

grocery

SAVE \$1.00

17⁹⁹



Earth's Choice Organic
Extra Virgin Olive Oil 1L



SAVE \$4.00

13⁹⁹

Eco Max 3L
Laundry Soaps



SAVE \$5.00

11⁹⁹

Salt Spring Coffee
Organic Coffee



SAVE \$2.00

4⁹⁹

Pacific Foods
Soups Organic 1L



25% OFF

Violife Plant Based
Cheese



Try the
Cheese that's
Cheddar Than
All The Rest



SAVE \$1.00

3⁹⁹

Alter Eco
Chocolate Bars



For the
Love of
Oats

SAVE \$1.00

7⁹⁹

Anitas Organic
Oatmeal



SAVE \$1.00

5⁴⁹

Earth's Own Naked
Oat 1.75mL



SAVE \$2.00

2⁹⁹

Que Pasa
Nacho Chips



SAVE 50c

3⁴⁹

Barbara's Cheese Puffs



SAVE \$4.00

5⁹⁹

Wild Brine
Assorted Kimchi



produce

PRODUCT OF MEXICO

3.50
FOR 2

Avocado



PRODUCT OF ECUADOR

2.99
/LB

Tommy Atkins
Mango



PRODUCT OF MEXICO

4.29
/LB



Orange and Yellow Peppers



BC GROWN

3.99
/EA

Long English Cucumber



deli



SAVE \$1.00

6.99
/EA

Housemade Chili



SAVE 50¢/100G OR \$5.00/KG

64.90
/KG

Prosciutto Cave Aged



SAVE \$1.00

9.99
/EA

Italian Sausage Pie

meat



SAVE \$2.00

16.99
/KG

Salt and Pepper Pork Sausage



SAVE \$1.00

9.99
/EA

Housemade Meatloaf



25%
OFF

Paleo Friendly
Beef Bacon



SAVE \$1.00

5.99

Pork Bone Broth



flowers

SAVE \$1.00

11.99

Disbud



SAVE \$1.00

4.99

Cyclamen Persicum



health

New Roots
HERBAL



15%
OFF

New Roots Herbal
Holy Basil Max

15%
OFF

New Roots Herbal Pure
Magnesium Bisglycinate
120 Cap



15%
OFF

New Roots Herbal
Magnesium Bisglycinate
Plus 60 Cap

15%
OFF

New Roots Herbal
Magnesium
Bisglycinate Powder



15%
OFF

New Roots Herbal Pure
Magnesium Bisglycinate
90 Cap



**Boost
Your
Bones**

15%
OFF

Naka Pro Heme Iron

