

grocery

SAVE \$3.00

6³⁹

Mary's Organic Crackers Boxes Assorted (156g & 184g)



SAVE \$4.00

17⁹⁹

Moonshine Mama Functional Elixirs Assorted (500mL)



SAVE \$2.30

4⁴⁹

Enjoy Life Lentil Chips Assorted (113g)



SAVE \$1.80

4⁹⁹ FOR 2

Guru Energy Drinks Assorted (355mL)



SAVE \$2.00

4⁴⁹

Eco-Max Dish Liquids Assorted (740mL)



SAVE \$2.00

3⁹⁹

Herdez Salsa Assorted (431mL)



SAVE \$3.10

6⁴⁹

Elmhurst Plant & Nut Milks Assorted (946mL)



SAVE \$12.00

24⁹⁹

Acropolis Extra Virgin Biodynamic Olive Oil (500mL)



SAVE \$5.00

7⁹⁹

Nuts For Cheese Plant Based Cheeses Assorted (120g)



SAVE \$6.00

10⁹⁹

Granola King Granola Assorted (750g)



SAVE \$4.50

7⁹⁹

Cucina Antica Pasta Sauce (670mL)



SAVE UP TO \$1.50

2⁹⁹

Stahlbush Island Farms Frozen Vegetables Bag Assorted (283-397g)



Veggies Ready for When You Need 'Em



SAVE \$3.10

4⁴⁹

Stahlbush Whole Frozen Cauliflower (300g)



produce

BC GROWN

1⁹⁹
/LB

Organic Gala Apples



PRODUCT OF MEXICO

3⁹⁹
/EA

Organic Cantaloupe Melons



PRODUCT OF MEXICO

2⁹⁹
/EA

Organic Long English Cucumbers



PRODUCT OF USA

1⁹⁹
/LB

Organic Cauliflower



health

SAVE 20¢

1⁷⁹

Guelph Soap Activated Charcoal (90g)



flowers

SAVE \$2.00

34⁹⁹

Norfolk Island Pine (8")



meat

SAVE \$2.00

10% OFF

Eye of Round



17⁹⁹
/KG

Italian Fennel Sausage



SAVE \$2.00

25⁹⁹
/KG

Beef Roast



SAVE \$4.00

24⁶⁹

New Roots Respira ResQ (90 Caps)



SAVE \$4.50

23⁹⁹

Suro Cold and Cough Bedtime Syrup (236mL)



SAVE \$2.00

10⁹⁹

Homecan Kids Calm Syrup Homeopathic Medicine (100mL)



12⁹⁹

Lemon Cypress in Red Bag (6")

SAVE \$2.00



deli

SAVE \$1.00

5⁹⁹

Greens Burger



25% OFF

Castelvetroano Olives

25% OFF

Aged Manchego Cheese



SAVE \$1.00

3⁹⁹

Kalanchoe White Double Flowers (4")



SAVE \$2.00

4⁹⁹

Carrot Ginger Soup (500mL)



SAVE \$2.00

10⁹⁹

Carrot Ginger Soup (1L)

SAVE \$5.00

47⁹⁹
/KG

Cervelat Salami

