



Armstrong Block or Shredded Cheese

500-600g

\$9.99
ea



Assorted Varieties

Extra Fancy Pink Lady Apples
\$3.51/kg

\$1.59
lb



Grown in BC

Mangoes
Grown in Peru

2/\$5



Pork Side Ribs
\$8.80/kg

\$3.99
lb



Summer Fresh Dips
227g

2/\$8



Assorted Varieties

Organic Green Kale
100% ORGANIC

\$2.99
ea



Organic Celery Hearts
100% ORGANIC

\$3.99
ea



Island Farmhouse Chicken Drumsticks
\$7.39/kg

\$3.49
lb



Grimm's Deli Sliced Roast Beef

\$3.49
/100g



Top Deals of the Week

Tribal Java Whole Bean Coffee
340-400g

\$14.99
ea



Assorted Varieties

Dempsters Whole Grain Bread
600g

\$3.99
ea



Assorted Varieties

Dempsters Bagels
5 or 6 pack

\$4.49
ea



Assorted Varieties

GT's Synergy or Alive Kombucha
480ml

\$3.99
ea



Assorted Varieties

Bubly Sparkling Water
12x355ml

\$6.99
ea



+ Deposit
Assorted Varieties

Love Crunch Granola
300-325g

\$6.99
ea



Assorted Varieties

Primo Pasta
454g

2/\$3



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

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

Old Dutch Arriba or Restaurante Chips
245-295g

2/\$8



Assorted Varieties

Partake Non Alcoholic Beer
4x355ml

\$7.99
ea



+ Deposit
Assorted Varieties

Rogers Oats
1kg

\$3.99
ea



Assorted Varieties

Island Farms Chocolate Milk
473ml

2/\$4



+ Deposit

Hundreds of Manager's Specials featured in every location!

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

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