

### grocery

SAVE \$3.70

**4<sup>99</sup>**

Good Good Hazelnut  
Cocoa Spread 350g



SAVE \$5.00

**9<sup>99</sup>**

Commercial Drive  
Coffee Assorted 300g



SAVE \$1.80

**3<sup>69</sup>**

Angie's Artisan Treats  
Assorted Popcorn  
125g - 142g Bag



SAVE \$2.39

**4<sup>99</sup>**  
FOR 2

Garofalo Assorted  
Pasta 500g



SAVE \$1.00

**8<sup>99</sup>**

Lundberg Farms  
Assorted Organic  
Rice 907g



SAVE \$3.00

**6<sup>49</sup>**

Righteous Assorted  
Gelato 562mL



SAVE \$3.50

**7<sup>49</sup>**

Beyond Meat  
Plant Based  
Sausages 400g



SAVE \$2.00

**4<sup>99</sup>**

Happy Planet  
Assorted Fresh Soups  
500mL - 650mL



Add a Bolder  
Flavor with  
**BUBBIES**



SAVE 3.50

**7<sup>49</sup>**

Bubbie's Assorted  
1L Pickles



SAVE \$2.90

**3<sup>99</sup>**

Bubbie's  
Horseradish 250g



SAVE \$4.00

**7<sup>99</sup>**

Bubbie's  
Sauerkraut 750mL

SAVE \$2.03

**9<sup>96</sup>**  
FOR 4

Fentiman's Botanically  
Brewed Sodas  
Assorted 275mL



SAVE \$1.00

**4<sup>29</sup>**

Earth's Own So  
Fresh Almond Milks  
Assorted 1.89L



SAVE \$1.50

**3<sup>49</sup>**

Herdez Authentic  
Mexican Salsas  
Assorted 453g



**produce**

BC GROWN

**6<sup>99</sup>**  
/EA

Gala Apples 3lb Bag



PRODUCT OF USA

**4<sup>99</sup>**  
/LB

Red Seedless Grapes



PRODUCT OF USA

**3<sup>79</sup>**  
/EA

Bunch Spinach



PRODUCT OF MEXICO

**2<sup>69</sup>**  
/LB

Zucchini



**health**

**deli**

**meat**



SAVE \$1.00

**13<sup>99</sup>**  
/EA

Whole Rotisserie Chicken



SAVE \$1.00

**13<sup>99</sup>**  
/EA

Speciality Whole Chicken



SAVE \$2.00

**10<sup>99</sup>**  
/KG

Chicken Drumsticks



**15% OFF**

Natural Factors Theracurmin Double Strength 600mg 60 Caps



SAVE \$1.00

**6<sup>99</sup>**  
FOR 2

Organic Carrot Muffin

**flowers**



**10% OFF**

Canadian Bacon



BUY 2 FOR \$4.00

**4<sup>99</sup>**  
/EA

Tropical Plants 4"

**Good Vibes Vines Only** 



**15% OFF**

Host Defense Lions Mane - 60 Caps

**15% OFF**

Natural Coenzyme Q10 100mg 30 Caps



**15% OFF**

Flora Daily Maintenance Enzymes 120 Caps



**10% OFF**

Smoked Applewood Cheddar

