



Prices in effect: Feb 4th - 10th, 2026

La Cocina Tortilla Chips
300-400g

2/\$7

Assorted Varieties



AAA Black Angus Bottom Round Roast
\$19.81/kg

\$8⁹⁹ **Lb**



Cathedral City English Cheddar
200g

\$5⁹⁹ **Ea**



Mexican Grown Avocados

3/\$5



Vancouver Island Savoy Cabbage
\$2.18/kg

99¢ **Lb**



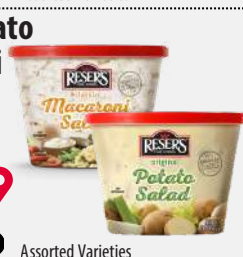
Island Farmhouse Bone-in Chicken Breast
\$13.20/kg

\$5⁹⁹ **Lb**



Reser's Potato or Macaroni Salad
454g

\$4⁴⁹ **Ea**



Medium Yellow Onions
\$2.18/kg
Grown in Canada

99¢ **Lb**



Up Vertical Salad Mixes
142g
Product of Canada

\$3⁹⁹ **Ea**



Harvest Sliced Back Bacon
2x125g

\$7⁹⁹ **Ea**



Two Bite Brownies
265g

\$4⁹⁹ **Ea**



Top Deals of the Week

Miss Vickie's or Doritos Chips
200-235g

2/\$9



Que Pasa Salsa
420ml

\$4⁴⁹ **Ea** Assorted Varieties



Pepsi, Schwepps and Flavours
12 x 355ml

2/\$15 + Deposit Assorted Varieties



Ristorante Thin Crust Frozen Pizza
320-390g

\$5⁹⁹ **Ea** Assorted Varieties



Paradise Island Cheese
400g

\$8⁹⁹ **Ea**



Dempsters English Muffins
6pk

\$3⁹⁹ **Ea** Assorted Varieties



Earth's Own Fresh Oat or Soy Milk
1.75L

\$4⁹⁹ + Deposit Assorted Varieties



Four O'Clock Organic Tea
16ct

\$4⁹⁹ **Ea** Assorted Varieties



Texana Long Grain Rice
907g

\$2⁹⁹ **Ea** Brown or White



Rogers Flour
10kg

\$14⁹⁹ **Ea**



Island Farms Classic Ice Cream
1.65L

\$5⁴⁹ **Ea** 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

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