

grocery

SAVE \$2.50

14⁷⁹

Nuts to You Nut Butter
Smooth Organic
Hazelnut Butter (365g)



SAVE \$3.50

11²⁹

Nuts to You Smooth
Organic Cashew
Butter (365g)



SAVE \$2.00

5⁹⁹

Pacific Foods
Organic and
Low Sodium
Broths Assorted (946mL-1L)



SAVE \$2.50

8⁴⁹

Field Roast
Vegetable
Sausages Assorted (368g)



SAVE \$1.50

5⁸⁹

Cha's Organics
Organic
Coconut Rolls
Assorted (100g)



20% OFF

Bob's Red Mill
Oats Assorted
(454-907g)



15% OFF

Glutenull
Loaves Assorted
(Line Drive)
**bread, crackers,
granola, energy bars
and frozen bread*



1⁵⁰ OFF

Mary's
Organic
Crackers
Assorted (155-184g)



SAVE \$1.50

4²⁹

Loop Mission
Functional Cold Pressed
Juices Assorted (300mL)



SAVE \$2.50

9⁴⁹

Loop Mission Functional
Cold Pressed Juices
Assorted (1L)



Easiest Eats

20% OFF

Amy's Kitchen
Bowls & Entrees
Assorted (241-284g)



SAVE \$1.00

4⁵⁹

Amy's Kitchen
Soups Assorted
(398mL)



SAVE \$1.50

8⁰⁹

Elmhurst Dairy
Alternative
Beverage
Assorted (946mL)



SAVE \$2.00

9⁹⁹

Maison Orphee
Fresh Mayonnaise
Assorted (440mL)



SAVE \$1.00

2⁹⁹

Brust Cold Brew
Protein Coffee
Assorted (330mL)



SAVE \$2.50

6⁴⁹

Yoggu! Coconut
Based Yogurt
Assorted (450g)



SAVE \$4.00

20⁹⁹

Moonshine Mama
Elixirs Assorted
(500mL)



SAVE \$3.00

10⁴⁹

Caboo Bamboo
and Sugar Cane
Toilet Paper (12 Roll)



SAVE \$4.00

30⁹⁹

Canadian Heritage
Organic Maple
Syrup Assorted (1L)



SAVE \$2.00

16⁹⁹

Canadian Heritage
Organic Maple Syrup
Assorted (500mL)



SAVE \$1.50

8⁴⁹

Canadian Heritage
Organic Maple Syrup
Assorted (250mL)



SAVE \$3.00

18⁴⁹

Mogiana Whole
Bean Coffee
Assorted (340g)



SAVE \$1.00

4⁹⁹

Caboo Kitchen
Towels (2ct)



SAVE \$1.50

5⁴⁹

Earth's Own
Alternative Milk
Assorted (1.75L)



SAVE \$3.00

15⁹⁹

Commercial
Drive Coffee
Assorted (300g)



SAVE \$1.00

3⁴⁹

Rise Kombucha
Assorted (414mL)



SAVE \$2.00

5⁹⁹

Bionaturae
Sourdough
Pasta Assorted (340g)



SAVE \$2.00

3⁸⁹

Caboo Toilet
Paper (4 Roll)



SAVE \$1.00

3²⁹

Flirt Sparkling
Lemonades
Assorted (355mL)



SAVE 50¢

2⁴⁹

A. Genco
Assorted
Salt (1kg)



SAVE \$3.00

5⁴⁹

Deebee's
Organics
Superjuice Freezie (10x40mL)



20% OFF

Greens Seeds Assorted
(Chia seeds, sunflower
seeds and pumpkin seeds)



4⁴⁹

Caboo Flushable
Bamboo Wipes (60ct)



produce

BC GROWN

2⁴⁹
/EA

Organic Black Kale



BC GROWN

4⁹⁹
FOR 3

Organic Corn Bi-Colour



BC GROWN

2⁴⁹
/LB

Organic Zucchini



PRODUCT OF USA

4⁹⁹
/LB

Organic Green & Red Grapes



meat



SAVE \$1.00

4⁹⁹
/EA

Lard (500mL)



10%
OFF

Brisket



20%
OFF

Bacon Bits

health



SAVE \$8.00

38⁹⁹

AOR DGL (90 caps)

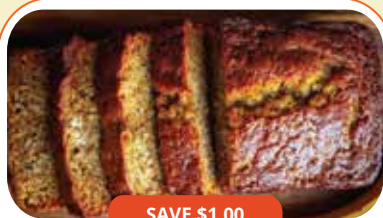


SAVE \$6.00

35⁹⁹

Salus Red Beet
Crystals (200G)

deli



SAVE \$1.00

9⁹⁹
/EA

Large Banana Loaf



25%
OFF

Green Olives



25%
OFF

Comte Cheese



SAVE \$1.00

6⁹⁹
/EA

Housemade Chili



SAVE 50¢

5⁴⁹
/100G

Pepper Salami



SAVE \$2.00

15⁹⁹

Island Essentials
Body Lotion

*All Scents (450mL)

