

### grocery

SAVE UP TO \$2.00

3<sup>99</sup>



Amy's Burrito's Regular & Gluten Free Assorted (156-170g)

SAVE \$1.70

2<sup>69</sup>



Garofalo Pasta Assorted (500g)

SAVE \$2.00

3<sup>49</sup>



Alter Eco Organic Chocolate Bars (75-80g)

SAVE \$6.70

6<sup>99</sup>



Caulipower Cauliflower Crust Pizzas Assorted (310g)

SAVE \$2.00

2<sup>69</sup>



Kindred Cultures Water Kefir Assorted (355mL)

SAVE \$7.70

15<sup>99</sup>



Chosen Foods 100% Pure Avocado Oil (750mL)

SAVE \$5.00

9<sup>99</sup>



Chosen Foods Avocado Oil Mayonnaise (355mL)

SAVE \$4.50

7<sup>99</sup>



Bubbies Pickles Assorted (1L)

SAVE \$4.50

7<sup>99</sup>



Bubbies Sauerkraut (750mL)

SAVE \$2.50

4<sup>49</sup>



Bubbies Horseradish Spread (250mL)

SAVE \$3.00

5<sup>99</sup>



Bubbies Kosher Dill Relish (500mL)

SAVE \$4.00

7<sup>49</sup>



Bob's Red Mill Artisan Bread Flour (2.27kg)

SAVE \$4.00

4<sup>99</sup>



Bob's Red Mill Gluten Free 1 to 1 Baking Flour (624g)

SAVE \$3.80

4<sup>99</sup>



Bob's Red Mill Gluten Free All Purpose Baking Flour (624g)

SAVE \$4.00

5<sup>99</sup>



Enlightened Ice Cream Assorted (473mL)

SAVE \$2.50

4<sup>99</sup>



Riviera Coconut Yogurts Plain & Vanilla (650g)

25% OFF

Swiss Cheese Gruyere



SAVE \$2.50

4<sup>49</sup>



Mutti Tomato Passata Assorted (680mL)

SAVE \$1.80

3<sup>49</sup>



Mutti Tomato Paste (156mL)

The Best Sauces Start w/ Tomato

**produce**

BC GROWN

**2.49**  
/LB



Organic Bartlett Pears

BC GROWN

**1.99**  
/LB



Organic Macintosh Apples

BC GROWN

**4.99**  
/LB



Organic Brown and White Mushrooms

BC GROWN

**1.99**  
/LB



Organic Green Kabocha Squash

It's Squash Season



**health**

SAVE \$4.00

**33.99**

Galexier Herbal Bitters Liquid (250mL)



SAVE \$5.00

**35.99**

Great Lakes Beef Gelatin (454g)



**flowers**

**meat**



SAVE \$1.00

**2.99**

Ornamental Pepper (4")



SAVE \$2.00

**8.99**  
/EA

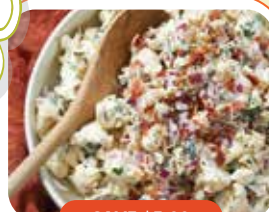
Vegan Sandwich/Wrap



SAVE \$5.00

**41.99**  
/KG

Hot Genoa Salami



SAVE \$5.00

**29.90**  
/KG

Cauliflower Salad

**deli**



SAVE \$1.00

**17.49**  
/KG

Medium Ground Beef



SAVE \$1.00

**11.99**  
/KG

Chicken Drumsticks



SAVE \$3.00

**18.99**  
/KG

Pork Loin Roast



SAVE \$1.00

**15.99**

Humble Natural Deodorant Assorted (75g)



SAVE \$3.50

**24.99**

Suro Cold and Cough Bedtime Syrup (236mL)



SAVE \$9.00

**6.99**

All Good Sunscreen Butter Spf 50+ (28g)



SAVE \$2.00

**4.99**

Garden Chrysanthemums (6")



SAVE \$4.00

**15.99**

Garden Chrysanthemums (10")