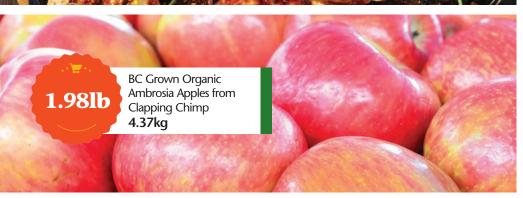
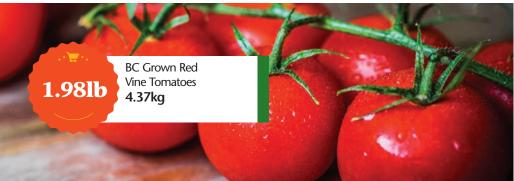
# WEEKLY SPECIALS

Prices Effective October 17 to October 23, 2019.

100% BC Owned and Operated













Maple Hill Organic Extra Large Free Range Eggs







Alaffia Everyday Fair Trade Shampoo, Conditioner, Body Wash or Lotion assorted varieties



## **GROCERY**

Crofter's Organic Jams and Spreads



assorted varieties 235ml reg price 4.79-5.39

30%

Nuts to You Organic Fair Trade



Sesame Tahini Butter

3.99 <sub>250g</sub>

Nature's Nuts Organic Peanut and Almond Butter



4.99
500g Peanut Butter
10.99
340g Almond Butter

Mighty Leaf Artisan Tea



**assorted varieties** 15 tea bags

7.99



Uncle Luke's Organic Maple Syrup assorted varieties 250ml

5.99

Celestial Seasonings Tea



assorted varieties 18-20 tea bags

2/6.00

Daiya Dairy-Free Cheezecake and Yogurt assorted varieties



2/3.00 150g Yogurt

**4.99**454g Greek Yogurt

**5.49**400g Cheezecake

Liberté Greek Yogurt and Kefir assorted varieties assorted sizes



3.99

iögo Nano Drinkable and Protein Yogurt assorted varieties assorted sizes



Armstrong Cheese Slices assorted varieties 320 & 360q



6.99

Thornloe Grass Fed Butter salted and unsalted 250q



3.99



Once Upon A Farm Fresh Baby Food assorted varieties 85ml

2/5.00

Food For Life Frozen Bread, Tortillas



and English Muffins assorted varieties assorted sizes reg price 4.99-9.99

30%

Udi's Gluten-Free Frozen Bread, Pizza and Meals



assorted varieties assorted sizes reg price 5.99-8.99



30%

Bremner's Organic Frozen Fruit assorted varieties assorted sizes reg price 7.99-25.99



30%

Dempster's Bagels assorted varieties package of 6

2/8.00





assorted varieties 1L +deposit +eco fee

2/5.00

Annie's Cookies, Crackers and Fruit Snacks



assorted varieties 115-213g reg price 4.99-6.49



#### **GROCERY**

**Kettle Brand Potato Chips** 



assorted varieties 170-220g

**/5.00** 





assorted varieties 125-142g

2/7.98

Hardbite Root Chips



assorted varieties 150g

2/6.00

Alter Eco Organic Fair Trade Chocolate Bars



select varieties 75-80g

2/6.00





assorted varieties 6 Pack

Coconut Bliss Organic Frozen Dessert



assorted varieties 473ml

5.99

Think! Energy Bars assorted varieties



2/5.00

Good To Go Snack Bars



assorted varieties

2/4.00

Simply Protein Bars assorted varieties 40g



2/4.00

Rumble Protein Drinks



assorted varieties 330ml

Health-Ade Organic Kombucha



assorted varieties 473ml +deposit +eco fee

2/7.00

Zevia Sugar Free Soda, Teas and Energy Drinks



assorted varieties +deposit +eco fee

2/3.00 355ml Teas & Energy Drinks 6 Pack Soda

Daiya Dairy-Free Frozen Pizza and Burritos



assorted varieties assorted sizes

Burritos

Annie's Homegrown Pasta and Cheese



assorted varieties 149-170g

2/4.00

Sunflower Kitchen Dips and Spreads



assorted varieties 227-300g reg price 3.99-6.99

Earth's Own So Fresh Cold Brew Coffee



2 varieties 946ml

2/7.00

Cascades Fluff Toilet Tissue and Tuff Paper Towels



assorted varieties



Boulder Clean Natural Cleaning Products



assorted varieties assorted sizes reg price 5.99-27.99



#### DFI

#### Zorbas Falafels



Freybe Sundried Tomato or Dijon Turkey Breast



Choices' Own Tourtiere





Happy Planet Soup assorted varieties 650ml

5.99

Habibi's Lebanese or Basil Garlic Hummus 450g



5 00

Castello Cheddar or Aged Havarti Cheese



assorted varieties 200g

6.99

Indianlife Wraps and Naan Bread assorted varieties



5.99



Krinos Organic Cow or Goat Feta Cheese

4.49 to 5.49

Le Grand Pesto and Chimichurri



7.99

Woolwich Crumbled Feta Cheese



7.99

### **PRODUCE**

Organic Pomegranates from USA



Organic Green Kiwi Fruit from California 454g (1lb) bag



Organic Cauliflower from USA



Organic Broccolini from USA



#### **MEAT**



Breaded Chicken Cutlets made in-store 19.82kg

8.99lb



Cod Loin Fillets from Iceland **41.87kg** 

18.99lb



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

13.99lb



Oceanwise White Tiger Prawns 31/40 340g pack

8.49 each



Venison Leg Steaks Free Range from New Zealand raised without antibiotics 41.87kg

18.99lb



Oceanwise Rockfish Fillets **22.02kg** 

9.99lb



100% Grass Fed Ribeye Steaks or Roasts Aged 21+ Days from Australia value pack 30.84kg

13.99lb



Stuffed Pork Loin made in-store 15.41kg

6.99lb



Johnston's Nitrate Free Bacon **24.23kg** 

10.99lb



Shorba Chicken or Beef Broth

11.99 each



Freybe Wieners assorted varieties



5.99 each

## **BAKERY**

Choices' Own Country French Bread 60% whole wheat or 100% whole wheat bread 530g



Choices' Own All Butter Scones blueberry, cheese and chocolate package of 2



Choices' Own Halloween Cookies pumpkin or bat, mummy cookies and mummy faces





MegaFood Daily Foods Blood Builder Bonus Shrink Wrap Bottles Come Shrinked Wrapped Together

**Buy One** 72 Tab Bottle for 47.99 **Get One** 30 Tab Bottle FREE

MegaFood Daily Foods Blood Builder All Other Sizes



Sisu Ester-C Supplements

500mg Chewables

1000mg 120 Tablets

Supreme 120 Capsules

Lorna Vanderhaeghe Vitamins and Supplements



assorted varieties assorted sizes reg price 8.99-96.99

Joy of the Mountains Oil of Oregano





Alpa Supreme MCT Oil

Iron Vegan Sprouted Protein or



Athlete's Blend Protein assorted varieties

Iron Vegan Bars and Glutamine

Assorted Bulk Food Products **Bins and Random Weight Bags** 

#### GROCERY



Field Roast Chao Slices, Frankfurters, and Sausages assorted varieties assorted sizes

5.49 Sausages & Franks

5.99 Chao Slices



Tasty Bite Ready To Eat Meals assorted varieties

2/4.00



**Imagine Organic Soup** assorted varieties

3.99

946ml & 1L



Choices Organic Beans assorted varieties 398ml

2/3.00



Nutiva Organic Virgin and Extra Virgin Coconut Oil

8.99 444ml



Prairie Harvest Organic Coconut and Specialty Pasta assorted varieties 375-454g

2/6.00

The Ginger People Chews,



Marinades and Spreads assorted varieties assorted sizes reg price 2.29-8.99

Cape Herb & Spice Table Top Spices assorted varieties assorted sizes reg price 6.79-8.99

Green Organic Frozen Vegetables



assorted varieties

2/7.00

Amy's Organic Frozen Lasagna assorted varieties 227-291g

and Mac & Cheese

3.49 to 4.99



Saturday, October 26th | 3033 Immel St, Abbotsford Come and join us in celebrating our 4th Anniversary. We will

be serving cake and coffee and offering many in-store specials. See you there!

The Entire Store

including sale items Saturday Oct.



Kitsilano 604.736.0009 Cambie 604.875.0099

Kerrisdale 604.263.4600

Yaletown 604.633.2392

**Commercial Drive** 604.678.9665

Kelowna 250.862.4864

South Surrey 604.541.3902

**Burnaby Crest** 604.522.0936

Abbotsford North Vancouver 604.744.3567

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.