

Jun 20th ~ Jul 3rd



SAVE \$2.00

Rise Raw Organic Kombucha Assorted (1L)



SAVE \$1.30

Cove Probiotic Sodas Assorted (355mL)



SAVE \$3.00





SAVE \$3.00

Elias Squeeze Honey (1kg)



SAVE \$3.00

Bragg Apple Cider Vinegar (946mL)



SAVE \$1.50



Love Child Assorted Organic Baby Food Purees (128mL)



SAVE \$4.00

Nuts For Cheese Assorted Cashew Cheeses (120g)





SAVE \$2.00

Kettle Potato Chips Assorted (368g)



SAVE \$2.30

Cedar Valley Assorted Pita Chips (180g)



SAVE \$2.00

Oatly Oat Milk (946mL)



SAVE \$1.00

Brust Cold Brew Coffee Protein Drinks (330mL)







SAVE \$4.00



Cool & Simple Assorted Gourmet French Fries (500g)









Flyer Sale! Jun 20th ~ Jul 3rd

produce

BC GROWN

Organic Green Kale



BC GROWN

Organic Black Kale



PRODUCT OF MEXICO

Organic Green Beans



PRODUCT OF MEXICO

Organic Red Grapes



health

flowers



Sunflower (6")



Mini Rose (4")



Potato Vine (4")

meat



Italian Tuscan Sausage



Tallow



SAVE \$5.00

Dr. Bronner's Organic Magic Balm Menthol (57g)

SAVE \$4.00



All Good Kid's Mineral Sunscreen Spray SPF30 (177mL)



Bone in Pork Chops

Chickpea Salad



Castelvetrano Olives



Balderson Cheeses Assorted



Salami Tartufo

Chicken Sandwich

Seniors Day Jul 1 Customer Appreciation Day Jul 9



Every Man Jack Body Washes Assorted (500mL)