

You'll Feel Like Family.



Vancouver Island Owned & Operated Since 1984

GF Hertel's **Smoked Pork Hocks**
An original favourite to add to fabulous flavour to soups or casseroles.
3⁹⁷ lb 8.75 Kg

GF Grimm's Fine Foods **Sizzlin' Smokies**
Assorted Flavours, 450 g
6⁹⁷ EACH

GF Grimm's Fine Foods **Pepperoni**
Assorted Flavours 450 g
6⁹⁷ EACH

GF Harvest Meats **Smoked Side Bacon**
Assorted Flavours, 500 g
10⁹⁷ EACH

GF Carl Buddig **Sliced Luncheon Meat**
Assorted Flavours, 55 g
.97 EACH
Includes Gluten Free Varieties

Que Pasa **Organic O'Canada Chips** **GF**
286 g
1⁹⁷ EACH

Que Pasa **Organic Salsa** 420 ml **3⁴⁷** EACH

GF Simply 7 **Snacks**
Your Choice 99-142 g
3⁴⁷ EACH

GF Stoked Oats **Oats**
500 g
7⁷⁷ EACH

GF Hellmann's **Mayonnaise**
Regular, Half Fat 1.42 L
5⁹⁷ EACH
LIMIT 2 Total

GF Camino Organic **Hot Chocolate**
Or Cocoa 224-336 g
5⁷⁷ EACH

GF Riceworks **Rice Chips**
156 g
2 FOR 5⁰⁰

GF So Delicious **Frozen Novelties**
Dairy Free, 4's
4⁹⁷ EACH

GF Taipan **Rice Crackers**
100 g
3 FOR 5⁰⁰

SALE ON: Victoria, Cobble Hill, Nanaimo & Lake Cowichan: FRIDAY Sept 20 – THURSDAY Sept 26, 2019 / Salt Spring: WEDNESDAY Sept 18 – MONDAY Sept 23, 2019