

grocery

SAVE \$4.00

7⁹⁹

Nature's Path Assorted Eco Pack Cereals (650g-907g Bag)



SAVE \$4.00

5⁹⁹

Gimme Assorted Organic Seaweed Snacks (6 x 5g Pack)



SAVE \$5.50

7⁹⁹

Caboo 12 Roll Bath Tissue



SAVE \$7.00

10⁹⁹

Salt Spring Assorted Organic Coffee (400g)



SAVE \$7.00

9⁹⁹

Earth's Choice Assorted Organic Coffee (340g)

Good mornings start with good coffee



SAVE \$1.30

3⁶⁹

Amy's Burritos: Assorted Regular (170g)



SAVE \$2.00

3⁹⁹

Amy's Burritos: Assorted Gluten Free (156g)



SAVE \$5.50

6⁹⁹

Cucina Antica Assorted Pasta Sauces (670mL)



SAVE \$5.00

16⁹⁹

Moonshine Mama's Assorted Functional Elixirs (500mL)



SAVE \$2.00

3⁹⁹

Silver Hills Assorted Breads



SAVE UP TO \$2.50

4⁴⁹

Silver Hills Buns & Bagels



SAVE \$3.50

5⁹⁹

Elmhurst Assorted Plant Based Milks (946mL)



SAVE \$4.00

8⁹⁹

Nuts For Cheese Assorted Cashew Cheeses (120g)



SAVE \$2.10

4⁶⁹

Pacific Foods Organic Broths Assorted (946mL-1L Tetra)



SAVE UP TO \$1.50

3⁹⁹ FOR 2

Earth's Choice Assorted Organic Beans (398mL)



produce

PRODUCT OF MEXICO

99¢ /LB

Bananas



PRODUCT OF MEXICO

4⁹⁹ /EA

Strawberries 1lb



deli



SAVE \$1.50

8⁹⁹ /EA

Greens Vegan Wrap



SAVE \$5.00

46⁹⁹ /KG

D'Italia Hungarian Salami



SAVE \$1.00

6⁹⁹ FOR 2

Greens Carrot Muffins Organic



20% OFF

Little Qualicum Cheese Assorted

BC GROWN

2⁹⁹ /EA

Green Kale Bunch



BC GROWN

2⁹⁹ /EA

Lettuce Romaine



meat



SAVE \$2.00

16⁹⁹ /KG

63 Acres Farm Beef Shank



SAVE \$3.00

86⁹⁹ /KG

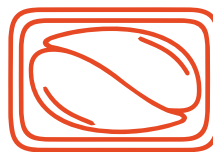
7 Seas East Coast Scallops



SAVE \$2.00

37⁹⁹ /KG

Rosstown Farms Organic Chicken Breast



flowers

SAVE \$6.00

53⁹⁹

Dracena Corn Cane



SAVE \$2.00

17⁹⁹

Mixed Seasonal Bouquet



SAVE \$1.00

1⁹⁹

Ornamental Gourds



health

SAVE \$4.20



23⁷⁹

Swiss Natural Multivitamins Assorted (90 caps)



SAVE \$1.40

4³⁹

Honibe Assorted Honeylozenges (10ct)



SAVE \$1.50

5⁹⁹

Green Beaver Assorted Toothpaste (75g)



SAVE 60¢

2³⁹

Four Sigmatic Mushroom Beverage Mix Pouches