

grocery

SAVE \$2.00

7⁹⁹



Living Tree Foods Dairy Free Spreads Assorted (170g)

SAVE \$1.80

5⁹⁹



Nuts To You Smoc Peanut Cashew Butter (365g)

SAVE \$1.80

5⁹⁹



Nuts To You Smooth Peanut Hazelnut Butter (365g)

SAVE \$1.00

3⁶⁹



Hardbite Potato Chips Assorted (128-150g)

SAVE \$1.00

3⁴⁹



Kettle Potato Chips Assorted (156-198g)

SAVE \$3.00

10⁹⁹



Bubbies Pickles Assorted (1L)

SAVE \$2.00

9⁴⁹



Millsie Dairy Alternative Cheese Assorted (200g)

SAVE \$1.50

4⁴⁹



Eco-Max Dish Soap Assorted (740mL)

SAVE \$1.00

3⁹⁹



Cooler Co Kombucha Assorted (355mL)

SAVE \$2.00

5⁶⁹



Bob's Red Mill Assorted Baking Mix's (368-440g)

SAVE \$1.00

1⁹⁹



Mid-Day Squares Bars Assorted (33g)

SAVE \$1.50

6⁹⁹



Elmhurst Oat Creamers Assorted (473mL)

SAVE \$1.00

2⁷⁹



Thirsty Buddha Beverages Assorted (355mL)

SAVE \$1.00

2⁶⁹



Hungry Buddha Bars Assorted (40g)

SAVE \$1.00

3⁶⁹



Go Bio Organic Gummies Assorted (75g)

SAVE \$2.50

6⁴⁹



Las Margaritas Salsa Assorted (500g)

SAVE 50¢

2⁴⁹



Indigo Organic Coconut Water (500mL)

SAVE \$1.50

8⁴⁹



Kaiser Oat Based Ice Cream Bites Assorted (168g)

SAVE \$1.50

5⁴⁹



YoFit Chickpea Beverage Assorted (946mL)

SAVE \$1.50

6⁴⁹



Gratitude Skinless Boneless Salmon Assorted (150g)

SAVE \$2.00

8⁹⁹



Cool & Simple Fries Assorted (500-600g)

SAVE \$1.00

2⁴⁹



Poppi Soda Assorted (355mL)

2⁰⁰ OFF

Crunch Worth Craving

Nature's Path Ecopac Bag Organic Cereals Assorted (170-907g)



SAVE \$3.00

14⁹⁹

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



SAVE \$2.00

5⁹⁹

Nature's Path Organic Gluten Free Granola Assorted (312g)



SAVE \$1.00

4⁹⁹

Nature's Path Organic Frozen Waffles Assorted (210g)

produce

BC GROWN

1.99
/LB

Organic Butterball Potatoes



BC GROWN

2.49
/EA

Organic Green Leaf Lettuce

Green Goodness



PRODUCT OF USA

1.49
/LB

Organic Seedless Whole Watermelon



PRODUCT OF USA

4.99
/LB

Organic Red & Green Grapes



Seniors Day
Aug 4
Customer Appreciation Day
Aug 12

meat

SAVE \$10.00

52.99
/KG

Pate De Campagne



SAVE \$1.00

13.99
/KG

Ground Pork Value Packs



2.00
OFF

All Broth



health



SAVE \$10.00

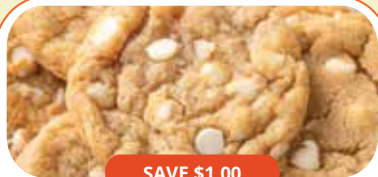
29.99

Living Alchemy Defense with Shiitake Mushroom (60 Caps)

SAVE \$1.00

6.99
/EA

White Choc Macadamia Cookies (3 Pack)



deli

25%
OFF

Kalamata Olives



25%
OFF

Goat and Cow Feta



SAVE \$7.00

19.99

Kaha Creatine Monohydrate (150g)



SAVE \$4.00

9.99

Live Clean Soothing Oatmeal Baby Lotion (227mL)



SAVE \$1.00

6.99
/EA

Farmhouse Ragu Pasta



SAVE 50¢

4.39
/100G

Hot Soppresata



SAVE 50¢

3.49
/100G

Chorizo Salami

