

grocery

SAVE \$2.00

4⁹⁹

Daiya Cheese Slices
Assorted (220g)



SAVE \$4.00

7⁹⁹

Daiya Frozen Pizza
Assorted (369-472g)



SAVE \$1.00

4⁹⁹

So Nice Almond Milk (1.75L)



SAVE \$1.00

4⁹⁹

Earth's Own Almond
Milk Assorted (1.89L)

Dairy-Free



SAVE \$4.00

8⁴⁹

Nature's Path Eco Pac's
Assorted (675-907g)



SAVE \$4.00

18⁹⁹

Yum Earth
Halloween Gummies
Assorted (212-213g)



SAVE \$2.50

9⁹⁹

Bubbies Pickles
Assorted (1L)



SAVE \$2.00

5⁹⁹

Zazubean Chocolate
Bars Assorted (85g)



SAVE \$1.10

4⁴⁹

Amy's Canned Soups
Assorted (398mL)

It's Soup
Season!



SAVE \$1.80

10⁴⁹

Karthein's Sauerkraut
Assorted (750mL)



SAVE \$1.00

17⁹⁹

Green's Frozen
Blueberries (1kg)



25% OFF

Cha's Spices Assorted



SAVE \$1.60

4⁹⁹

Nuts To You Tahini (250g)



SAVE \$3.40

7⁹⁹

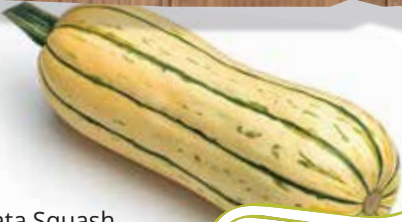
Nuts To You Tahini (500g)



BC GROWN

1.99
/LB

Organic Delicata Squash



BC GROWN

1.99
/LB

Organic Yellow Onions



produce

BC GROWN

1.99
/LB

Organic Acorn Squash



BC GROWN

2.49
/LB

Organic Spartan Apples



Seniors Day
Nov 4
Customer
Appreciation Day
Nov 12

health

SAVE \$2.50

17.49
/KG

Saucisse De Toulouse



meat

10%
OFF

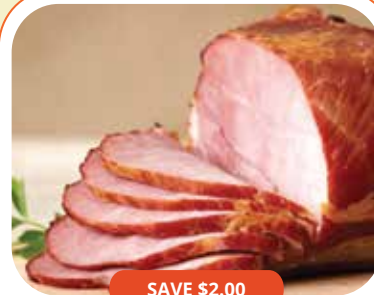
Beef Bacon



SAVE \$2.00

22.99
/KG

House Smoked Ham



SAVE \$4.50

25.49

Routine Lucy In The Sky Deodorant (58g)

SAVE \$3.00

16.69

Nutramelts Zinc 25mg (60 Lozenges)



deli

SAVE 70¢

3.29
/100G

Beef Pasta



15%
OFF

Castelvetro Olives



SAVE \$1.00

5.99
/EA

Pork Burger



SAVE \$2.81

58.99
/KG

Dry Cured Chorizo



10%
OFF

Parmigiano Grana Padano



SAVE \$2.50

14.49

Nutramelts Zinc 25mg (60 Lozenges)

