

grocery

SAVE \$4.00

9⁴⁹

Caboo Bamboo & Sugar Cane Toilet Paper (12 Roll)



SAVE \$2.50

3²⁹

Caboo Toilet Paper (4 Rolls)



SAVE \$2.00

3⁹⁹

Caboo Kitchen Towels (2ct)



SAVE \$5.00

Coffee Break

14⁹⁹

49th Parallel Coffee Assorted (340g)



30% OFF

Felicetti Pasta (Durum Wheat, Kamut, Spelt and 3 Colours Vegetable) Assorted (340-500g)



SAVE \$1.50

5⁸⁹

Cha's Organic Coconut Rolls Assorted (100g)



SAVE \$5.00

12⁹⁹

Mogiana Coffee Assorted (340g)



SAVE 50¢

5⁰⁹

Amy's Kitchen Canned Soups Assorted (398mL)



SAVE \$5.00

29⁹⁹

Canadian Heritage Organic Maple Syrup Assorted (1L)



SAVE \$3.50

15⁴⁹

Canadian Heritage Organic Maple Syrup Assorted (500mL)



SAVE \$2.50

7⁴⁹

Canadian Heritage Organic Maple Syrup Assorted (250mL)



SAVE \$2.00

4⁹⁹

Angie's Popcorn Assorted (125-198g)



SAVE \$2.00

5⁹⁹

Angie's Baked Puffs Assorted (170g)



SAVE \$2.00

7⁹⁹

Elmhurst Plant Based Beverages Assorted (750mL)



SAVE \$2.50

7⁰⁹

Elmhurst Plant Based Beverages Assorted (946mL)



SAVE \$3.50

11¹⁹

Oggi Foods Inc Cauliflower Pizza Crust (250g)



SAVE \$2.50

8⁴⁹

Manitoba Harvest Hemp Hearts (227g)



SAVE \$4.50

15⁴⁹

Manitoba Harvest Shelled Hemp Seed Organic (340g)



SAVE \$3.50

11⁴⁹

Manitoba Harvest Shelled Hemp Seed Organic (200g)



SAVE \$4.00

27⁹⁹

OlioCarli Extra Virgin Olive Oil (750mL)



SAVE \$2.50

17⁴⁹

Zira Extra Virgin Olive Oil Assorted (750mL)



25% OFF

Organic Bob's RedMill Baking Oats, Assorted (454-907g)



25% OFF

Bob's RedMill Gluten Free Baking Oats, Assorted (454-907g)



SAVE \$3.20

5⁷⁹

Gardein Plant Based Chicken Assorted (255-390g)



SAVE \$3.50

13⁴⁹

Nuts to You Nut Butter Organic Almond Butter Assorted (365g)



produce

BC GROWN

2⁴⁹
/LB

Organic Macintosh Apples



BC GROWN

2⁴⁹
/LB

Organic Sunrise Apples



BC GROWN

2⁴⁹
/EA

Organic Rainbow Chard



BC GROWN

2⁴⁹
/LB

Organic Zucchini



health

flowers



SAVE \$1.00

2⁹⁹

Ornamental Peppers (4'')



SAVE \$2.00

20⁹⁹
/KG

Pork Eye Of Round

meat



SAVE \$1.00

13⁹⁹
/KG

All Natural
Dog/Cat Food



SAVE \$1.00

13⁹⁹
/KG

BBQ Pulled Pork

deli



SAVE \$5.00

29⁹⁰
/KG

Cauliflower Salad



25%
OFF

Kalamata Olives



25%
OFF

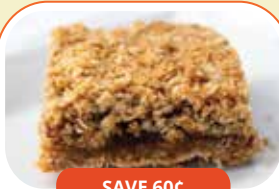
Aged Manchego



SAVE \$2.00

6⁹⁹

Aloe (4'')



SAVE 60¢

4²⁹
/EA

Date Square



SAVE \$5.00

64⁹⁰
/KG

Prosciutto Cave Aged



10%
OFF

Santevia Products



10%
OFF

Assorted Living Alchemy
Your Flora Probiotics



15%
OFF

All New Roots Probiotics