smooth swallow.

Sizes: 3 LB · 5 LB

**NTOAFRICA Stockfish**

Air-dried cod (stockfish), firm and full-flavoured for soups.

Sizes: 0.30 LB · 0.60 LB · 8 OZ · 1 LB · 1 BALE

**NTOAFRICA Stockfish Bits**

Air-dried cod (stockfish), firm and full-flavoured for soups.

Sizes: 0.24 LB · 12 OZ

**NTOAFRICA Wheat Flour**

Wheat swallow flour, soft and filling.

Sizes: 5 LB

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|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>NTOAFRICA Whole Wheat Coarse</b><br>Wheat swallow flour, soft and filling.<br><i>Sizes: 1 LB</i>                                             | <b>NTOAFRICA Ukazi</b><br>Traditional dried soup leaf for authentic Nigerian soups.<br><i>Sizes: 0.5 OZ</i>                       |
| <b>NTOAFRICA Uha</b><br>Traditional dried soup leaf for authentic Nigerian soups.<br><i>Sizes: 1 OZ</i>                                         | <b>NTOAFRICA Utazi</b><br>Traditional dried soup leaf for authentic Nigerian soups.<br><i>Sizes: 1 OZ</i>                         |
| <b>NTOAFRICA Yam Flour</b><br>Smooth yam-based flour for pounded-yam swallow.<br><i>Sizes: 1 LB</i>                                             | <b>Oat Fufu</b><br>Lighter oat-based fufu, a fibre-rich swallow.<br><i>Sizes: 2 LB</i>                                            |
| <b>Ogi Akamu</b><br>Fermented corn pap for a silky breakfast porridge.<br><i>Sizes: 11.5 OZ</i>                                                 | <b>Ola Ola Elubo</b><br>Smooth yam-based flour for pounded-yam swallow.<br><i>Sizes: 5 LB</i>                                     |
| <b>Ola Ola Cassava Flour</b><br>Fine cassava flour for baking and light fufu.<br><i>Sizes: 2 LB · 4 LB · 5 LB</i>                               | <b>Ola Ola Pounded Yam</b><br>Smooth yam-based flour for pounded-yam swallow.<br><i>Sizes: 2 LB · 4 LB · 5 LB · 10 LB · 20 LB</i> |
| <b>Ola Ola Spicy Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 3 OZ</i>                                    | <b>Ola Ola Sweet Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 3 OZ</i>                      |
| <b>Olu Olu Green Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 60 G</i>                                    | <b>Olu Olu Spicy Yellow Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 60 G</i>               |
| <b>Olu Olu Sweet Yellow Plantain Chips</b><br>Crunchy fried plantain chips — a moreish snack.<br><i>Sizes: 60 G</i>                             | <b>Omni Red Palm Oil</b><br>Rich red palm oil/cream for authentic West African soups and stews.<br><i>Sizes: 16 OZ · 32 OZ</i>    |
| <b>Omni Zomi Palm Oil</b><br>Rich red palm oil/cream for authentic West African soups and stews.<br><i>Sizes: 16 OZ · 32 OZ · 64 OZ · 1 GAL</i> | <b>Palm Nut Cream</b><br>Rich red palm oil/cream for authentic West African soups and stews.<br><i>Sizes: 800 GR</i>              |
| <b>Par Excellence Rice</b><br>Quality long-grain rice for everyday meals.<br><i>Sizes: 25 LB · 5 LB · 10 LB</i>                                 | <b>Peak Milk</b><br>Rich powdered/evaporated milk for drinks and cooking.<br><i>Sizes: 170 GR · 410 GR</i>                        |
| <b>Peak Milk Powder</b><br>Rich powdered/evaporated milk for drinks and cooking.<br><i>Sizes: 300 G</i>                                         | <b>Rivoire Carret Couscous</b><br>Wholesome grain/noodle staple for everyday meals.<br><i>Sizes: 500 G</i>                        |
| <b>Rouchi Oat Fufu</b><br>Lighter oat-based fufu, a fibre-rich swallow.<br><i>Sizes: 2 LB · 4 LB</i>                                            | <b>Titus Sardines</b><br>Tinned sardines, a quick and handy protein.<br><i>Sizes: 4 3.8 OZ</i>                                    |

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**Titus Sardines (hot)**

Tinned sardines, a quick and handy protein.

*Sizes: 4 3/8 OZ*

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**Tropiway Plantain Fufu**

Plantain fufu flour for a smooth, filling swallow.

*Sizes: 24 OZ*

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**Tropiway Cocoyam Fufu**

Cocoyam fufu flour for a soft, hearty swallow.

*Sizes: 24 OZ*

## Caribbean & Islands

### Angel Ground Pimento

Aromatic herb/spice for seasoning and traditional brews.

Sizes: 2 OZ

### Angel Mauby Bark

Aromatic herb/spice for seasoning and traditional brews.

Sizes: 1 OZ

### Angel Sorrel

Aromatic herb/spice for seasoning and traditional brews.

Sizes: 1 OZ

### Angel Senna Pods

Aromatic herb/spice for seasoning and traditional brews.

Sizes: 1.5 OZ

### Baba Roots Drink

Traditional Caribbean tonic/health drink.

Sizes: 5 OZ

### Blue Mountain Curry Powder (hot)

Aromatic curry powder for meats, fish and stews.

Sizes: 6 OZ

### Butterkist Coconut Cookies

Sweet baked cookies/biscuits for tea time.

Sizes: 5 OZ

### Butterkist Shortbread Cookies

Sweet baked cookies/biscuits for tea time.

Sizes: 5 OZ

### Carib Bissy

Aromatic herb/spice for seasoning and traditional brews.

Sizes: 1 OZ

### Carib Butterbeans

Wholesome beans/peas for stews, rice and porridge.

Sizes: 14 OZ

### Carib Coconut Oil

Pure coconut milk/oil for rich Caribbean cooking.

Sizes: 12 OZ

### Carib Corn Meal (fine)

Wholesome grain/noodle staple for everyday meals.

Sizes: 24 OZ

### Angel Irish Moss

Traditional Caribbean tonic/health drink.

Sizes: 2 OZ

### Angel Pimento

Aromatic herb/spice for seasoning and traditional brews.

Sizes: 1 OZ

### Angel Senna Leaves

Aromatic herb/spice for seasoning and traditional brews.

Sizes: 1.5 OZ

### Angel Thyme

Aromatic herb/spice for seasoning and traditional brews.

Sizes: 0.25 OZ

### Blue Mountain Burnt Sugar

Browning for rich colour in stews and cakes.

Sizes: 6 OZ · 12 OZ

### Blue Mountain Curry Powder (mild)

Aromatic curry powder for meats, fish and stews.

Sizes: 6 OZ

### Butterkist Ginger Cookies

Sweet baked cookies/biscuits for tea time.

Sizes: 5 OZ

### Carib Ackee

Tinned ackee, the buttery star of ackee and saltfish.

Sizes: 19 OZ

### Carib Browning (caramel)

Browning for rich colour in stews and cakes.

Sizes: 5 OZ

### Carib Callaloo

Tinned callaloo greens for a quick, savoury side.

Sizes: 19 OZ

### Carib Complete Seasoning

All-purpose seasoning blend for meats and fish.

Sizes: 18.3 OZ

### Carib Creamy Coconut Milk

Rich powdered/evaporated milk for drinks and cooking.

Sizes: 14 OZ



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| <b>Carib Curry Powder Mild</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 6 OZ</i>         | <b>Carib Curry Powder Hot</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 6 OZ</i>                 |
| <b>Carib Curry Powder</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 5 LB</i>              | <b>Carib Dry Jerk Seasoning</b><br>Bold Jamaican jerk seasoning with warm island spice.<br><i>Sizes: 5 OZ</i>           |
| <b>Carib Hellshire Fish Seasoning</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 5 OZ</i>   | <b>Carib Hot Pepper Sauce</b><br>Fiery Caribbean pepper sauce for real island heat.<br><i>Sizes: 3 OZ</i>               |
| <b>Carib Jamaican Bammy</b><br>Traditional Jamaican cassava bammy flatbread.<br><i>Sizes: 12.8 OZ</i>            | <b>Carib Jerk Seasoning (mild)</b><br>Bold Jamaican jerk seasoning with warm island spice.<br><i>Sizes: 11 OZ</i>       |
| <b>Carib Meat Seasoning</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 6 OZ</i>             | <b>Carib Pigeon Peas (dry)</b><br>Wholesome beans/peas for stews, rice and porridge.<br><i>Sizes: 12 OZ</i>             |
| <b>Carib Pimento Seasoning</b><br>Aromatic herb/spice for seasoning and traditional brews.<br><i>Sizes: 5 OZ</i> | <b>Carib Red Kidney Beans</b><br>Wholesome beans/peas for stews, rice and porridge.<br><i>Sizes: 12 OZ</i>              |
| <b>Carib Roots Drink</b><br>Traditional Caribbean tonic/health drink.<br><i>Sizes: 8 OZ</i>                      | <b>Carib Scotch Bonnet Hot Pepper Sauce</b><br>Fiery Caribbean pepper sauce for real island heat.<br><i>Sizes: 3 OZ</i> |
| <b>Carib Scotch Bonnet Peppers</b><br>Fiery Caribbean pepper sauce for real island heat.<br><i>Sizes: 5 OZ</i>   | <b>Carib Spiced Fruit Buns</b><br>Sweet, spiced fruit buns; lovely with cheese.<br><i>Sizes: 5 OZ · 14 OZ · 28 OZ</i>   |
| <b>Carib Tamarind Balls</b><br>Sweet-and-tangy tamarind balls.<br><i>Sizes: 76 GR</i>                            | <b>Carib Thyme</b><br>Aromatic herb/spice for seasoning and traditional brews.<br><i>Sizes: .25 OZ</i>                  |
| <b>Carib Vanilla Flavoring</b><br>Aromatic flavouring essence for baking and drinks.<br><i>Sizes: 4 FL OZ</i>    | <b>CEG Five Spice Soya Sauce</b><br>Savoury soya sauce for seasoning and stir-fries.<br><i>Sizes: 10 OZ</i>             |
| <b>CEG Hot Calypso Sauce</b><br>Fiery Caribbean pepper sauce for real island heat.<br><i>Sizes: 11.5 OZ</i>      | <b>CEG Hot Crushed Pepper</b><br>Fiery Caribbean pepper sauce for real island heat.<br><i>Sizes: 11.5 OZ</i>            |
| <b>Champion Chow Mein Noodles</b><br>Wholesome grain/noodle staple for everyday meals.<br><i>Sizes: 12 OZ</i>    | <b>Chief Curry Powder</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 3 OZ</i>                     |
| <b>Chief Duck/goat Curry</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 230 G</i>          | <b>Chief Green Seasoning</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 11 OZ</i>                  |

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| <b>Chief Madras Curry Powder</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 3 OZ</i>         | <b>Chief Saffron Powder</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 3 OZ</i>                |
| <b>Chubby Green Cream Soda</b><br>Sweet, smooth cream soda.<br><i>Sizes: 250 ML</i>                                | <b>Chubby Cola</b><br>Classic cola soft drink.<br><i>Sizes: 250 ML</i>                                              |
| <b>Chubby Cotton Candy Cream Soda</b><br>Sweet, smooth cream soda.<br><i>Sizes: 250 ML</i>                         | <b>Chubby Grape Soda</b><br>Refreshing island-style fruit soft drink.<br><i>Sizes: 250 ML</i>                       |
| <b>Crix Crackers</b><br>Crisp water crackers, great with saltfish or cheese.<br><i>Sizes: 300 GM</i>               | <b>Cocotazo Coconut Water</b><br>Pure coconut milk/oil for rich Caribbean cooking.<br><i>Sizes: 500 ML</i>          |
| <b>D&amp;G; Cream Soda</b><br>Sweet, smooth cream soda.<br><i>Sizes: 12 OZ</i>                                     | <b>D&amp;G; Fruit Punch</b><br>Refreshing island-style fruit soft drink.<br><i>Sizes: 12 OZ</i>                     |
| <b>D&amp;G; Ginger Beer</b><br>Bold, spicy-sweet Jamaican ginger beer.<br><i>Sizes: 12 OZ</i>                      | <b>D&amp;G; Kola Champagne</b><br>Bright, bubbly kola champagne soft drink.<br><i>Sizes: 12 OZ</i>                  |
| <b>D&amp;G; Orange Soda</b><br>Refreshing island-style fruit soft drink.<br><i>Sizes: 12 OZ</i>                    | <b>D&amp;G; Pineapple Soda</b><br>Refreshing island-style fruit soft drink.<br><i>Sizes: 12 OZ</i>                  |
| <b>D&amp;G; Ting</b><br>Tangy Jamaican grapefruit soda.<br><i>Sizes: 12 OZ</i>                                     | <b>El Sembrador Frozen Pigeon Peas</b><br>Wholesome beans/peas for stews, rice and porridge.<br><i>Sizes: 15 OZ</i> |
| <b>El Sembrador Sour Sop Pulp</b><br>Sweet-tangy preserved fruit treat.<br><i>Sizes: 14 OZ</i>                     | <b>Excelsior Crackers</b><br>Crisp water crackers, great with saltfish or cheese.<br><i>Sizes: 300 GM</i>           |
| <b>Foska Oats</b><br>Wholesome grain/noodle staple for everyday meals.<br><i>Sizes: 14 OZ</i>                      | <b>Four Cows Glucose</b><br>Energy/nutrition drink to help keep you going.<br><i>Sizes: 16 OZ</i>                   |
| <b>Golden Ray Margarine</b><br>Cooking margarine for baking and frying.<br><i>Sizes: 8 OZ</i>                      | <b>Grace Chicken Soup</b><br>Quick soup mix for a comforting bowl.<br><i>Sizes: 60 G</i>                            |
| <b>Grace Cock Soup</b><br>Quick soup mix for a comforting bowl.<br><i>Sizes: 50 G</i>                              | <b>Grace Pumpkin Beef Soup</b><br>Quick soup mix for a comforting bowl.<br><i>Sizes: 50 G</i>                       |
| <b>Grace Coconut Milk Powder</b><br>Rich powdered/evaporated milk for drinks and cooking.<br><i>Sizes: 1.76 OZ</i> | <b>Grace Fish Tea Soup</b><br>Traditional herbal tea for a soothing brew.<br><i>Sizes: 45 G</i>                     |

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| <b>Hibiscus Tamarind Balls</b><br>Sweet-and-tangy tamarind balls.<br><i>Sizes: 3.5 OZ</i>                        | <b>Horlicks</b><br>Malted chocolate drink mix for a comforting cup.<br><i>Sizes: 500 GR</i>                      |
| <b>JCS Ackees</b><br>Tinned ackee, the buttery star of ackee and saltfish.<br><i>Sizes: 12 OZ</i>                | <b>JCS Bonnet Peppers</b><br>Ground hot pepper for a fiery kick.<br><i>Sizes: 5 OZ</i>                           |
| <b>JCS Boston Jerk Sauce</b><br>Bold Jamaican jerk seasoning with warm island spice.<br><i>Sizes: 5 OZ</i>       | <b>JCS Butterbeans</b><br>Wholesome beans/peas for stews, rice and porridge.<br><i>Sizes: 15 OZ</i>              |
| <b>JCS Callaloo</b><br>Tinned callaloo greens for a quick, savoury side.<br><i>Sizes: 10 OZ</i>                  | <b>JCS Chicken Seasoning</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 6.5 OZ</i>          |
| <b>JCS Cerassie Tea</b><br>Traditional herbal tea for a soothing brew.<br><i>Sizes: 60 GM</i>                    | <b>JCS Coconut Cream</b><br>Pure coconut milk/oil for rich Caribbean cooking.<br><i>Sizes: 6 OZ</i>              |
| <b>JCS Coconut Juice</b><br>Pure coconut milk/oil for rich Caribbean cooking.<br><i>Sizes: 17.5 OZ · 11.2 OZ</i> | <b>JCS Coconut Milk</b><br>Rich powdered/evaporated milk for drinks and cooking.<br><i>Sizes: 14 OZ</i>          |
| <b>JCS Corned Beef</b><br>Tinned corned beef for quick stews, hash and sandwiches.<br><i>Sizes: 12 OZ</i>        | <b>JCS Coconut Oil</b><br>Pure coconut milk/oil for rich Caribbean cooking.<br><i>Sizes: 12 OZ</i>               |
| <b>JCS Curry Powder</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 4.2 OZ</i>              | <b>JCS Curry Powder (hot)</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 4.2 OZ · 8 OZ</i> |
| <b>JCS Curry Powder (mild)</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 8 OZ</i>         | <b>JCS Dark Thick Soya Sauce</b><br>Savoury soya sauce for seasoning and stir-fries.<br><i>Sizes: 10 OZ</i>      |
| <b>JCS Dried Pigeon Peas</b><br>Wholesome beans/peas for stews, rice and porridge.<br><i>Sizes: 16 OZ</i>        | <b>JCS Dry Jerk Seasoning</b><br>Bold Jamaican jerk seasoning with warm island spice.<br><i>Sizes: 4 OZ</i>      |
| <b>JCS Ginger Beer</b><br>Bold, spicy-sweet Jamaican ginger beer.<br><i>Sizes: 12 OZ · 2 LTR</i>                 | <b>JCS Ginger Syrup</b><br>Sweet fruit jam/syrup for spreading and drinks.<br><i>Sizes: 25.5 OZ</i>              |
| <b>JCS Guava Jelly</b><br>Sweet, all-natural Jamaican-style guava jelly.<br><i>Sizes: 12 OZ</i>                  | <b>JCS Green Pigeon Peas</b><br>Wholesome beans/peas for stews, rice and porridge.<br><i>Sizes: 16 OZ</i>        |
| <b>JCS Hell Hot Sauce</b><br>Fiery Caribbean pepper sauce for real island heat.<br><i>Sizes: 5 OZ</i>            | <b>JCS Hot Pepper Sauce</b><br>Fiery Caribbean pepper sauce for real island heat.<br><i>Sizes: 3 OZ · 6 OZ</i>   |

|                                                                                                                 |                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>JCS Irish Moss Drink</b><br>Traditional Caribbean tonic/health drink.<br><i>Sizes: 10 OZ</i>                 | <b>JCS Jerk Seasoning</b><br>Bold Jamaican jerk seasoning with warm island spice.<br><i>Sizes: 10 OZ</i>          |
| <b>JCS Kola Champagne</b><br>Bright, bubbly kola champagne soft drink.<br><i>Sizes: 12 OZ · 2 LTR</i>           | <b>JCS Meat Seasoning</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 4 OZ</i>                |
| <b>JCS Oxtail &amp; Stew Seasoning</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 7 OZ</i> | <b>JCS Peppermint Tea</b><br>Ground hot pepper for a fiery kick.<br><i>Sizes: 25 CT</i>                           |
| <b>JCS Pimento Seasoning</b><br>Aromatic herb/spice for seasoning and traditional brews.<br><i>Sizes: 5 OZ</i>  | <b>JCS Pineapple Soda</b><br>Refreshing island-style fruit soft drink.<br><i>Sizes: 12 OZ</i>                     |
| <b>JCS Port Royal Fish Frye</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 9 OZ</i>        | <b>JCS Red Kidney Beans</b><br>Wholesome beans/peas for stews, rice and porridge.<br><i>Sizes: 15 OZ</i>          |
| <b>JCS Steak Seasoning</b><br>All-purpose seasoning blend for meats and fish.<br><i>Sizes: 7 OZ</i>             | <b>JCS Thyme</b><br>Aromatic herb/spice for seasoning and traditional brews.<br><i>Sizes: 1.75 OZ</i>             |
| <b>JCS Tropical Fruit Salad</b><br>Sweet-tangy preserved fruit treat.<br><i>Sizes: 20 OZ</i>                    | <b>JCS Vanilla Flavoring</b><br>Aromatic flavouring essence for baking and drinks.<br><i>Sizes: 8 OZ</i>          |
| <b>JCS Whole Pimento</b><br>Aromatic herb/spice for seasoning and traditional brews.<br><i>Sizes: 2.5 OZ</i>    | <b>Julianna Ackee</b><br>Tinned ackee, the buttery star of ackee and saltfish.<br><i>Sizes: 12.5 OZ</i>           |
| <b>Klim Milk</b><br>Rich powdered/evaporated milk for drinks and cooking.<br><i>Sizes: 1.76 LB · 12.6 OZ</i>    | <b>Lat Chiu Red Sweet Mango</b><br>Refreshing island-style fruit soft drink.<br><i>Sizes: 3.5 OZ · 350 GR</i>     |
| <b>Lat Chiu Red Sweet Plum</b><br>Sweet-tangy preserved fruit treat.<br><i>Sizes: 3.5 OZ · 350 GR</i>           | <b>Lat Chiu Spicy Red Plum</b><br>Sweet-tangy preserved fruit treat.<br><i>Sizes: 3.5 OZ</i>                      |
| <b>Lat Chiu Sweet Pepper Prune</b><br>Ground hot pepper for a fiery kick.<br><i>Sizes: 3.5 OZ</i>               | <b>Lee Cream Crackers</b><br>Crisp water crackers, great with saltfish or cheese.<br><i>Sizes: 200 G · 500 GR</i> |
| <b>Limacol</b><br>Traditional Caribbean tonic/health drink.<br><i>Sizes: 8 OZ</i>                               | <b>Lucozade</b><br>Energy/nutrition drink to help keep you going.<br><i>Sizes: 380 ML · 1 LTR</i>                 |
| <b>Madras Curry Powder</b><br>Aromatic curry powder for meats, fish and stews.<br><i>Sizes: 3 OZ</i>            | <b>Matouk's Flambeau Sauce</b><br>A taste of the Caribbean and the islands.<br><i>Sizes: 10 OZ</i>                |

**Matouk's Guava Jelly**

Sweet-tangy preserved fruit treat.

*Sizes: 16 OZ***Matouk's Hot Calypso Sauce**

Fiery Caribbean pepper sauce for real island heat.

*Sizes: 10 OZ***Matouk's Hot Pepper Sauce**

Fiery Caribbean pepper sauce for real island heat.

*Sizes: 10 OZ***Matouk's Kuchela**

Spicy West Indian mango kuchela condiment.

*Sizes: 13.5 OZ***Matouk's Mango Chutney**

Refreshing island-style fruit soft drink.

*Sizes: 16 OZ***Matouk's Mauby Concentrate**

Traditional Caribbean tonic/health drink.

*Sizes: 26 OZ***Matouk's West Indian Hot Sauce**

Fiery Caribbean pepper sauce for real island heat.

*Sizes: 10 OZ***Mcvities All Butter Shortbread**

Sweet baked cookies/biscuits for tea time.

*Sizes: 200 G***Mount Teman Roots Drink**

Traditional Caribbean tonic/health drink.

*Sizes: 8 OZ***Nutrament Chocolate**

Classic cola soft drink.

*Sizes: 12 OZ***Nutrament Strawberry**

Energy/nutrition drink to help keep you going.

*Sizes: 12 OZ***Nutrament Vanilla**

Energy/nutrition drink to help keep you going.

*Sizes: 12 OZ***Oriental Curry Powder (mild)**

Aromatic curry powder for meats, fish and stews.

*Sizes: 6 OZ***Oriental Curry Powder (hot)**

Aromatic curry powder for meats, fish and stews.

*Sizes: 6 OZ***Ovaltine Biscuits**

Malted chocolate drink mix for a comforting cup.

*Sizes: 5 OZ***Paula's Tamarind Balls**

Sweet-and-tangy tamarind balls.

*Sizes: 85 G***Power Malt (4 Packs/cs)**

Non-alcoholic malt drink, rich and lightly sweet.

*Sizes: 330 ML***Ribena**

Energy/nutrition drink to help keep you going.

*Sizes: 32 OZ***Real Plantain Chips**

Crunchy fried plantain chips — a moreish snack.

*Sizes: 5 OZ***Sak Pase Bulgur Wheat Ble'**

Wholesome grain/noodle staple for everyday meals.

*Sizes: 2 LB***Sak Pase Corn Meal**

Wholesome grain/noodle staple for everyday meals.

*Sizes: 2 LB***Sanatogen Powder**

Energy/nutrition drink to help keep you going.

*Sizes: 275 G***Soft Candles**

Household candles.

*Sizes: EA***Solo Apple J**

Refreshing island-style fruit soft drink.

*Sizes: 8 OZ***Solo Banana**

Refreshing island-style fruit soft drink.

*Sizes: 12 OZ***Solo Cream Soda**

Sweet, smooth cream soda.

*Sizes: 12 OZ*

**Solo Kola**

A taste of the Caribbean and the islands.

*Sizes: 12 OZ*

**Solo Mango**

Refreshing island-style fruit soft drink.

*Sizes: 12 OZ*

**Solo Pear Drink**

Refreshing island-style fruit soft drink.

*Sizes: 8 OZ*

**Solo Sorrel**

Aromatic herb/spice for seasoning and traditional brews.

*Sizes: 12 OZ*

**St. Mary's Banana Chips**

Crunchy fried plantain chips — a moreish snack.

*Sizes: 142 GR*

**Supligen Vanilla**

Energy/nutrition drink to help keep you going.

*Sizes: 12.5 OZ*

**Vitamalt Classic (4 Packs/cs)**

Non-alcoholic malt drink, rich and lightly sweet.

*Sizes: 330 ML*

**Vitamalt Ginger (4 Packs/cs)**

Non-alcoholic malt drink, rich and lightly sweet.

*Sizes: 330 ML*

**Vitamalt Plus (4 Packs/cs)**

Non-alcoholic malt drink, rich and lightly sweet.

*Sizes: 330 ML*

**Walkerswood Jerk Marinade**

Bold Jamaican jerk seasoning with warm island spice.

*Sizes: 16 OZ*

**Walkerswood Jerk Seasoning**

Bold Jamaican jerk seasoning with warm island spice.

*Sizes: 10 OZ*

**Walkerswood Jerk Seasoning Hot & Spicy**

Bold Jamaican jerk seasoning with warm island spice.

*Sizes: 10 OZ*

**Whiteway's Peardrax**

Traditional Caribbean tonic/health drink.

*Sizes: 33.8 OZ · 10 OZ*

## Fresh Produce

**African White Yam (from Ghana)**

Fresh yam — starchy and satisfying, for pounding or boiling.

*Sizes: 50 LB*

**Dasheen (from The Caribbean)**

Starchy root vegetable, great boiled or in soups.

*Sizes: 40 LB*

**Edos**

Starchy root vegetable, great boiled or in soups.

*Sizes: 40 LB*

**Espino Yam**

Fresh yam — starchy and satisfying, for pounding or boiling.

*Sizes: 45 LB*

**Fresh Sorrel**

Aromatic herb/spice for seasoning and traditional brews.

*Sizes: 10 LB*

**Green Banana**

Refreshing island-style fruit soft drink.

**White Yam (from The Caribbean)**

Fresh yam — starchy and satisfying, for pounding or boiling.

*Sizes: 40 LB*

**Yellow Yam (from The Caribbean)**

Fresh yam — starchy and satisfying, for pounding or boiling.

*Sizes: 45 LB*

## Seafood & Meat

### Bacalao Salted Cod Fish (bone-in)

Salted cod (saltfish) for the classic ackee and saltfish.

Sizes: 1 LB

### Carib Pigtail (5 Buckets/cs)

Traditional meat cut for seasoning rich soups and stews.

Sizes: 25 LBS

### Cured Pork Snout (5 Buckets/cs)

Traditional meat cut for seasoning rich soups and stews.

Sizes: 25 LBS

### Mackerel Fillet

Mackerel, a hearty fish for frying and stews.

Sizes: 9 LBS

### Mackerel (whole)

Mackerel, a hearty fish for frying and stews.

Sizes: 20 LBS

### Pomo (fresh Or Frozen)

Traditional meat cut for seasoning rich soups and stews.

Sizes: PER LB

### Pigtail (pale)

Traditional meat cut for seasoning rich soups and stews.

Sizes: 35 LBS

### Smoked Herring Bloater

Smoked herring, rich and savoury for stews.

Sizes: 18 LBS

### Smoked Herring Fillet

Smoked herring, rich and savoury for stews.

Sizes: 10 LBS

### Salted Cod Fish Bits

Salted cod (saltfish) for the classic ackee and saltfish.

Sizes: 1 LB

### Salted Cod With Bone

Salted cod (saltfish) for the classic ackee and saltfish.

Sizes: 1 LB

### Salted Cod No-bone

Salted cod (saltfish) for the classic ackee and saltfish.

Sizes: 1 LB

### Saltfish (whole)

Salted cod (saltfish) for the classic ackee and saltfish.

Sizes: 50 LBS

### San Souci Salted Cod Fish

Salted cod (saltfish) for the classic ackee and saltfish.

Sizes: 1 LB

### Snails (fresh Or Frozen)

Traditional meat cut for seasoning rich soups and stews.

Sizes: PER LB

### Salt Beef (5 Buckets/cs)

Traditional meat cut for seasoning rich soups and stews.

Sizes: 25 LBS

### Salt Beef (pale)

Traditional meat cut for seasoning rich soups and stews.

Sizes: 35 LBS



## Health & Beauty

### Alafia Bitters

Herbal bitters, a traditional wellness tonic.

Sizes: 350 ML

### Benjamin's Healing Oil

Sweet fruit jam/syrup for spreading and drinks.

Sizes: 2 OZ

### Canadian Oil

Traditional remedy oil/tonic for everyday comfort.

Sizes: 60 ML

### Crusader Cream

Skincare cream for a smooth, even tone.

Sizes: 50 GR

### Dettol Antiseptic

Traditional health, beauty and personal-care product.

Sizes: 125 ML · 250 ML · 750 ML

### Dr. King's Sulphur Bitters

Herbal bitters, a traditional wellness tonic.

Sizes: 12 OZ

### Eve Beef, Iron, & Wine

Iron tonic to help support energy and vitality.

Sizes: 16 OZ

### Fair & White Gel

Skincare cream for a smooth, even tone.

Sizes: 1 OZ

### Ferrol Compound

Iron tonic to help support energy and vitality.

Sizes: 6.5 OZ · 16.5 OZ

### IKB Soap

Cleansing beauty/antiseptic soap.

Sizes: 85 GR

### MIC Cream

Skincare cream for a smooth, even tone.

Sizes: 50 GR

### Mililo Soap

Cleansing beauty/antiseptic soap.

Sizes: 80 GM

### Asepso Soap

Cleansing beauty/antiseptic soap.

Sizes: 85 GR

### Buckley's Mixture

Traditional remedy oil/tonic for everyday comfort.

Sizes: 4 OZ

### Carbolic Soap

Cleansing beauty/antiseptic soap.

Sizes: 125 G

### Crusader Soap

Cleansing beauty/antiseptic soap.

Sizes: 80 GR

### Dettol Soap

Cleansing beauty/antiseptic soap.

Sizes: 125 GM

### Dudu Osun Black Soap

Traditional African black soap with shea and herbs.

Sizes: 150 GR

### Fair & White Cream

Skincare cream for a smooth, even tone.

Sizes: 1.7 OZ

### Feroglobin

Energy/nutrition drink to help keep you going.

Sizes: 200 ML

### IKB Cream

Skincare cream for a smooth, even tone.

Sizes: 50 GR

### Liqufruta

Traditional remedy oil/tonic for everyday comfort.

Sizes: 150 ML

### MIC Soap

Cleansing beauty/antiseptic soap.

Sizes: 50 GR

### Neko Soap

Cleansing beauty/antiseptic soap.

Sizes: 80 GR

**Pat Coconut Cream**

Pure coconut milk/oil for rich Caribbean cooking.

*Sizes: 30 ML*

**Roberts Soap**

Cleansing beauty/antiseptic soap.

*Sizes: 90 GR*

**Seven Seas Multivitamin Syrup**

Sweet fruit jam/syrup for spreading and drinks.

*Sizes: 300 ML*

**Shirley Medicated Cream**

Skincare cream for a smooth, even tone.

*Sizes: 50 GR*

**Symba Cream**

Skincare cream for a smooth, even tone.

*Sizes: 50 GR*

**Tetmosol Soap**

Cleansing beauty/antiseptic soap.

*Sizes: 75 GR*

**Topiclear Cream**

Skincare cream for a smooth, even tone.

*Sizes: 50 ML*

**Tura Cream**

Skincare cream for a smooth, even tone.

*Sizes: 50 GR*

**White Lavender**

Traditional remedy oil/tonic for everyday comfort.

*Sizes: 30 ML*

**Venus Soap**

Cleansing beauty/antiseptic soap.

*Sizes: 150 GR*

**Zarina Soap**

Cleansing beauty/antiseptic soap.

*Sizes: 2.6 OZ*

**Red Lavender**

Traditional remedy oil/tonic for everyday comfort.

*Sizes: 30 ML*

**Seven Seas Cod Liver Oil**

Cod liver oil / multivitamin for daily wellness.

*Sizes: 120 CAP · 250 CAP · 170 ML*

**Shirley Cream**

Skincare cream for a smooth, even tone.

*Sizes: 50 G*

**Shirley Soap**

Cleansing beauty/antiseptic soap.

*Sizes: 85 GR*

**Symba Soap**

Cleansing beauty/antiseptic soap.

*Sizes: 85 GR*

**Tisane**

Traditional health, beauty and personal-care product.

*Sizes: 160 ML*

**Topiclear Soap**

Cleansing beauty/antiseptic soap.

*Sizes: 80 GR*

**Tura Soap**

Cleansing beauty/antiseptic soap.

*Sizes: 85 GR*

**Venus Cream (tube)**

Skincare cream for a smooth, even tone.

*Sizes: 50 ML*

**Zarina Cream**

Skincare cream for a smooth, even tone.

*Sizes: 50 ML*