

grocery

SAVE \$2.50

12⁴⁹

Navitas Naturals Organic Raw Cacao Powder (227g)



SAVE \$4.50

21⁴⁹

Navitas Naturals Organic Raw Cacao Powder (454g)



SAVE \$1.00

2⁷⁹

Trubar Protein Bars Assorted (50g)



SAVE \$1.00

3⁹⁹

Cooler Co. Kombucha Assorted (355mL)



SAVE \$1.00

4⁴⁹

GT's Kombucha Assorted (480mL)



15% OFF

Glutenull Loaves (Line Drive)

*includes bread, crackers, granola, energy bars and frozen bread



SAVE \$1.50

4⁸⁹

Silver Hills Bread Loaves Assorted (430-680g)

*selected sku's



SAVE \$2.00

11⁹⁹

Farm Girl Cereal Assorted (280g)



SAVE \$1.50

2⁸⁹

Honey Stinger Energy Chews Assorted (50g)



SAVE \$2.00

5⁹⁹

Carbs Bakery Sourdough Crackers Assorted (150g)



SAVE \$2.00

7⁹⁹

Millsie Dairy Alternative Cream Cheese Assorted (183g)



SAVE \$1.50

5⁴⁹

Daiya Shredded Dairy Alternative Cheese Assorted (200g)



SAVE \$1.50

4⁹⁹

Plum.m.Good Assorted Organic Rice Cakes (185g)



SAVE \$3.00

19⁹⁹

49th Parallel Coffee Beans Assorted (340g)



SAVE \$5.00

20⁹⁹

The Cultured Coconut Organic Fermented Coconut Milk (460mL)



SAVE \$2.50

8⁴⁹

Mid-Day Squares Functional 4-Pack Bars Assorted (4x132g)



20% OFF

Greens Organic Rice Assorted (900g)



SAVE \$3.00

10⁴⁹

Caboo Bamboo and Sugar Cane Toilet Paper (12 Roll)



SAVE \$1.00

1⁹⁹

Taste of Nature Snack Bars (40g)



SAVE \$1.00

4⁸⁹

Made Good Granola Bars Assorted (24g)



SAVE \$2.50

5⁹⁹

Deebee's Organics Superjuice Freezie (10x40mL)



SAVE \$4.00

30⁹⁹

OlioCarli Extra Virgin Olive Oil (750mL)



SAVE \$1.00

4⁹⁹

Caboo Kitchen Towels (2ct)



SAVE \$2.00

3⁸⁹

Caboo Toilet Paper (4 Roll)



SAVE \$2.00

7⁴⁹

Fody Foods Salsa Assorted (450mL)



SAVE \$3.50

15⁴⁹

La Chaudiere Organic Cheese Assorted (340g)



SAVE \$3.50

13⁴⁹

Nuts to You Organic Almond Butter Assorted (365g)



SAVE \$2.50

12⁴⁹

Navitas Naturals Organic Raw Cacao Powder (227g)



SAVE \$4.50

21⁴⁹

Navitas Naturals Organic Raw Cacao Powder (454g)



SAVE \$4.00

18⁹⁹

Maison Orphee Organic Sunflower Oil (750mL)



SAVE \$6.00

27⁴⁹

Maison Orphee Delicate Extra Virgin Olive Oil (750mL)



SAVE \$1.50

4⁴⁹

Caboo Flushable Bamboo Wipes (60ct)



produce

PRODUCT OF USA

1⁹⁹
/LB

Organic Cantaloupe



BC GROWN

2⁹⁹
/LB

Organic Red/Yellow Fingerling Potatoes



BC GROWN

1⁹⁹
/LB

Organic Celery



BC GROWN

2⁴⁹
/LB

Organic Akane Apple



meat



SAVE \$5.00

29⁹⁹
/KG

Maple Canadian Bacon



SAVE \$5.00

29⁹⁹
/KG

Rashers Irish/
English Bacon



SAVE \$3.00

24⁹⁹
/KG

Ancestral Blend
Ground Beef



20%
OFF

Bone-in Pork Chops

deli



10%
OFF

Turkey



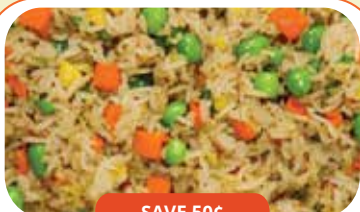
25%
OFF

Sicilian Mixed Olives



25%
OFF

Swiss Gruyere



SAVE 50¢

2⁴⁹
/100G

Fried Rice



1⁰⁰
OFF

Granola

Seniors Day
Sep 1
Customer
Appreciation Day
Sep 9

health



SAVE \$8.00

41⁹⁹

NOW Red Mineral Algae
(180 Caps)

SAVE \$6.00

15⁹⁹

TRACE Minerals
Ionic Zinc (60 mL)



SAVE \$5.00

20⁹⁹

GENESIS Tallow Deodorants
(All Varieties) (74mL)