



hot deals

SAVE BIG • OCTOBER 1-7



23% OFF

Organic
Ambrosia Apples

SALE

\$2²⁹ /LB



33% OFF

Bulk Organic
Potatoes
Yellow | Russet | Red

SALE

\$1⁹⁹ /LB



Bradner
Organic Beef

Tarzwel
Farm

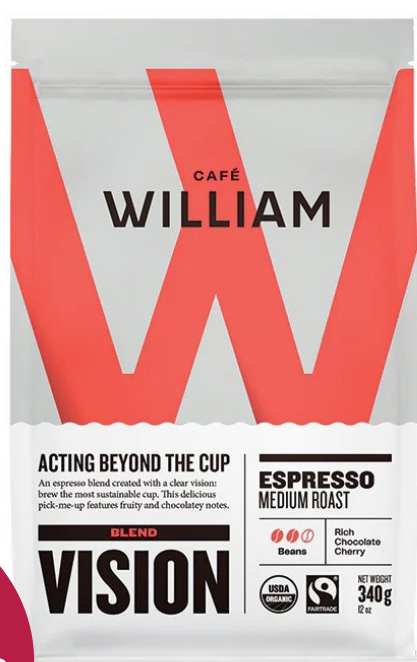


10% OFF

BRADNER | TARZWELL
Top Sirloin Steaks

SALE

\$40⁵⁷ /KG



26% OFF

CAFE WILLIAM
Organic Coffee
All Varieties | 340g

SALE

\$12⁴⁹ /EA



30% OFF

GAROFALO
Orzo Pasta
500g

SALE

\$2⁹⁹ /EA



Bradner
Organic Beef

Tarzwel
Farm



10% OFF

BRADNER | TARZWELL
Top Sirloin Roasts

SALE

\$39⁰⁰ /KG



35% OFF

JARLSBERG
Jarlsberg

SALE

\$4²⁹ /100G



30% OFF

COOMBE CASTLE
Wensleydale with
Blueberries

SALE

\$5¹⁹ /100G



35% OFF

COOMBE CASTLE
Shropshire Blue
Cheese

SALE

\$4⁷⁹ /100G



38% OFF

PRARIE
NATURALS
Vitamin D
1000 IU
500c

PRARIE
NATURALS
Vitamin D
1000 IU
500c

SALE

\$12⁴⁹ /EA



30% OFF

NORDIC NATURALS
Cod Liver Oil
Orange | 237ml

SALE

\$23⁹⁹ /EA



29% OFF

ONEKA
Shampoo +
Conditioner
1L | All Varieties

SALE

\$23⁹⁹ /EA

Kootenay
co-op

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