

Featuring
Additional Page of
Natural & Organic
Selections on Sale (p 6-7)



Vancouver Island Owned
& Operated Since 1984

What the Flour
**Gluten Free
Mixes**
413-900 g

9⁹⁷ ea

GF

Better Bears
**Gummy
Candy**
Low in Sugar
50 g

2/\$6

GF

Nora's
**Frozen
Dessert**
500 ml

5⁹⁷ ea

GF

Hardbite
**Potato
Chips**
150 g

3/\$10

GF

Naked & Saucy
**Soy
Substitute**
Organic
296 ml

6⁹⁷ ea

GF

Simply Delish
**Pudding
Mix**
or Jel Mix
7.48 g

2/\$5

GF

Sensible Portions
**Veggie
Straws**
120-142 g

2⁷⁷

GF

Plumm Good
**Rice
Thins**
Organic
95 g

2⁷⁷ ea

GF

Nooch Pop
**Natural
Popcorn**
120 g

2/\$9

GF

Rise
Kombucha
414 ml

4⁴⁷ ea

GF

Kombucha contains living cultures, organic acids and antioxidants that help with digestion and support the immune system.

Taipan
**Rice
Crackers**
100 g

3/\$5

GF

While Stocks Last

Texana
**Long Grain
Rice**
907 g

2⁷⁷ ea

GF

Crofter's
**Organic
Jam**
383 ml

5⁹⁷ ea

GF

Evive
**Smoothie
Cubes**
Organic
405 g

9⁴⁷ ea

GF

Das Brats
**or Wine
Chorizo**
375 g

9⁹⁷ ea

GF

Sliced
**Kaiser
Jagwurst**
or Beer Sausage,
Lyoner,
Paprika Lyoner
175 g

4⁹⁷ ea

GF

Sliced
**Salami
Packs**
 assorted Varieties
125 g

5⁹⁷ ea

GF

Hellmann's
Mayonnaise
710-890 ml

6⁴⁷ ea

GF

Blue Diamond
**Almond
Breeze**
1.89 L

4⁴⁷ ea

GF

SALE ON AT ALL STORES: FRIDAY Apr. 19 - THURSDAY Apr. 25, 2024 except Salt Spring: WEDNESDAY Apr. 17 - MONDAY Apr. 22, 2024