

grocery

SAVE \$1.80

5⁴⁹



Califa Farms Almond Milk & Oat Milk Assorted (1.4L)



30% OFF



Elan Organic Dried Nuts, Fruits, and Seeds Assorted



SAVE \$2.30

9⁹⁹



Karthein's Organic Sauerkrauts Assorted (750mL)

SAVE \$3.50

4⁹⁹



Tiberino Pastas & Risottos Assorted (150-250g)

SAVE 50¢

3⁴⁹



Barbara's Bakery Cheese Puffs Assorted (155-198g)

SAVE \$4.00

6⁹⁹



Nuts To You Organic Tahini (500g)

SAVE \$3.00

6⁹⁹



Halo Top Ice Cream Assorted (473mL)

SAVE \$1.60

3⁹⁹



Amy's Kitchen Organic Soup Assorted (398mL)

SAVE \$5.00

13⁹⁹



Eco-Max 3L Laundry Liquid Assorted (3L)

SAVE \$4.00

8⁹⁹



Nature's Path Love Crunch Granola Assorted (700g)

SAVE \$7.00

9⁹⁹



Earth's Choice Organic Coffee Assorted (340g)

SAVE \$7.00

11⁹⁹



Salt Spring Coffee Assorted (400g)

SAVE \$3.50

4⁹⁹



Bob's Red Mill Buttermilk Pancake & Waffle Mix (680g)

SAVE \$4.00

5⁹⁹



Bob's Red Mill Gluten Free Pancake Mix (680g)

SAVE \$2.00

3⁹⁹



Nature's Path Envirokidz Boxed Cereals Assorted (284-325g)

Cereal-ously the Best Breakfast



SAVE UP TO \$2.50

4⁹⁹

Nature's Path Boxed Cereals Assorted (300-400g)



SAVE \$2.00

4²⁹

Nature's Path Hot Oatmeal Assorted (400g)

produce

BC GROWN
5⁹⁹
/EA



Organic Ambrosia Apples (3lb bag)

PRODUCT OF USA
4⁹⁹
/LB



Organic Persimmons

BC GROWN

5⁹⁹
/EA



Organic Russet Potatoes (5lb bag)

BC GROWN

4⁹⁹
/EA



Organic Grape Tomatoes (1 pint)

health



SAVE \$1.50

5⁹⁹

Joni 100% Organic Biodegradable Tampons (16ct)

SAVE \$1.00

7⁹⁹



Green Beaver 100% Sensitive Natural Toothpaste Fresh Mint (75mL)

flowers



SAVE \$2.00

12⁹⁹

Snake Plant (6")



SAVE \$1.00

15⁹⁹
/KG

Yarrow Meadows Whole Chicken

meat



SAVE \$2.00

22⁹⁹
/KG

Dry Aged Ground Sirloin

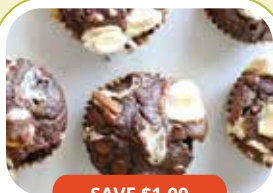


SAVE \$4.00

21⁹⁹
/KG

Pork Loin Chop Boneless

deli



SAVE \$1.00

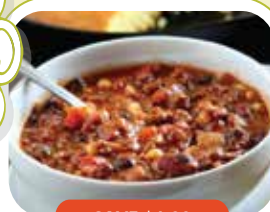
6⁹⁹

Banana Rocky Road Muffin



25%
OFF

Sicilian Olives



SAVE \$1.00

6⁹⁹

Housemade Chili



SAVE \$3.00

18⁹⁹

Four Sigmatic Mushroom Coffee Mix With Chaga (10ct)

SAVE \$5.00

24⁹⁹

Naka Heme Iron (60 caps)



SAVE \$2.00

8⁹⁹

Wedderspoon Organic Honey Drops Eucalyptus (120g)



SAVE \$5.00

24⁹⁹

Ficus Benjamina (8")



SAVE \$3.00

16⁹⁹

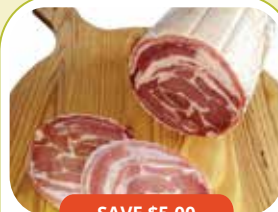
Zamioculcas (6")



SAVE UP TO \$3.50

8⁹⁹

Alexis De Portneuf Double & Triple Creme Bries (300g)



SAVE \$5.00

54⁹⁰
/KG

Pancetta

