

grocery

SAVE \$3.00

4⁹⁹

Bob's Red Mill Old Country Style Muesli 510g



SAVE \$3.00

8⁹⁹

Caboo 12 Roll Bath Tissue



SAVE \$3.50

5⁹⁹

Lucky Foods Seoul Kimchi Assorted 414mL



SAVE \$1.80

3⁶⁹

Angie's Artisan Popcorn Assorted 125g - 142g



SAVE \$5.00

7⁹⁹

Caulipower Assorted Cauliflower Crust Pizzas



SAVE 0.66c

3⁹⁹ FOR 3

Clif Assorted 68g Energy Bars



SAVE \$2.50

4⁹⁹

Little Northern Bakery Assorted Gluten Free Breads



SAVE \$3.00

3⁹⁹

Earthbound Farms Assorted Frozen Fruit 300g



SAVE \$1.24

8⁹⁹ FOR 4

Clever Mocktails Non-Alcoholic Assorted 355mL



SAVE \$1.00

4⁹⁹ FOR 2

Justin's Cashew Butter and Peanut Butter Cups 40g



SAVE \$2.50

5⁴⁹

Nuts To You Assorted Natural Peanut Butters 750g



SAVE \$3.50

5⁹⁹ Let's Get Gelato!

Righteous Assorted Gelato 562g



SAVE \$5.00

9⁹⁹

Commercial Drive Coffee



produce

BC GROWN

3⁵⁹
/EA

Romaine Lettuce BC



PRODUCT OF MEXICO

4⁴⁹
/LB

Red & Green Grapes



NEW ZEALAND GROWN

2⁶⁹
/LB

Gala Apples



BC GROWN

4⁹⁹
/LB

Tomatoes on the Vine



health

deli



SAVE 50¢

8⁹⁹
/EA

Chicken Sandwich



SAVE \$4.00/KG

35⁹⁰
/KG

Old Fashioned Ham



20%
OFF

Cornichons

meat

SAVE \$3.00

19⁹⁹
/KG

House Smoked Ham



SAVE \$1.91

27⁹⁹
/KG

Chicken Burger



flowers

SAVE \$2.00

8⁹⁹

Staghorn Fern



SAVE 50¢

4⁴⁹

Peperomia
Pepperface



SAVE \$3.00

21⁹⁹
/KG

Pork Loin Chop

Customer
Appreciation Day
August 10

SAVE \$3.00

24⁹⁹

Natural Factors Active B
Complex 60 Caps

SAVE \$4.00

7⁹⁹

Loop Soaps 2x100g

SAVE \$7.30

14⁹⁹

All Good
Sunscreen Spray

SAVE \$1.00

7⁴⁹

Lily of the Desert
228g Aloe Vera Gelly