

OUR VANCOUVER ISLAND COMMUNITY WILL GO BEYOND BELIEF

Support enhancements to care and research in your community.

From March 1-21, \$2.65 of every potted gerbera, cyclamen, begonia, or violet plant sold will go directly toward the new BC Cancer - Victoria Integrated Care and Research Pavilion.

Buy now and help enhance cancer care for patients in our community.

Learn more and support our coalition at bcancerfoundation.com/grocers

*Prices in effect Date: March 13-19 2024

Black Angus AAA Cross Rib Roast

\$6⁹⁹ LB 15.41 kg



Island Farmhouse Whole Frying Chicken

9.90 kg

\$4⁴⁹ LB



Grimm's Sizzlin Smokies

450g

\$6⁹⁹ EA



PRODUCE

Mexican Avocados

4 per bag

\$3⁹⁹ EA



California Iceberg Lettuce

2/5⁰⁰



DELI

Grimm's Sliced Roast Beef

plain or garlic

\$2⁸⁹ /100g



Arbutus Farms Sweet Bean Salad

\$1⁷⁹ /100g



Soup Etc!

700ml

\$7⁹⁹ EA



Mount Royal Bagels

6 pack

4⁹⁹ EA



California Cauliflower

\$3⁴⁹ EA



Mexican Green Peppers

\$1⁹⁹ LB 4.39 kg



Grocery

Olympic Organic Yogurt

1.75 kg Tub

\$10⁴⁹ EA



Paradise Island Shredded Cheese

170-270g

\$6⁴⁹ EA

assorted varieties



Unico Lentils, Chick Peas or Beans

540 ml

2/4⁰⁰



SunRype Slim or Fruit Plus Veggies Juice

1.36L

2/7⁰⁰ +dep

assorted varieties



Natrel Lactose Free Ice Cream

473 ml

\$3⁹⁹ EA

assorted varieties



Kind Granola

312g

\$4⁹⁹ EA

assorted varieties



Mr. Noodles Instant Noodles.... flat pack

85g

2/1⁰⁰

assorted varieties



Glaceau Vitamin Water

591 ml

2/4⁰⁰ +dep

assorted varieties



Dempster's Signature Bread

600g

\$3⁹⁹ EA

assorted varieties



Hunt's Thick & Rich Pasta Sauce

680 ml

2/\$5⁰⁰

assorted varieties



Old Dutch Potato Chips or Ridgies

200-235 g

\$3⁹⁹ EA

assorted varieties



Bassili's Single Serve Entrees

300g

\$3⁹⁹ EA

assorted varieties



Blue Diamond Almond Breeze

946ml

\$2⁹⁹ EA +dep

assorted varieties



Buttercup White or Wholewheat Bread

570g

2/5⁰⁰

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