

grocery

SAVE \$5.50

12⁴⁹

Bob's Red Mill
Almond Flour
Assorted (453g)



SAVE \$2.50

6⁴⁹

Bob's Red Mill
Gluten Free Flours
Assorted (624g)



SAVE \$2.00

7⁴⁹

Bob's Red Mill
Org. Coconut
Flour (453g)



SAVE \$3.50

15⁴⁹

Eco-Max Assorted
Plant-Based
Laundry Products (3L)



SAVE \$2.50

4¹⁹

O'Doughs Gluten Free
Bagel Thins (300g)



SAVE \$1.50

6⁹⁹

Partake Brewing Non-Alcoholic
Beverage Assorted (4x355mL)



SAVE \$2.50

14⁴⁹

The Granola King
Granola Assorted
(750g)



SAVE \$2.50

10⁴⁹

Lundberg Family
Farms Organic Rice
Assorted (907g)



SAVE \$4.50

13¹⁹

Olivado
Macadamia Nut
Oil (250mL)



SAVE \$5.00

13⁹⁹

Commercial Drive
Coffee Assorted
(300g)



SAVE \$2.50

8⁹⁹

Red Crown
Pomegranate Juice
Assorted (1L)



SAVE \$1.00

3⁹⁹

Cooler Co. Kombucha
Assorted (355mL)



SAVE \$1.00

3⁶⁹

Cooler Co. Yerba Mate
Assorted (473mL)



SAVE \$1.00

4⁹⁹

Alter Eco Organic
Chocolate Assorted
(75-84g)



NUTS TO YOU plus

SAVE \$2.00

5⁹⁹

Nut Butter Organic
Smooth Peanut
Butter + Salt (375g)



Amy's

Quick-to-Cook Organic Meals

SAVE \$2.00

3⁹⁹

Amy's Entree Mac & Cheese (255g)



SAVE \$1.00

3⁹⁹

Assorted Amy's Burritos (156-170g)



SAVE \$2.00

4⁴⁹

Amy's Entree Gluten Free
Rice Mac & Cheese (255g)



SAVE \$1.00

4⁹⁹

Assorted Amy's Gluten Free
Burritos (156-170g)



SAVE \$3.00

8⁹⁹

Nut Butter Organic
Mixed Nut Butter +
Seeds (365g)



SAVE \$2.00

5⁹⁹

Nut Butter Peanut
Butter + Pistachio and
Pecan Crunch (365g)



SAVE \$3.00

8⁹⁹

Nut Butter Cashew
Butter + Macadamia
and Pistachio
Crunch (365g)



SAVE \$3.00

8⁹⁹

Nut Butter Almond
Butter + Pecan
and Hazelnut
Crunch (365g)



produce

BC GROWN

2⁴⁹
/LB

Organic Ambrosia Apples



BC GROWN

1⁹⁹
/LB

Organic Butternut Squash



health

New Roots
HERBAL



15% OFF

Pure Magnesium
Bisglycinate (60 Caps)

15% OFF

Pure Magnesium
Bisglycinate (120 Caps)



15% OFF

Pure Magnesium
Bisglycinate + Taurine
(90 Caps)

15% OFF

Magnesium
Bisglycinate Plus
(120 Caps)



15% OFF

ATA Mg (30 Caps)

15% OFF

Cal-Mag Citrate
(90 Caps)



SAVE \$2.50

17⁴⁹
/KG

Ergogenics Plant Protein
Assorted (120g)



meat



10% OFF

Aged Pork Chop



25% OFF

Pork Jowl Bacon



SAVE \$2.00

16⁹⁹
/KG

Salt and Pepper Pork Sausage

deli



25% OFF

Kalamata Olives



25% OFF

Aged Manchego



25% OFF

Stilton Blue Cheese



SAVE \$5.00

54⁹⁰
/KG

Pancetta



SAVE 70¢

5²⁹
/EA

Jamaican Patty



SAVE \$5.00

54⁹⁰
/KG

Pancetta



SAVE \$1.00

5⁹⁹

Ginger Chicken Soup (500mL)

SAVE \$1.00

11⁹⁹

Ginger Chicken Soup (1L)