

grocery

SAVE \$1.80

3⁶⁹



Poptastic Popcorn Assorted (130g)

SAVE UP TO \$4.00

4⁹⁹



Earthbound Farms Frozen Fruits Assorted (300g)

SAVE \$3.50

6⁹⁹



Lucky Foods Seoul Kimchi Assorted (414mL)

SAVE \$2.50

4⁴⁹



Chickpea Pasta Assorted (227g)

SAVE \$2.00

4⁴⁹



Theo Organic Chocolate Bars Assorted (85g)

SAVE \$2.50

5⁹⁹



Greek Gods Traditional Plain Organic Yogurt (500g)

SAVE \$3.00

10⁹⁹



Amy's Kitchen Frozen Pizzas Assorted (340-397g)

SAVE \$2.30

4⁴⁹



Cedar Valley Selections Pita Chips Assorted (180g)

SAVE \$4.00

6⁹⁹



Cool & Simple French Fries (500g)

SAVE \$1.90

3⁹⁹



Made Good Granola Bars (5 x 24g)

SAVE \$1.50

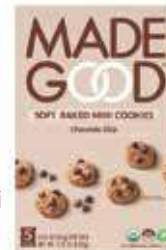
3⁹⁹



Made Good Crunchy Oat Bites (120g)

SAVE \$1.50

3⁹⁹



Made Good Mini Cookies (120g)

SAVE \$2.50

4⁴⁹



Stash Tea Assorted (18-20 ct)

SAVE \$2.50

4⁴⁹



Lucky Foods Spring Rolls Original (241g)

SAVE \$3.50

5⁴⁹



Lucky Foods Spring Rolls Gluten Free (241g)

SAVE \$1.30

1⁹⁹

Savor Sea Salt Crackers (185g)

SAVE \$1.30

1⁹⁹

Savor Multigrain Crackers (170g)



produce

PRODUCT OF USA

1.99
/EA

Organic Pomegranates



BC GROWN

5.99
/EA

Organic Gala Apples (3lb Bag)



PRODUCT OF USA

2.49
/LB

Organic Cauliflower



BC GROWN

2.99
/EA

Organic Romaine Lettuce



health

flowers



SAVE \$1.00

5.99

Tulip Bulbs (Bag of 10)



SAVE \$1.00

11.99

Kangaroo Fern (6")



SAVE \$1.00

6.99

African Violet Soil (5L Bag)

meat



25%
OFF

Beef Top Sirloin Steaks



SAVE \$2.00

12.99
/EA

BBQ Pulled Pork



10%
OFF

Beef Brisket

deli



25%
OFF

Shredded Cheddar
and Mozzarella



SAVE \$2.00

8.99

Baguette Sandwich/Wrap



SAVE \$5.00

29.90
/KG

Beet Salad



SAVE \$5.00

44.99
/KG

Wine Chorizo



SAVE \$10.00

29.99

Healthology Sleep-Great
Sleep Formula (60 caps)



SAVE \$3.00

16.99

Natural Factors Stress-Relax
Serenity Formula (60 caps)



SAVE \$8.00

59.99

Botanica Perfect
Protein Energy
Booster Vanilla (574g)



SAVE \$3.00

11.49

Carina Organics Daily
Light Conditioner
Peppermint (360mL)



SAVE \$3.00

11.49

Carina Organics Daily
Light Conditioner Pink
Grapefruit (360mL)

