

### grocery

SAVE \$4.50

7<sup>49</sup>

Some of the Best in Breakfast

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



SAVE \$2.30

3<sup>99</sup>

Nature's Path Assorted Hot Oatmeals (320-400g)



SAVE 90¢

1<sup>99</sup>

Real Naturals Shiitake Mushroom Chips Assorted (32g)



SAVE \$7.00

10<sup>99</sup>

Salt Spring Assorted Organic Coffee (400g)



SAVE \$2.50

3<sup>99</sup>

Cha's Organic Tinned Fruit (400mL) - Pineapple Chunks, Young Jackfruit



SAVE \$1.50

5<sup>49</sup>

Califia Farms Oat & Almond Milks Assorted (1.4L)



SAVE \$4.00

6<sup>99</sup>

Ecover Dishwashing Powders Assorted (1.36kg)



SAVE \$2.80

3<sup>69</sup>

Eco-Max Dish Liquids Assorted (740mL)



SAVE \$2.90

3<sup>49</sup>

Eco-Max Assorted Household Cleaners (800mL)



SAVE \$4.50

6<sup>99</sup>

Nuts To You: Almond Hazelnut Butter (365g)



SAVE \$5.00

7<sup>99</sup>

Nuts To You: Hazelnut Butter (365g)



SAVE \$3.00

5<sup>99</sup>

Manitoba Harvest Organic Hemp Yeah! Granolas Assorted (283g)



SAVE UP TO \$2.00

4<sup>49</sup>

Silver Hills Assorted Whole Grain Breads (430-615g)



SAVE \$1.50

4<sup>49</sup>

Nature's Path Love Crunch Assorted (325g)



SAVE \$5.00

6<sup>99</sup>

Red Crown Organic Pomegranate Juice Assorted (1L)



SAVE \$1.50

3<sup>99</sup>

Herdez Salsas Assorted (453g)



**produce**

BC GROWN

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

Organic Ambrosia Apples (3lb Bag)



PRODUCT OF MEXICO

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

Organic Strawberries (1lb)



BC GROWN

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

Organic Russet Potatoes  
(5lb Bag)



PRODUCT OF MEXICO

**2<sup>99</sup>**  
/EA

Organic Grape  
Tomatoes (1 Pint)



**health**

**flowers**



SAVE 70¢

**3<sup>29</sup>**

Rosemary (4")



SAVE \$1.00

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

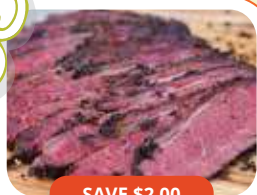
Azalea (4")



SAVE \$1.00

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

Purple Heart (4")



SAVE \$2.00

**32<sup>99</sup>**  
/KG

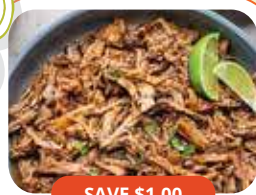
House Smoked  
Pastrami



SAVE \$1.00

**20<sup>99</sup>**  
/KG

Greens Salt & Pepper  
Beef Burgers



SAVE \$1.00

**11<sup>99</sup>**

Greens Adobo  
Taco Beef



SAVE \$10.40

**31<sup>49</sup>**

St. Francis Farm Deep  
Immune (120 caps)

**deli**



**25% OFF**

Italian: Parmigiano  
Reggiano, Grana  
Padano & Pecorino



**25% OFF**

Castelvetrano Olives



SAVE \$5.00

**41<sup>99</sup>**  
/KG

Genoa Salami



SAVE \$2.00

**5<sup>99</sup>**

Island Essentials  
Unscented Natural Castile  
Soap (230mL)



SAVE 50¢

**2<sup>99</sup>**  
/100G

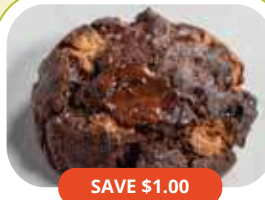
Greens Chickpea Salad



SAVE \$1.50

**5<sup>49</sup>**

Greens Pork Burger



SAVE \$1.00

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

Greens Vegan  
Chocolate Brownie



SAVE \$2.00

**11<sup>99</sup>**

Nin Jiom Herbal Cough  
Syrup (300mL)