

grocery

SAVE \$3.00

6⁹⁹

Gimmie Seaweed Snacks Assorted (6x5g)



SAVE \$4.00

19⁹⁹

Nikkei Ramen-Ya Ramen Bowls Assorted (650g)



SAVE \$1.50

5⁴⁹

Method All Purpose Sprays Assorted (828mL)



3⁰⁰ OFF

Cafe Altura Instant Coffee Assorted (100g)



SAVE \$1.00

4⁴⁹

Poptastic Popcorn Assorted (130g)



SAVE \$1.00

3³⁹

Annie's Homegrown Pasta Assorted (149-170g)



SAVE \$1.50

10⁴⁹

Kume Gochujang Sauces Assorted (225mL)



SAVE 50¢

3⁷⁹

Taj Mahal Vegetarian Meals Assorted (285g)



SAVE \$1.00

6⁶⁹

Amola Pasta Sauce Assorted (625mL)



SAVE \$2.00

7⁴⁹

Chasers Cold Pressed Juices Assorted (500mL)



SAVE \$2.50

12²⁹

Copra Coconuts Organic Young Coconut Water (946mL)



SAVE \$1.50

5⁹⁹

Copra Coconuts Organic Coconut Smoothie (414mL)



SAVE \$2.50

10⁴⁹

Fume-eh Olives/Tapenades Assorted (250mL)



Olive the Best Ingredients

SAVE \$2.00

4⁹⁹

Origo Freeze Dried Fruits Assorted (20-30g)



SAVE \$3.50

12⁴⁹

Kefirkult Coconut Kefir Assorted (359mL)



SAVE \$1.50

12⁴⁹

Farm Girl Cereals Assorted (280g)



SAVE \$2.50

5⁹⁹

Dorset Cereals Muesli Assorted (540-620g)



SAVE \$1.50

13⁴⁹

Fromage Protein Pops Assorted (3x108mL)



SAVE \$3.00

9⁹⁹

Say It Ain't Soda Assorted Sodas (4x355mL)



100% Real Fruit & Botanicals

SAVE \$1.50

4⁹⁹

Green Cuisine Tempeh Assorted (170-225g)



produce

BC GROWN

1⁹⁹
/LB

Organic Russet Potatoes



BC GROWN

1⁹⁹
/LB

Organic Butternut Squash



**Starch
Season**

BC GROWN

1⁹⁹
/LB

Organic Yellow Onions



BC GROWN

2⁹⁹
/LB

Organic Bartlett Pears



meat

SAVE \$2.00

17⁹⁹
/KG

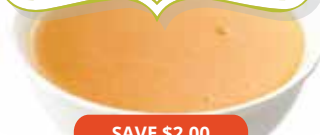
Herb & Garlic Pork Sausage



SAVE \$2.00

8⁹⁹
/EA

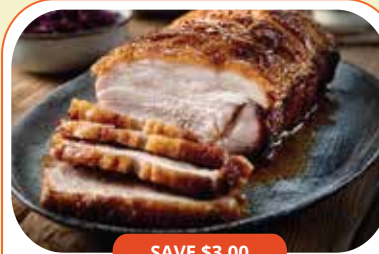
Chicken Bone Broth



SAVE \$3.00

20⁹⁹
/KG

Pork Crackling Roast



health



SAVE \$4.00

20⁹⁹

NAKA Organic Castor Oil
(500mL)



SAVE \$6.00

32⁹⁹

NEW ROOTS Heme
Iron 11mg (30 Caps)

SAVE \$6.00

33⁹⁹

FLORA Flor
Essence Herbal
Cleanse (500mL)



deli

SAVE 50¢

4⁴⁹
/100G

Hot Genoa Salami



20% OFF

Cerignola Olives



20% OFF

Creamy Havarti



SAVE \$1.00

15⁹⁹
/EA

Chicken Salad Bowl



SAVE \$1.00

5⁹⁹
/EA

Organic Vegan
Chocolate Brownie

**Seniors Day
Oct 6
Customer
Appreciation Day
Oct 14**