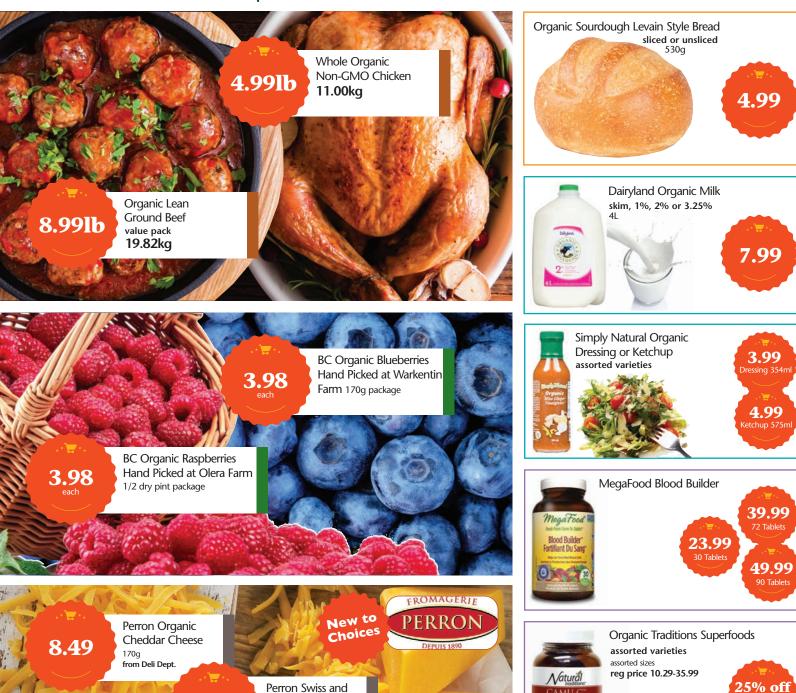


100% BC Owned and Operated



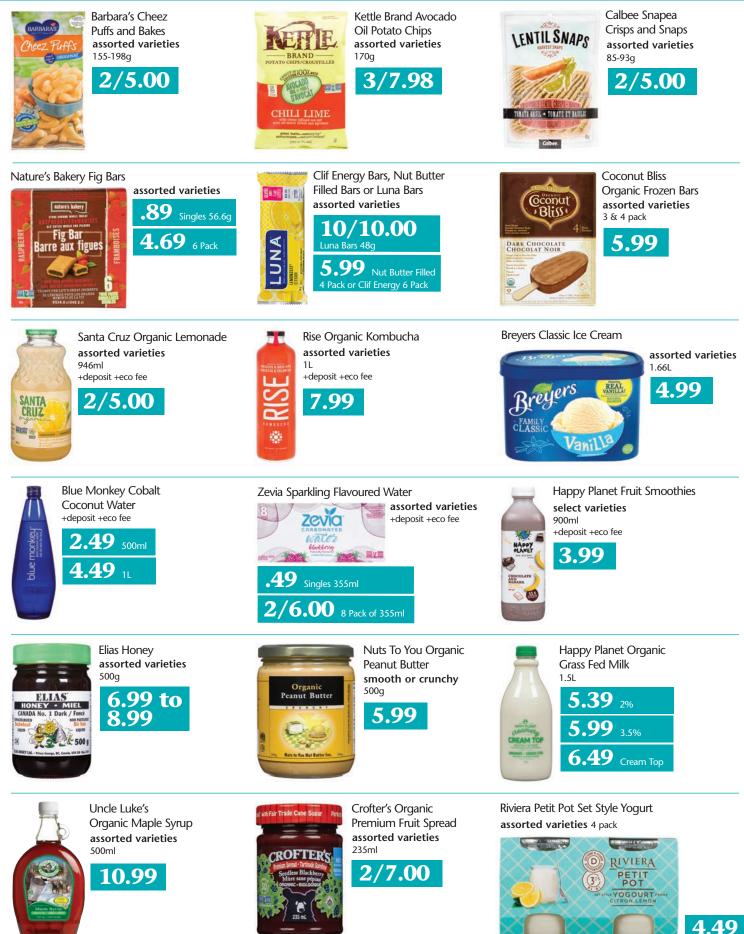
Medium Cheddar

Cheese 170g from Deli Dept.

6.49

Regular Retail Price

GROCERY



PRODUCE

BC Grown Organic Bunch Green and Black Kale from Myers Farm





BC Grown Organic White Nugget Potatoes from Fraserland Farm new crop 4.37kg

1.98lb



BC Grown Yellow and Green Zucchini **2.16kg**

.98lb

MEAT

Beef, Pork or

Chicken Kebabs

BC ORGANIC PORK at our Kitsilano, Kerrisdale, Cambie, North Vancouver and South Surrey locations



BC Organic Beef select varieties



Choices Pork Sausages made in-store 17.61kg



Organic Bone-in Chicken Breast and Thighs 19.82kg



Cod Loin Steaks from Iceland 41.87kg



Fresh Sockeye Salmon Fillets see in-store for details







BAKERY

Granola Bars 2 varieties package of 2



Cookies

includes alternative sweetener and alternative flour recipe assorted varieties assorted sizes



ellne



Natural Factors CoQ10 and Herbal Supplements assorted varieties assorted sizes reg price 8.49-72.99

20% off **Regular Retail Price**

Avalon Shampoo, Conditioner,

Regular Retail Price

Botanica Perfect Protein Vanilla or Chocolate

780-820c

0 0

Shower Gel, Lotion and

Vitamin C Face Care assorted varieties assorted sizes reg price 9.49-29.99

30% off

Viva Organic Face Care

assorted varieties assorted sizes

reg price 9.99-48.99

20% off Regular

Retail Price





Lundberg Organic Rice assorted varieties 907g reg price 8.99-11.79





TruRoots Organic Rice or Quinoa assorted varieties assorted sizes reg price 8.49-15.99



Cape Herb & Spice Table Top Spices assorted varieties assorted sizes





Saputo Shredded Cheese assorted varieties 3.99 to 4.99



Coconut Products assorted varieties assorted sizes reg price 2.29-21.99 30% Off regular retail price

Earth's Choice Organic

Udi's Frozen Gluten Free

assorted varieties

4.99

udis

ofurky

Hamburger and Hot Dog Buns

3.79 Hamburger 4 Pack

397q

Hot Dog 6 Pack

Tofurky Brats

and Sausages

3.99

assorted varieties

Dairyland Sour Cream assorted varieties Dairyland. 15x 500ml



Caboo Bamboo Bathroom Tissue, Paper Towels, Facial Tissue and Baby Wipes

select varieties select sizes

SOUF

CREAM

reg price 1.99-7.29



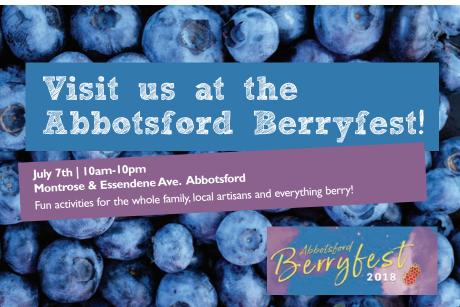
30% Off regular retail price

Abbotsford

604.744.3567

North Vancouver

604.770.2868



South Surrey Kitsilano Cambie Kerrisdale Yaletown Burnaby Crest Burnaby Marine Way Kelowna 604.736.0009 604.875.0099 604.263.4600 604.633.2392 604.678.9665 250.862.4864 604.541.3902 604.522.0936 778.379.5757 While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.

Think Sport Sunscreens thinksport

reg price 15.99-38.99 25% off **Regular Retail Price**

assorted varieties

assorted sizes

Incrediwear Socks, Braces and Wraps assorted varieties, assorted colours assorted sizes reg price 18.99-112.99

20% off **Regular Retail Price**

BULK

Candy assorted varieties, bins and bags

20% off regular retail price



Commercial Drive