

**grocery**

SAVE \$3.00

**15<sup>99</sup>**

La Chaudiere Assorted Organic Cheese (340g)



**Sale 9<sup>49</sup>**



Introducing

**Stay Cool,  
Stay Sweet**

Greens Assorted House Brand Ice Cream



SAVE \$1.50

**4<sup>99</sup>**



Method Assorted Dish Soaps (532mL)

SAVE \$1.50

**3<sup>29</sup>**



Chimes Assorted Ginger Chews Bag (100g)

SAVE \$3.00

**5<sup>99</sup>**



Las Margaritas Assorted Fresh Salsa (500g)

SAVE \$1.50

**3<sup>49</sup>**



Que Pasa Assorted Organic Tortilla Chips (300-350g)

SAVE \$3.50

**9<sup>99</sup>**



Caboo Bamboo and Sugar Cane Toilet Paper (12 Roll)

SAVE \$4.50

**7<sup>49</sup>**



Nuts To You Organic Peanut Butter (750g)

SAVE \$2.50

**5<sup>99</sup>**



Nuts to You Organic Peanut Butter (500g)

SAVE \$2.50

**6<sup>29</sup>**



Endangered Species Assorted Chocolate Bars (85g)

SAVE \$1.50

**8<sup>49</sup>**



Camino Assorted Organic Chocolate Bars (80-100g)

SAVE \$1.50

**4<sup>49</sup>**



Caboo Kitchen Towels (2ct)

SAVE \$1.00

**2<sup>69</sup>**



Laid Back Assorted Snack Pack Nut Mix (45g)

SAVE \$2.00

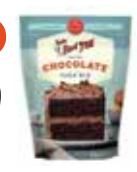
**7<sup>49</sup>**



Numi Assorted Organic Teas (18un)

SAVE \$2.00

**5<sup>69</sup>**



Bob's Red Mill Cake Mix Assorted Baking (440g)

SAVE \$2.50

**7<sup>49</sup>**



Carbonaut Bread Loaves Assorted (550g)

SAVE \$2.00

**3<sup>89</sup>**



Caboo Toilet Paper (4 Roll)

SAVE \$1.50

**5<sup>49</sup>**



Lesser Evil Assorted Popcorn (140-142g)

SAVE \$2.50

**9<sup>79</sup>**



Karthain's Organic Assorted Sauerkraut (750mL)

SAVE \$3.50

**9<sup>49</sup>**



Holy Napoli Assorted Pizzas (300-425g)

SAVE \$1.50

**3<sup>49</sup>**



Holy Napoli Pizza Dough (300g)

SAVE \$1.50

**5<sup>49</sup>**



Caboo Bamboo Wipes (72ct)

SAVE \$1.50

**4<sup>49</sup>**



Amy's Kitchen Macaroni & Cheese (255g)

SAVE \$1.50

**4<sup>99</sup>**



Amy's Kitchen GF Rice Mac & Real Cheese (255g)

SAVE \$4.50

**18<sup>49</sup>**



49th Parallel Assorted Whole Bean Coffee (340g)



SAVE \$1.50

**4<sup>49</sup>**



Caboo Flushable Bamboo Wipes (60ct)

# produce

BC GROWN

**1<sup>99</sup>**  
/LB

Organic Gala Apples



BC GROWN

**1<sup>99</sup>**  
/LB

Organic Butternut Squash



BC GROWN

**1<sup>99</sup>**  
/LB

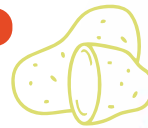
Organic Yellow Onions



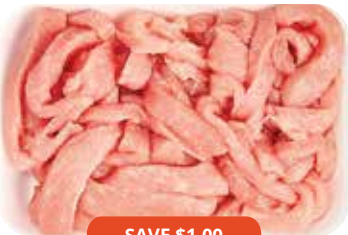
BC GROWN

**1<sup>99</sup>**  
/LB

Organic Russet Potatoes



# meat



SAVE \$1.00

**19<sup>99</sup>**  
/KG

Pork Stir Fry



SAVE \$2.00

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

Italian Fennel Sausage



**1<sup>00</sup>**  
OFF

House Made Spice Mixes

# deli



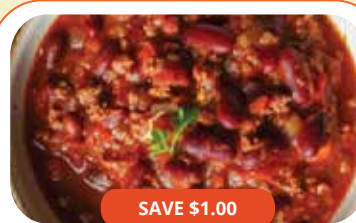
**25%**  
OFF

Aged Manchego



**25%**  
OFF

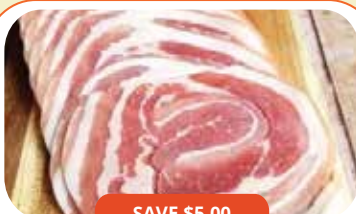
Cerignola Green Olives



SAVE \$1.00

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

Housemade Chilli



SAVE \$5.00

**54<sup>90</sup>**  
/KG

Pancetta



SAVE \$5.00

**29<sup>90</sup>**  
/KG

Vermicelli Noodle Salad

Seniors Day  
Feb 3  
Customer  
Appreciation Day  
Feb 11

# health



SAVE \$4.00

**35<sup>99</sup>**

AOR CardioNox  
Ubiquinol (100mg)



SAVE \$3.50

**31<sup>49</sup>**

OM Blue Azul Cleansing  
Emulsion (102mL)



**10%**  
OFF

Living Alchemy Full  
Line Drive