

grocery

SAVE \$5.00

6⁹⁹

Wildbrine Assorted Kimchi & Sauerkrauts (500g)



SAVE UP TO \$2.00

10⁹⁹

Lundberg Farms Organic Rice Assorted (907g)



SAVE \$2.00

3⁹⁹

Ecover Dish Liquids (739mL)



SAVE \$2.00

3⁹⁹

Raincoast Trading Wild Sardines Assorted (120g)



SAVE \$2.00

6⁹⁹

Rise Assorted Raw Organic Kombucha (1L)



SAVE 83¢

4⁹⁹

FOR 3

Clif Energy Bars Assorted (68g)



SAVE \$4.00

8⁹⁹

Nuts For Cheese Cashew Cheeses Assorted (120g)



30% OFF

Anita's Organic Assorted Flours, and Pancake & Waffle Mixes (0.8-2kg Bag)



SAVE \$2.50

4⁴⁹

Organic Cookies



Savor Organic Cookies: Maple Leaf (325g) & Chocolate Vanilla Crème (300g)



SAVE \$3.00

5⁹⁹

Field Roast Vegetarian Sausages & Frankfurters Assorted (340-368g)



SAVE \$1.70

2⁹⁹

Hardbite Assorted Potato Chips (128-150g)



SAVE \$2.50

5⁴⁹

Oatly Barista Oat Drink (946mL)



SAVE \$1.50

2⁴⁹

Essentia Ionized Alkaline Water (1L)

Stay Hydrated



produce

PRODUCT OF USA
4⁹⁹ /EA 
Organic Strawberries 1lb



PRODUCT OF MEXICO
99¢ /LB
Organic Bananas



BC GROWN
4⁹⁹ /LB
Organic Brown & White Mushrooms



PRODUCT OF USA
3⁹⁹ /EA
Organic Carrots (2lb Bag)



health

flowers



SAVE \$2.10

6⁸⁹

Sunflowers (6")



SAVE \$1.00

2⁴⁹

Tomatoes (4")



SAVE 50¢

3⁴⁹

Sunpatiens (4")

meat



10% OFF

Smoked Duck (All Parts)



20% OFF

Top Sirloin Steaks



20% OFF

Banh Mi Beef

deli



SAVE \$1.50

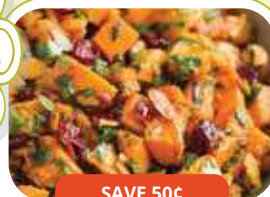
8⁹⁹

Greens Fresh Baguette Sandwich



25% OFF

Cornichons & Peppadew Peppers



SAVE 50¢

2⁹⁹ /100G

Greens Fresh Yam Salad



SAVE \$5.00

31⁹⁹

Tuscan Oven Roasted Ham



25% OFF

Sundried Tomatoes in Oil



25% OFF

Dutch Gouda Medium

SAVE \$1.00

1⁹⁹



Assorted Four Sigmatic Mushroom Elixir & Tea



SAVE \$4.00

10⁶⁹

Nature's Aid Skin Gel Sweet Almond & Argan Oil (125mL)

SAVE \$4.00

18⁹⁹

Naka Vitamin K2 (150 Caps)



SAVE UP TO \$4.00

29⁹⁹

Bio-K Plus Probiotic Formulas Assorted (6 x 98g)