

grocery

20% OFF **Frozen Favourites**

Stahlbush Island Farms Frozen Vegetables/Fruits Assorted (283-340g)



SAVE \$4.20

4²⁹



Deebee's Organics Organic Superfruit Freezie (10x40mL)

SAVE \$1.00

3⁴⁹



Go Macro Organic Protein Bars Assorted (65-69g)

Protein Pleasure

SAVE \$1.50

3¹⁹



Go Bio Organic Gummies Assorted (75g)

SAVE \$2.50

9⁴⁹



Chosen Foods Salad Dressing Assorted (237mL)

SAVE \$3.50

11¹⁹



Raincoast Trading Company Albacore Tuna Assorted (150g)

SAVE \$3.00

7⁶⁹



Le Pain des Fleurs Organic Crispbreads Assorted (150g)

SAVE \$1.50

8⁴⁹



Aspen Clean Dish Soaps Assorted (530mL)

SAVE \$1.50

4⁹⁹



Silver Hills Bakery Loaves Assorted (510-680g)

SAVE \$3.00

14⁶⁹



Olivado Macadamia Nut Oil 250mL



20% OFF

Amy's Frozen Burritos Assorted (156-255g)

20% OFF

Garofalo Pasta Assorted (400-500g)



3⁰⁰

Lundberg Organic Rice Assorted (454-907g)



SAVE \$1.00

2⁹⁹



Barbara's Bakery Cheese Puffs Assorted (155-198g)

SAVE \$2.50

2⁶⁹



Hardbite Turkey Stuffing Potato Chips (142g)

SAVE \$1.00

3⁴⁹



Kettle Potato Chips Assorted (156-198g)

Sodalicious

SAVE \$3.00

11⁹⁹



Solly's Craft Soda Assorted (4x355mL)

produce

BC GROWN

1⁹⁹
/LB

Organic Honeynut Squash



BC GROWN

1⁹⁹
/LB

Organic Butternut Squash



BC GROWN

1⁹⁹
/LB

Organic Yellow Potatoes



BC GROWN

2⁴⁹
/LB

Organic Ambrosia Apples



meat



SAVE \$1.00

8⁹⁹
/EA

Rillettes de Porc



50¢
OFF

Salmon Burger



SAVE \$2.00

19⁹⁹
/KG

Hot Italian Sausage

health

SAVE \$3.00

12⁹⁹

NAKA Organic
Castor Oil
(300 mL)



deli



SAVE 50¢

5⁴⁹
/100G

Pancetta



25%
OFF

Kalamata Olives



25%
OFF

Aged Manchego Cheese

SAVE \$5.00

25⁹⁹

NEWCO Organic Cacay
Botanical Oil (50mL)



SAVE \$1.00

7⁹⁹

Mike's Mix
Granola



Seniors Day
Nov 3
Customer
Appreciation Day
Nov 11

SAVE \$7.00

43⁹⁹

NEW ROOTS Multi with
Activated B Vit's (120 caps)



SAVE 50¢

2⁹⁹
/100G

Herby Potato Salad