

By shopping with us we are able to support many groups through our Spirit Board Program Including...
Our Island School PACS.

*Prices in effect Date: Sept 11 - 17, 2024



MEAT

Island Farmhouse Bone-In Chicken Thighs

\$4.99
LB 11.00 kg



Spring Creek AAA Bottom Round Roast

\$7.99
LB 17.61 kg



Lou's BBQ Pork Ribs
assorted varieties
610g

\$14.99
EA



PRODUCE

Vancouver Island Green or Red Leaf Lettuce

4/\$5.00



Vancouver Island Beets

\$3.99
EA 5lb bag



Washington Granny Smith Apples

\$3.99
EA 3 lb bag



Vancouver Island Blueberries

\$4.49
EA 1 pint Clamshell



DELI

Grimm's Old Fashioned Ham

\$1.89
/100g



Saputo Cheese Slices
160-180g

\$4.99
EA



Arbutus Farms Deluxe Potato Salad

\$1.79
/100g



Soup Etc!
700ml
assorted varieties

\$6.99
EA



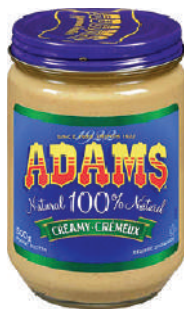
Proud to be selling
Island Farmhouse
Poultry from
Vancouver Island

Grocery

Adams Peanut Butter

500g

\$3.99
EA assorted varieties



Earth's Own Oat or Almond Beverage
1.75-1.89 l

\$4.99
EA +dep assorted varieties



Clover Leaf Sockeye Salmon
213 g

\$4.99
EA



Barbara's Bakery Cheese Puffs
155-198g

2/\$6.00
assorted varieties



Island Farms Cottage Cheese
500g

\$4.29
EA assorted varieties



Post Shreddies Cereal
440g

\$3.99
EA



Nature Valley Granola Bars
175-230g

\$3.49
assorted varieties



Snowcrest Frozen Fruit

400-600g

\$4.99
EA assorted varieties



Tribal Java Organic Whole Bean Coffee
400g

\$10.49
EA



Smuckers Jam
250ml

\$3.99
EA assorted varieties



Dempster's Tortilla's
7 inch

2/\$6.00
assorted varieties



Dempsters Signature or Cinnamon Raisin Bread
600g

\$3.99
EA assorted varieties



Bick's Sandwich Savers Pickles
500ml

\$3.99
EA assorted varieties



Fancy Feast Cat Food
85g tin

4/\$5.00
assorted varieties



Hundreds of Manager's Specials featured in every location!

Mayne Island - Village Bay
472 Village Bay Road
Phone 250-539-2548

Pender Island - Driftwood Centre
4605 Bedwell Harbour Road
Phone 250-629-8322

Quadra Island - Heriot Bay
1536 Heriot Bay Road
Phone 250-285-2436

Quadra Island - Quathiaski Cove
658 Harper Road
Phone 250-285-3391

