

**grocery**

SAVE \$3.00

**13<sup>39</sup>**

Nuts To You Smooth  
Macadamia Butter (365g)



SAVE \$3.00

**13<sup>39</sup>**

Nuts To You Smooth Macadamia  
Cashew Butter (365g)



SAVE \$1.00

**2<sup>29</sup>**

Cove Probiotic Drinks  
Assorted (355mL)



SAVE \$1.00

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

Kettle Potato Chips  
Assorted (156-198g)



SAVE \$2.00

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

Carbs Sourdough  
Crackers Assorted (150g)



SAVE \$2.50

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

Chosen Foods  
Dressings & Marinades  
Assorted (237mL)



SAVE \$1.00

**2<sup>79</sup>**

Loop Sparkling  
Iced Tea Assorted  
(355 mL)



SAVE \$2.50

**16<sup>49</sup>**

Eco-Max Assorted  
Laundry Soap (3L)



SAVE \$1.00

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

Brüst Cold Brew  
Protein Assorted  
Coffee (330mL)



**Tastes Soy Good**

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

Sunrise Soya Foods Organic  
Tofu Assorted (350-500g)



SAVE \$1.00

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

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



SAVE 50¢

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

Caboo Kitchen  
Towels (2ct)



SAVE \$2.50

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

Amy's Kitchen Pizza  
Assorted (340-397g)



SAVE \$1.00

**3<sup>99</sup>**

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



SAVE \$1.50

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

Guru Energy Drinks  
Assorted (355mL)



SAVE \$2.00

**7<sup>99</sup>**

Nature's Bakery Snack Bars  
Assorted (270-340g)



SAVE \$2.00

**4<sup>69</sup>**

Maison Orphee Organic  
Mustard Assorted (250mL)



SAVE \$3.50

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

Nuts For Cheese  
Cashew Cheese's  
Assorted (120g)



SAVE \$2.50

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

Hazel's Ice Cream  
Bars Assorted  
(3x95mL)



SAVE \$1.00

**3<sup>59</sup>**

Humble Seedz Hummus  
Assorted (227g)



**Freezer Fresh**

**1<sup>50</sup>**  
OFF

Green Organic Organic Frozen  
Vegetables Assorted (500g)



SAVE \$1.00

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

Raincoast Trading Canned  
Tuna Assorted (142g)



SAVE \$2.30

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

Strub's Pickles  
Assorted (1L)



**produce**

BC GROWN

**2<sup>49</sup>**  
/LB

Organic Red Beets



BC GROWN

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

Organic Green Zucchini



PRODUCT OF USA

**3<sup>99</sup>**  
/LB

Organic Red Plums



PRODUCT OF USA

**3<sup>99</sup>**  
/LB

Organic Black Plums



**health**



SAVE \$4.00

**34<sup>99</sup>**

BRIGHTSIDE Natura Fibre (750g)



SAVE \$3.00

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

SUKU Appley Ever After (60 Gummies)

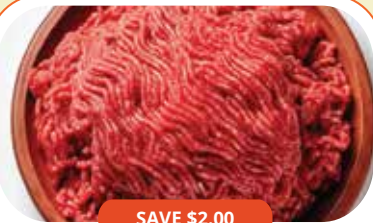


SAVE \$2.00

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

SEA WENCH NATURALS Bar Soaps All Varieties (125g)

**meat**



SAVE \$2.00

**24<sup>99</sup>**  
/KG

Grass Finished Medium Ground Beef



SAVE \$2.00

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

Pork Honey Garlic Sausage



SAVE \$2.00

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

Smoked Pork Hocks

**deli**



**25%**  
OFF

Aged Manchego



**25%**  
OFF

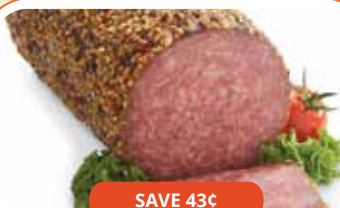
Cerignola Olives



SAVE 50¢

**2<sup>99</sup>**  
/100G

Assorted Pasta Dishes



SAVE 43¢

**6<sup>09</sup>**  
/100G

Gypsy Salami



SAVE \$1.00

**14<sup>99</sup>**  
/EA

Carrot Cake

