



hot deals

SAVE BIG • MAY 7 - MAY 13



SALE
\$4.99 /LB
\$11.00/kg

MEXICO/USA
Organic Tomato on the Vine

29% OFF



SALE
\$2.99 /EA

MEXICO/USA
Organic Kale bunches
green, red, black

33% OFF



SALE
\$5.62 /100G

ILCHESTER
Applewood Smoked Cheddar

25% OFF



SALE
\$5.62 /100G

LA QUESERIA
6 Month Manchego

25% OFF



SALE
\$60.39 /KG

BENCHMARK ANGUS
Striploin Steak
Frozen | Individual Pack

10% OFF



SALE
2 for \$6

HARDBITE
Kettle Chips
All 150g Varieties

37% OFF



SALE
\$3.49 /EA

SAN REMO
Organic Canned Tomatoes
Crushed - Diced | 796ml

36% OFF



SALE
\$7.49 /EA

DIVINA
Kalamata Olive Spread
200g

32% OFF



ALPHA
Supreme MCT Oil
1L

33% OFF



SALE
\$6.99 /EA

EVERYONE
Hand Soap
377ml | Lavender
Coconut, Spearmint
Lemongrass, Ruby
Grapefruit

30% OFF



SALE
\$9.99 /EA

NATURAL FACTORS
Melatonin 3mg
210T

33% OFF

Kootenay
co-op

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