

grocery

SAVE \$2.50

11⁴⁹

Greens Assorted Organic Rice (900g)



25% OFF

Greens Branded Assorted Nuts (150-454g)



30% OFF

Anita's Organic Mill Assorted Flours (900g-5kg)



SAVE \$1.50

4⁴⁹

Eco-Max Assorted Dish Soap (740mL)



SAVE \$2.50

10⁴⁹

Cha's Organic Spices (120-150g)



SAVE \$1.00

2¹⁹

Loop Assorted Cold Pressed Shots (60mL)



SAVE \$1.20

3⁴⁹

Hardbite Potato Chips Assorted (128-150g)



SAVE \$1.50

5⁴⁹

Lily's Sweets Chocolate Bars Assorted (80-85g)



SAVE \$1.50

8⁴⁹

Righteous Assorted Gelato (473mL)



SAVE \$2.00

6⁴⁹

Elmhurst Assorted Dairy Alternative Creamer Oat Beverages (473mL)



SAVE \$5.00

12⁹⁹

Mogiana Whole Bean Coffee Assorted (340g)



Brew-tiful Mornings

SAVE \$2.50

8⁴⁹

Field Roast Vegan Sausages Assorted (340g)



Souper Good

SAVE \$1.50

4⁰⁹

Amy's Kitchen Organic Soups Assorted (398mL)



SAVE \$3.50

13⁴⁹

Nuts to You Organic Almond Butter (365g)



SAVE \$5.00

20⁹⁹

The Cultured Coconut Fermented Organic Coconut Milk (460mL)



Pasta, Please

1⁵⁰ OFF

Assorted Garofalo Pasta (400-500g)



SAVE \$2.50

5⁴⁹

Little Northern Bakehouse Frozen Loaves Assorted (454-482g)



SAVE \$1.00

1⁹⁹

Everland Organic Canned Beans Assorted (398mL)



SAVE \$2.20

4⁴⁹

Maison Orphee Assorted Organic Mustard (250mL)



produce

PRODUCT OF MEXICO

179
/EA

Organic Ataulfo Mangos



BC GROWN

179
/LB

Organic Fuji Apples



BC GROWN

179
/LB

Organic Green Cabbage



BC GROWN

179
/LB

Organic Red Potatoes



Seniors Day
Mar 3
Customer
Appreciation Day
Mar 11

meat



25%
OFF

Bone-in Pork Chops



10%
OFF

Medium Ground Beef



SAVE \$7.00

27⁹⁹
/KG

Paleo Friendly Bacon

health



SAVE \$2.00

38⁹⁹

New Roots Liver Protection (90 Caps)



25%
OFF

Parmigiano Reggiano



25%
OFF

Grana Padano



25%
OFF

Sicilian Olives



SAVE \$1.00

9⁹⁹

Frozen Cookie Dough (6 pack)



SAVE \$1.00

14⁹⁹

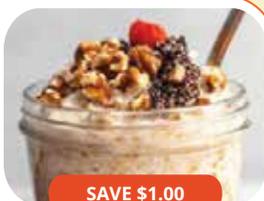
Assorted Meal Bowls



SAVE \$1.00

4⁹⁹

Chocolate Protein Oats



SAVE \$1.00

4⁹⁹

Overnight Oats



SAVE \$2.00

17⁹⁹

Salus Organic Nettle Juice (200mL)



SAVE \$6.50

59⁹⁹

Beyond Silver Structured (473mL)