

**grocery**

SAVE 50¢  
**2<sup>49</sup>**

A Genco Assorted Sea Salt (1kg)



SAVE \$2.50  
**14<sup>39</sup>**

A Genco Pure Grapeseed Oil (750mL)



SAVE \$1.50  
**8<sup>19</sup>**

A Genco Espresso Della Rossa (250g)



SAVE \$2.50  
**16<sup>49</sup>**

Eco-Max Assorted Laundry Wash (3L)



SAVE 50¢  
**3<sup>99</sup>**

Kettle Assorted Potato Chips (156-198g)



**Veggies Made Easy**  
**30% OFF**

Stahlbush Island Farms Assorted Frozen Vegetables (283-397g)



SAVE \$1.50  
**6<sup>99</sup>**

Partake Non-Alcoholic Beer Assorted (4x355mL)



SAVE \$4.50  
**15<sup>49</sup>**

Nuts to You Nut Butter Assorted Almond Butter (735g)



SAVE \$2.50  
**12<sup>49</sup>**

Lundberg Family Farms Assorted Organic Rice (907g)



SAVE 50¢  
**3<sup>49</sup>**

Plum.m.Good Assorted Organic Rice Thins (95g)



SAVE \$1.50  
**7<sup>99</sup>**

Fody Assorted Salsa (450mL)



SAVE \$2.50  
**4<sup>99</sup>**  
FOR 2

Rxbar Assorted Protein Bar (52g)



SAVE \$1.50  
**6<sup>49</sup>**

Greens Nutritional Yeast (150g)



SAVE \$1.50  
**7<sup>49</sup>**

Yoggu Assorted Coconut Probiotic Yogurt (450g)



SAVE \$1.50  
**10<sup>49</sup>**

Nature's Path Assorted Eco-Pak Cereals (650-907g)



SAVE \$3.50  
**11<sup>49</sup>**

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



**30% OFF**

Amy's Kitchen Frozen Entrees Assorted (241-284g)



SAVE \$1.00  
**4<sup>59</sup>**

Amy's Kitchen Organic Soup Assorted (398mL)



SAVE \$4.50  
**17<sup>49</sup>**

Maison Orphee Organic Unrefined Sesame Oil (500mL)



SAVE \$5.50  
**18<sup>49</sup>**

Maison Orphee Extra Virgin "Balanced" Olive Oil (500mL)



SAVE 50¢  
**3<sup>49</sup>**

Roar Functional Beverages Assorted (532mL)



SAVE \$1.50  
**5<sup>49</sup>**

Mutti Assorted Passata (680mL)



SAVE 70¢  
**4<sup>99</sup>**

Mutti Tomato Paste (156mL)



SAVE \$1.00  
**3<sup>29</sup>**

Guru Assorted Energy Drinks (355mL)



SAVE 50¢  
**4<sup>99</sup>**

GT'S Assorted Kombucha (480mL)



SAVE 50¢  
**3<sup>49</sup>**

Brust Assorted Cold Brew Protein Coffee (330mL)



**produce**

BC GROWN

**2<sup>99</sup>**  
/LB



Organic Honeycrisp Apples

PRODUCT OF USA

**2<sup>99</sup>**  
/LB



Organic Cara Cara Oranges

PRODUCT OF MEXICO

**2<sup>99</sup>**  
/EA



Organic Long English Cucumbers

PRODUCT OF MEXICO

**2<sup>99</sup>**  
/EA



Organic Green Kale

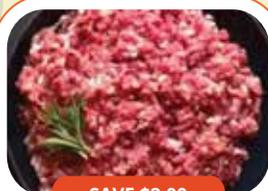
**meat**



SAVE \$3.00

**22<sup>99</sup>**  
/KG

Pork Loin Chop  
Boneless



SAVE \$2.00

**22<sup>99</sup>**  
/KG

Ancestral Blend  
Ground Beef



**10%**  
OFF

Top Sirloin



**deli**



**25%**  
OFF

Sicilian Olives



**25%**  
OFF

Camembert



**25%**  
OFF

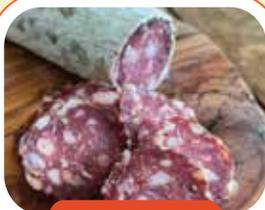
Gorgonzola



SAVE \$1.00

**6<sup>99</sup>**

Banana Rocky  
Road Loaf



SAVE \$5.00

**76<sup>40</sup>**  
/KG

Orange Confit Salami



SAVE \$5.00

**83<sup>90</sup>**  
/KG

Parmesan Salami



SAVE \$1.00

**10<sup>99</sup>**  
/EA

Tiramisu (16oz)

SAVE \$1.00

**17<sup>99</sup>**  
/EA

Tiramisu (32oz)

**health**



SAVE \$2.00

**17<sup>99</sup>**

Ancient Minerals Magnesium  
Bath Flakes ULTRA (750g)



SAVE \$2.00

**11<sup>49</sup>**

Harmonic Arts Artisan  
Herbal Teas (All Varieties)



SAVE \$1.00

**6<sup>99</sup>**

Dr. Bronner's  
Lavender  
Hand Sanitizer  
Spray (59mL)