













Vega One Ready to **Drink Shakes** 4 pack or 325g reg price 4.49 or 17.99

GROCERY

Zevia Sugar Free Sodas, Teas



and Energy Drinks
assorted varieties +deposit +eco fee

.79 355ml Soda

1.99 355ml Tea & Energy Drink

4.49 6 Pack Soda



Hardbite Root Vegetable Chips assorted varieties 150g

2/7.00



Vegan Rob's Chips and Puffs assorted varieties 99q

2/7.00



Vita Coco Coconut Water assorted varieties +deposit +eco fee

2.29 500ml

3.99 11



Lily's Chocolate Bars and Chocolate Chips with Stevia assorted varieties

3.99 85g Bars

6.99 255g Chocolate Chips



Fuller Foods Cheesy Puffs assorted varieties

2/7.00



Efferve Sparkling Lemonade assorted varieties 750ml +deposit +eco fee

4.99





Whistler Glacial Water
500ml-4L
+deposit +eco fee

.99 to 3.49

Earth Balance Spreads



assorted varieties assorted sizes reg price 6.99-15.99

30%





assorted varieties 200g

4.99





assorted varieties

2.99



Spectrum Cooking Oils assorted varieties assorted sizes reg price 6.99-27.49

30%



Suzie's Organic Ketchup, Mustards and Mayonnaise assorted varieties 237-499ml

3.49 Mustards
5.49 Ketchup & Mayonnaise



Avafina Organics Quinoa and Seeds assorted varieties 275-425g reg price 5.49-16.99

30%



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

2/5.00



Chosen Foods Mayonnaise assorted varieties 355ml

9.99



Nature Clean Household Cleaners and Laundry Detergent assorted varieties assorted sizes reg price 6.29-25.99

30% off

PRODUCE

BC Grown Organic Red, Yellow and Orange Hot House Peppers from Origin Organics 10.98kg

4.98lb





Organic Blueberries Imported from Mexico 170g

2.98



Yellow Nectarines Imported from USA **4.37kg**

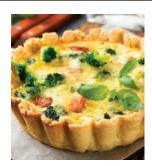
1.98lb

DEL



Kalamata Olives

1.49/ 100g



Choices' Own Individual Quiches

2/7.00

Choices' Own Ready to Eat Salads assorted varieties



4.49 to 7.49

Saputo Mozzarella Fresca Cheese 250g



Greek House Hummus or Tzatziki



RAKFRY

Choices' Own 9" Fruit Pies assorted varieties



Choices' Own Keto Friendly Baked Goods assorted varieties assorted sizes



MEAT

BC Whole Pork Tenderloin raised without antibiotics **15.41kg**



100% Grass Fed Ribeye Steaks or Roasts Aged 21+ Days from Australia value pack **31.94kg**



Free Range Lamb Chops from New Zealand raised without antibiotics 30.84kg



BC Boneless Pork Shoulder Roasts or Steaks 11.00kg



Premium Wild Sockeye Salmon Fillets value pack, previously frozen 30.84kg



Johnston's Nitrate Free Bacon 24.23kg





Botanica Perfect Greens or Proteins

Perfect Protein Vanilla or Chocolate 780-840g

606-642g Perfect Protein Elevated

154-216g Greens



Bach Flower Remedies assorted varieties assorted sizes reg price 5.49-19.49



Boiron Arnicare

70-75g Gel or Cream

60 Tablets



New Roots Strong Bones

180 Capsules

New Roots Curcumin

99 90 Capsules

Natracare Natural Feminine Hygiene Products

assorted varieties assorted sizes reg price 3.49-8.99





One With Nature Bar Soap assorted scents



All Good Sunscreens, Body Lotions & Healing Balm assorted varieties assorted sizes reg price 10.99-28.99



Organic Frozen Blueberries

GROCERY



Earth's Choice Organic Nut Butters assorted varieties

4.99 500g Peanut Butter

16.99 340g Almond Butter



Little Northern Bakehouse Gluten-Free Buns 260-320g

Nature's Farm Free Run Omega-3 Eggs



4.29 Large

Extra Large



Earth's Own So Fresh Dairy Free Beverages assorted varieties 1 891

3.49



Mogiana Coffee Beans assorted varieties 340g

10.49



Justin's Almond Butter and Chocolate Hazelnut Butter assorted varieties

10.99

Olympic Yogurt assorted varieties 1.75kg



7.99 Natural

9.49 Organic

9.99 Greek & Krema



Riviera Petit Pot Goat Yogurt assorted varieties 4 pack



Barbara's Puffins Cereal assorted varieties 285 & 312g

2/7.00



Bob's Red Mill Muesli assorted varieties 396-510g





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