







GROCERY



Imagine Organic Soup select varieties 1L reg price 6.79

Buy One Get One Free



Lundberg Nutra-Farmed Rice assorted varieties 907q reg price 5.69-10.69

30% Off regular retail price



Wolfgang Puck Organic Soup assorted varieties

3/8.97



Prairie Harvest Organic Pasta Sauce assorted varieties 705ml

3.99

Prairie Harvest Organic Coconut Pasta or San Zenone Organic Gluten Free Pasta assorted varieties 340-375g



2.49 to 2.99

Wild Planet Canned Fish Wild Tuna, Salmon or Sardines assorted varieties assorted sizes



reg price 5.59-11.59

30% Off regular retail price

Daiya Non-Dairy Vegan Cheezy Mac assorted varieties 300g



2/6.98

Daiya Non-Dairy Vegan Gluten Free Frozen Pizza



assorted varieties 444-550g

6.99



Gold Rush Organic Frozen Potatoes assorted varieties 454g reg price 6.29-7.49

30% Off regular retail price

Bremner's Organic Frozen Berries



2 varieties 1.5kg

19.99

Earthbound Farm Organic Frozen Vegetables



assorted varieties 300-400g

3.99



Udi's Gluten Free Bread, Bagels and Pizza Shells assorted varieties assorted sizes

4.99

Kraft Philadelphia Cream Cheese assorted varieties 227-250g



2.99



7.99 Skim, 1%, or 2%

Nature's Farm Free Run Omega-3 Eggs 1 dozen



4.49

4.99 Extra Large

Earth Balance Spreads assorted varieties assorted sizes reg price 6.89-15.79



30% Off regular retail price





ENTER TO WIN GIFT BASKET!

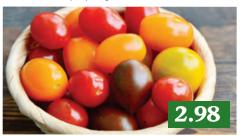


V.I.P. Biodegradable Dish Liquid assorted varieties 740ml

1.99

PRODUCE

Fair Trade Organic Rainbow Mix Tomatoes from Mexico 1pint package



Organic Lemons from California



Cauliflower Imported



Organic Red Seedless Grapes Imported 6.57kg



DEL

Black Forest Ham







Tre Stelle or Dofino Cheese Slices assorted varieties

5.99

BAKERY

Sourdough Multiseed Bread or Organic Multigrain Bread 530-600g



5" Round Cakes

assorted varieties includes alternative sweetener and alternative flour recipes assorted sizes



Cookies assorted varieties includes alternative sweetener and alternative flour recipes



MEAT

Choices Ground Chicken raised without antibiotics **24.23kg**





Fresh Wild-Caught Swordfish Loin Steaks from Hawaii **48.48kg**



Lamb Casserole with Feta Cheese and Vegetables made instore



100% Grass Fed Top Sirloin Medallions Steaks or Roasts from Australia **22.02kg**



Pork Boneless Shoulder Roasts or Steaks raised without antibiotics 13.21kg



4.99

WELLNESS



Brad King Supplements assorted varieties assorted sizes

25% off Regular **Retail Price**



Hero Yummi Bear Multivitamins Regular, Organic and Sugar Free assorted varieties assorted sizes

25% off Regular **Retail Price**



NutraCentials Weight Loss Support Supplements

Garcinia Cambogia, Green Coffee Bean, Raspberry Ketones, or Weight off Max assorted sizes

25% off Regular Retail Price



Purica Magnesium Bisglycinate assorted varieties



Botanica Herbal Liquid Phytocaps assorted varieties assorted sizes

25% off Regular **Retail Price**



SIBU Sea Berry Therapy Face & Body Care and Supplements assorted varieties assorted sizes

25% off **Regular Retail Price**

Soup Ingredients: Beans, Grains, Rice and Soup Mix

20% off regular retail price

GROCERY



Zazubean Organic Fair Trade Chocolate Bars assorted varieties

2/5.98



Kind Fruit & Nut or Pressed Bars assorted varieties



Barbara's Cheez Puffs and Bakes assorted varieties 155-198a

2/5.98



Annie's Crackers and Fruit Snacks assorted varieties 115-213g

3.99



Bragg Organic Apple Cider Vinegar Drinks assorted varieties 473ml +deposit +eco fee



So Delicious Non-Dairy Frozen Dessert assorted varieties 500ml

4.99



Shady Maple Farms Organic Maple Syrup, Cookies and Sugar assorted varieties assorted sizes reg price 5.79-29.99

30% Off regular retail price



Stash Organic Tea assorted varieties 18 Tea Bags

2/6.98

Liberté Greek & Méditerranée Yogurt assorted varieties



2.99

3.99



IOGO Probiotic Yogurt 2.5% or 0% assorted varieties

2.99

Melissa's Venison Stew

- I I/2 lbs venison, cut in to I inch cubes
- I medium onion, coarsely chopped
- I/2 cup flat lager beer
- I Tbsp soy sauce
- I/2 package cream of broccoli dry soup mix
- I tsp fines herbes (parsley, chive, tarragon)
- 3 cloves fresh garlic
- I 1/2 lbs pork, cut in to I inch cube
- 2 celery stalks, cut in to 1 inch sections
- 1/2 tsp Worcestershire sauce
- I tsp sweet mustard
- I Tbsp butter
- I Tbsp olive oil

Salt and pepper

Brown meat in large frying pan with oil and butter. Add salt and pepper while browning. Remove browned meat and place in roasting dish with remaining ingredients mixed. Cook in 300 degree oven for 3 1/2 hours until meat is tender. Add more beer if pan is dry. Serve with mashed potatoes and roast veggies.



bins and bags





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