



Prices in effect: Feb 4<sup>th</sup> - 10<sup>th</sup>, 2026

## La Cocina Tortilla Chips 300-400g



AAA Black Angus Bottom Round Roast  
\$19.81/kg



Cathedral City English Cheddar  
200g



**2/ \$7**

Assorted Varieties

Mexican Grown Avocados

**3/\$5**



Vancouver Island Savoy Cabbage  
\$2.18/kg

**99¢**



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

**\$5.99**



Reser's Potato or Macaroni Salad  
454g

**\$4.49**



Medium Yellow Onions  
\$2.18/kg  
Grown in Canada

**99¢**



Up Vertical Salad Mixes  
142g  
Product of Canada

**\$3.99**



Harvest Sliced Back Bacon  
2x125g

**\$7.99**



Two Bite Brownies  
265g

**\$4.99**



### Top Deals of the Week

Miss Vickies or Doritos Chips  
200-235g

**2/ \$9**



Que Pasa Salsa  
420ml

**\$4.49**



Pepsi, Schweppes and Flavours  
12 x 355ml

**2/\$15**



Ristorante Thin Crust Frozen Pizza  
320-390g

**\$5.99**



Island Farms Sour Cream  
500ml

**2/ \$3.29**



Island Farms Sour Cream  
500ml

**\$3.29**



Annie's Organic Pasta  
170g

**2/\$5**



Island Farms Half & Half Cream  
1L

**\$3.49**



Paradise Island Cheese  
400g

**\$8.99**



Dempsters English Muffins  
6pk

**\$3.99**



Earth's Own Fresh Oat or Soy Milk  
1.75L

**\$4.99**



Four O'Clock Organic Tea  
16ct

**\$4.99**



Texana Long Grain Rice  
907g

**\$2.99**



Rogers Flour  
10kg

**\$14.99**



Island Farms Classic Ice Cream  
1.65L

**\$5.49**



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