

grocery

SAVE \$1.50

8⁴⁹

Greens Frozen Organic BLUEBIES (500g)

SAVE \$2.50

16⁴⁹

Greens Frozen Organic BLUEBIES (1kg)



SAVE \$2.50

11⁴⁹

Greens Organic Rice Assorted (900g)



SAVE \$1.50

4⁹⁹

Eco-Max Assorted Cleaning Spray's (800mL)



SAVE \$3.00

8⁹⁹

Lemonaide Lemon Floor Cleaner (750mL)



SAVE \$1.00

4⁹⁹

Alter Eco Chocolate Bars Assorted (75-84g)



SAVE \$5.00

29⁹⁹

OlioCarli Extra Virgin Olive Oil (750mL)



SAVE 50¢

4⁹⁹

Gt's Kombucha Assorted (480mL)



SAVE \$1.30

6⁴⁹

Thirsty Buddha Organic Coconut Water (1L)



SAVE \$1.00

3³⁹

Ilios Organic Broth Assorted (946mL)



SAVE \$2.00

8⁹⁹

Mid-Day Squares Assorted Functional Bars (4x132g)



SAVE \$1.50

7⁴⁹

Yoggu! Dairy Alternative Coconut Yogurt Assorted (450g)



SAVE UP TO \$5.00

20⁹⁹

Salt Spring Coffee Beans Assorted (400g)



SAVE \$3.50

9⁴⁹

Holy Napoli Pizza Assorted (367-425g)



SAVE \$1.50

3⁴⁹

Holy Napoli Pizza Dough (300g)



25% OFF

Stahlbush Island Farms Assorted Frozen Vegetables (283-340g)



25% OFF

Stahlbush Island Farms Assorted Frozen Fruits (283-300g)



Frozen at Farm Freshness

25% OFF

Eco by Naty Diapers/Training Pants Assorted (17-33ct)



SAVE \$2.00

7⁴⁹

Fody Foods Salsa Assorted (450mL)



SAVE \$3.00

9⁹⁹

Fody Foods Pasta Sauce Assorted (547mL)



SAVE \$1.00

2²⁹

Cove Probiotic Soda Assorted (355mL)



SAVE \$1.00

2⁵⁹

Cove Kombucha Assorted (355mL)



Manitoba Harvest: Global Leader in Hemp Foods

SAVE \$2.50

6⁴⁹

Manitoba Harvest Assorted Hemp Yeah Granola (283g)



SAVE \$3.50

7⁴⁹

Manitoba Harvest Hemp Hearts (227g)



SAVE \$4.50

15⁴⁹

Manitoba Harvest Organic Shelled Hemp Seeds (340g)



SAVE \$4.00

10⁹⁹

Manitoba Harvest Organic Shelled Hemp Seed (200g)



SAVE \$5.00

13⁹⁹

Manitoba Harvest Hemp Hearts (454g)



produce

BC GROWN

1.99
/LB

Organic Ambrosia Apples



PRODUCT OF MEXICO

4.99
/EA

Organic Blueberries (6 oz)



PRODUCT OF MEXICO

2.49
/EA

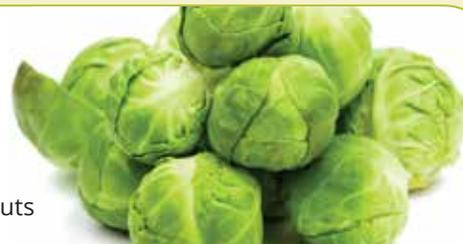
Organic Bunch Carrots



PRODUCT OF MEXICO

4.99
/LB

Organic Brussels Sprouts



meat



20%
OFF

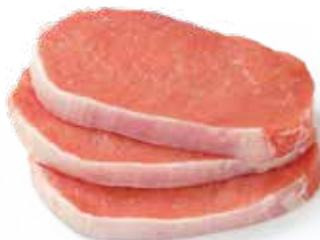
House Smoked Bacon



SAVE \$2.00

13.99
/KG

Pork Ground



25%
OFF

Pork Loin Chop Boneless

health



SAVE \$5.00

44.99

New Roots NAC 600mg
(180 caps)



SAVE \$4.00

39.99

Nordic Naturals Ultimate
Omega 1100 mg (60 soft gels)



SAVE \$3.00

14.99

NAKA Organic Beet
Powder (200g)

deli



25%
OFF

Camembert Cheese



25%
OFF

Cerignola Olives



SAVE \$5.00

60.20
/KG

Gypsy Salami



SAVE \$1.00

4.99
/EA

Pork Sausage Roll



SAVE \$1.00

3.99
/EA

Magnesium Rich Raw Bar

