

100% BC Owned and Operated





















## **GROCERY**



Barbara's Cheez Puffs assorted varieties 155-198q

2/5.00



Hardbite Root Chips assorted varieties 150g

2/7.00



Rise Organic Kombucha assorted varieties 1L

+deposit +eco fee

6.99



Spokes Gluten-Free **Puffed Potato Crisps** assorted varieties

2/6.00



Laiki Black and Red Rice Crackers 100g

2/7.00



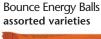
Taste Nirvana Coconut Water assorted varieties +deposit +eco fee

2/4.00 280ml 2/7.00 700ml



Sahale Gourmet Nut Mixes assorted varieties 113g

5.99





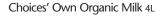
**2/4.00** 

22.99 12 Pack



Enjoy Life Gluten-Free Cookies and Baking Chips assorted varieties 170-283g

3.99 Cookies **Baking Chips** 













7.99 Skim, 1%, 2% 8.99 3.8%

Coconut Bliss Organic Non-Dairy



Frozen Dessert assorted varieties 473ml

5.99



Taylors Tea assorted varieties 20 Tea Bags

4.69



Born 3 Large Eggs

2/7.00

Earth's Choice Organic Fruit Spreads



assorted varieties 320g

## Wedderspoon Honey



assorted varieties assorted sizes reg price 29.99-53.49

## Danone Drinkable Yogurt

3.99 Danino



assorted varieties 8 Pack

4.99 DanActive

## Nature's Path Organic Granola or



Love Crunch Granola assorted varieties 325g boxes 350g bags



So Nice Fresh Organic Beverages assorted varieties

3.99 Organic Almond

3.49 Organic Soy

# **PRODUCE**

Imported Blueberries and Blackberries 170g package









Spinach and Feta or Feta and Ricotta Phyllo Pastry





Castello Ticklers Cheddar, Aged Havarti, Caramelized Onion or Pepper Cheese 200g

Happy Days Soft Okanagan Goat Cheese



Tre Stelle Bocconcini Cheese assorted varieties

Alexis De Portneuf Imported French Brie Cheese 340g



Choices' Own Multigrain Bread or Wholesome Country Sourdough Bread 530-575g



Choices' Own Lemon Chia Loaf and Marble Pound Cake 300g



## **MEAT**

BC Boneless Skinless Chicken Breasts value pack 13.21kg



Wild-Caught Ahi Tuna Loin Steaks Sashimi Grade 44.07kg



Frenched Rack of Lamb from New Zealand Lamb Co. 50.68kg



Pork Side Ribs raised without antibiotics regular or sweet & sour 11.00kg



Boneless Leg of Lamb Steaks or Roasts 28.64kg



BC Marinated Butterfly Chicken raised without antibiotics, made in-store





Prairie Naturals Vitamins, Supplements or Body Care Products assorted varieties assorted sizes reg price 1.89-77.99



Genuine Health Fermented Organic Gut Superfoods and **Greens+ Superfood Greens** assorted varieties assorted sizes reg price 29.99-129.99

Curelle Shampoo and Conditioners,



**Body Wash and Lotions** assorted varieties



Lorna Vanderhaeghe Collagen Supplements

120 capsules



Garden of Life mykind Organics Vitamins and Supplements assorted varieties assorted sizes reg price 12.99-52.99

Anne Marie Borlind Facial Care and



assorted varieties assorted sizes reg price 8.99-109.99



Valentine's Candy assorted varieties Bins and Random Weight Bags

# GROCERY



Daiya Vegan Frozen Pizza assorted varieties 444-550g

6.99



Gardein Meatless Products assorted varieties assorted sizes

4.49



Amy's Frozen Meals and Bowls assorted varieties assorted sizes

99



Pearl's Frozen Perogies assorted varieties

5.49



Imagine Organic Broth select varieties 946ml

2/7.00



Simply Natural Organic Pasta Sauce assorted varieties 739ml

5.49

**Dumet Olives** assorted varieties 150-200g

2.69 to

Amano Miso, Soy or Tamari Sauce assorted varieties

assorted sizes reg price 5.89-14.99

% off



Eco Max Dish, Laundry, and Household Cleaners assorted varieties assorted sizes reg price 5.69-17.99



6

SHIRO

Cascades Fluff Bathroom Tissue or Tuff Enviro Paper Towels

Paper Towel 6 Roll

8.99 Bathroom Tissue





604.736.0009 604.875.0099 604.263.4600 604.633.2392 604.678.9665

Commercial Drive

250.862.4864 604.541.3902

**South Surrey** 604.522.0936

778.379.5757

604.744.3567

North Vancouver 604,770,2868

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.