

grocery

SAVE \$3.00

30% OFF

Bob's Red Mill
Assorted Rolled & Steel
Cut Oats 454g - 907g



SAVE \$4.00

12⁹⁹

Seventh Generation Assorted
2.66L Laundry Liquids



SAVE \$3.00

3⁹⁹

Cape Herb & Spice
Assorted Grinders
40g - 130g



SAVE \$4.50

6⁹⁹

Swerve Natural
Sweetener
Assorted 340g Bag



SAVE \$3.00

7⁹⁹

Rocky Mountain
Flatbreads
Assorted Pizzas



SAVE \$3.00

3⁹⁹

Earth's Choice
Coconut Chips &
Shredded Coconut



SAVE UP TO \$2.00

3⁹⁹

Silver Hills
Assorted Breads
& Bagels



SAVE UP TO \$2.50

3⁹⁹

Earth's Choice
Assorted Organic
Tomatoes 796mL



SAVE \$3.00

5⁹⁹

Gimme Health Assorted Organic
Seaweed Snacks 6 x 5g Packs



SAVE UP TO \$1.20

3²⁹

Amy's Burritos:
Assorted Regular 170g



Life is
Burritoful

SAVE UP TO \$1.20

3⁷⁹

Amy's Burritos: Assorted
Gluten Free 156g



SAVE \$1.50

3⁴⁹

Alter Eco Assorted
Chocolate Bars 80g



SAVE \$1.50

4⁹⁹

Califia Farms
Assorted Almond
& Oat Milks 1.4L



SAVE \$6.00

10⁹⁹

Salt Spring Coffee
Assorted



produce

BC GROWN

1.99
/LB

Red Watermelon



PRODUCT OF USA

8.99
/EA

Strawberry 1lb



BC GROWN

7.99
/EA

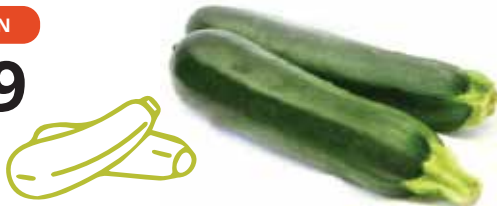
5lb Bagged Yellow Potato



BC GROWN

1.99
/LB

Zucchini



health

deli



SAVE 50c

8.99
/EA

Baguette
Sandwich/Wrap



SAVE \$5.00/KG

64.90
/KG

Prosciutto



20%
OFF

Creamy Havarti

meat



SAVE \$1.00/KG

24.99
/KG

Stewing Beef



SAVE 50c/KG

7.79
/EA

Smoked Salmon



10%
OFF

Paleo Friendly
Bacon

flowers



SAVE \$3.00

6.99

Assorted Hoyas



SAVE \$3.00

6.99

African Mask



SAVE \$7.50

44.99

Santevia 3-Pack Filters



SAVE \$10.00

29.99

Canprev Magnesium
- 240 Caps

15%
OFF

Suku Line Drive



15%
OFF

New Roots Probiotics

