



Sweet Nutrition
Plant-Based, Keto Friendly Cookies

Sweet Nutrition Cookies are Plant Based & Vegan, Keto Friendly, Gluten Free and Dairy Free - all while containing less than 1g of sugar and being **INCREASINGLY** baking healthier has ever been so easy... or so delicious.



48 g • Product of the U.S.A.
\$4.88

Nuts To You
Organic Peanut Butter

Nuts to You Organic Peanut Butter contains nothing but organic peanuts. Proudly Canadian, this 100% natural peanut butter is made from only 100% natural, organic peanuts. Pure, simple and delicious.



\$6.98
 500 g ♦ Made in Canada from Imported Ingredients

Smart Sweets
Low Sugar Gummy Bears

Smart Sweets has innovated the first delicious candy - without the sugar. Their promise: free from sugar alcohols and artificial sweeteners. Non-GMO, always real and never artificial.



\$3.48
 50 g ♦ Made in Canada

VEGA Vega Sport
Sport Protein

Next level protein shake. Help build and repair your muscles post-workout with Vega Sport[®] Protein.

- ✓ 30 grams plant-based protein
- ✓ 5 - 6 grams BCAAs
- ✓ 1 billion CFUs



\$39.97
 801 - 837 g

DOUGLAS STREET ♦ COOK STREET VILLAGE ♦ FIFTH STREET in SIDNEY

GoGo Quinoa
Gluten-Free Organic Pasta

High-quality pasta made with 100% organic sorghum, quinoa, amaranth and chia flour. Al dente texture. Excellent source of fibre. GMO free, gluten free, peanut free, soy free, egg free and corn free.



227 g • Product of the U.S.A.
\$3.98

Hardbite
Potato Chips

Hardbite's unwavering desire to make a chip from the finest, freshest ingredients means that every chip comes dressed in all-natural seasoning and is free from GMOs, trans fat, cholesterol and gluten.



128-150 g ♦ Made in B.C.
\$2.78

Suzie's Kitchen
Organic Condiments

Suzie's Organic Condiments are not just co-packed products hiding behind a brand. These back-to-basics delights are organic, use the finest, freshest ingredients to enhance foods without overpowering them. Environmentally responsible, they use Blue Sky's renewable energy program for manufacturing!



Various Sizes • Product of the U.S.A.
On Sale

Solar Raw Food
Ultimate Kale Chips

Solar Raw Food is the only producer of organic kale from seed to chip! Truly local, our kale is grown, prepared and packaged right on our Canadian farm! The only kale chip facility powered by solar energy. Our farming practices are beyond organic, making our kale extremely nutrient rich.



100 g ♦ Handpicked in B.C.
\$6.98

LIFESTYLE MARKETS ON DOUGLAS HAS VICTORIA'S LARGEST 100% ORGANIC PRODUCE DEPARTMENT

NoochPOP
Nutritional Yeast Popcorn

NoochPOP is a love letter to Nutritional Yeast (Nooch), the savoury, creamy, umami key ingredient in all their popcorn. Nooch is a plant-based golden seasoning famous in the nutrition world as a savoury, dairy-free cheese alternative.



120 g ♦ Made in Canada
\$4.48

Lundberg
Organic Rice Cakes

Give in to those snack cravings with a hearty dose of brown rice! Filled with whole grains plus easy-to-read ingredient lists, and Non-GMO Project Verified seal, Lundberg's healthier-for-you rice cakes will satisfy more than just your tummy.



241 g • Product of the U.S.A.
\$5.48

Hornby Organics
Energy Bars

Hornby Organic Energy Bars offer sustained nutrition, boasting 10-12 grams of plant based protein per bar. The protein in our bars comes from a base of hearty gluten free organic rolled oats and organic peanut butter or seed butter.



80 g ♦ Made in B.C.
\$2.48

Naked Natural Foods
Coconut Aminos & Soy-Free Sauces

Shamelessly good. Outrageously healthy. Totally guilt free. Naked Natural Foods invites you to indulge in this everyday staple of bold, gluten-free coconut aminos sauces. You'll be helping yourself and the planet.



206 ml ♦ Made in Canada from Domestic & Imported Ingredients
On Sale