

WEEKLY

for active members

SPECIALS

7-DAY SALE
NOVEMBER 10 - 16

Meyers Farm

Organic Black Kale

Lower Mainland, BC

REG \$3.49
\$2.79
/EA

20%
OFF



Organic Satsuma Mandarin Oranges

California

REG \$4.99
\$3.99
/LB

SAVE \$1



St. Andre

Triple Cream Brie

REG \$5.60
\$3.90
/100G

30%
OFF



Venamour Farm

Organic Braeburn Apples

Okanagan, BC

REG \$1.99
\$1.49
/LB

25%
OFF



Organic D'anjou Pears

Okanagan, BC

REG \$2.49
\$1.99
/LB

20%
OFF



Organic Avocados

2lb bag
Mexico

REG \$6.99
\$5.99
EA

SAVE \$1



Blue Goose Cattle

Short Ribs

South Cariboo, BC

REG \$8.99
\$7.64
/LB

15%
OFF



Pasture Raised

Organic Asian Pears

Okanagan, BC

REG \$2.99
\$1.99
/LB

SAVE \$1



Fraserland Farms

Organic Nugget Potatoes

Red ~ Yellow ~ All Blue
Lower Mainland, BC

REG \$3.49
\$2.49
/LB

SAVE \$1



Albion Fisheries

Sockeye Salmon Fillets

REG \$16.99
\$14.44
/LB

15%
OFF



Wild & Oceanwise

Cutter Ranch

Madras Lamb Sausage

Fort Steele, BC

REG \$12.99
\$11.69
/LB

Pasture Raised



10%
OFF

3-DAY SALE
NOVEMBER 10 - 12

Yarrow Meadows

Chicken Breast

Fraser Valley, BC

Free Range ~ Boneless ~ Skinless

10%
OFF

