

By shopping with us we are able to support many groups through our Spirit Board Program Including...  
Our Volunteer Fire Depts.

\*Prices in effect Date: February 1-7, 2023



## MEAT

AAA Flat Iron Steak

**\$8.49**  
LB 18.72 kg



Maple Leaf Boneless Pork Butt Roast

**\$4.49**  
LB 9.90 kg



Hertels Deli Sliced Bacon

**\$11.99**  
LB 26.43 kg



## PRODUCE

California Broccoli Crowns

**\$1.79**  
LB 3.95 kg



California Celery

**\$1.49**  
LB 3.28 kg



## DELI

Grimm's Black Forest Ham

**\$1.89**  
/100g

Mayflower Bakery Sausage Rolls

**3/\$5.00**  
assorted varieties



Arbutus Farms Madras Curry Couscous

400g  
**\$5.99**  
EA



Island City Focaccia Bread

400g  
**\$3.79**  
EA



B.C. Royal Gala Apples

5 lb bag  
**\$3.99**  
EA



Washington Jumbo Red Onions

**99¢**  
LB 2.18 kg



50 jobs will be created for every 1% increase in island products sold.

Support Island Products.

Keep an eye out for island products in our stores.

- Good for jobs.
- Good for our economy.
- Good for sustainability.
- Good for us all.

## Grocery

Tree Island Greek or Fruit Gourmet Yogurt

325-350g  
**\$4.99**  
EA assorted varieties



Island Farms Cottage Cheese 500g

**\$4.09**  
EA assorted varieties



Tre Stelle Feta Cheese 400g

**\$7.99**  
EA assorted varieties



Texana Jasmin, Long Grain White or Brown Rice 907g

**\$2.99**  
EA



Post Shreddies Cereal 440g

**2/\$7.00**



Numi Organic Tea 18 pack

**\$5.49**  
EA assorted varieties



Old Dutch Restaurant or Arriba Tortilla Chips 230-295g

**\$3.99**  
EA assorted varieties



Island Gold Veggie Fed Large Eggs

**\$4.39**  
EA doz



Del Monte Canned Fruit 398 ml

**2/\$5.00**  
assorted varieties



Villaggio Italian Style Bread 510-540g

**2/\$6.00**  
assorted varieties



Bob's Red Mill Organic Oats 454g

**\$3.99**  
EA assorted varieties



Betty Crocker Super Moist Cake Mix 425-461g

**2/\$4.00**  
assorted varieties



Que Pasa Organic Salsa 420 ml

**\$3.49**  
EA assorted varieties



Friskies Cat Food 156g

**5/\$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

