



AMAZING WEEKLY SAVINGS

July 1 - July 7



GROCERY

save up to **\$2⁰⁰**

Woodstock
Organic Mayo, Mustard, Ketchup, Pickles
retails vary/sizes vary

save **\$1⁰⁰**

Spindrift
Sparkling Water 8pk Select Varieties
\$5.99/96 fl oz

save **50¢**

Epic
Jerky Bites
\$5.99/2.5 oz

BULK

save **\$1⁰⁰** /lb

Essential HL
Organic Pitted Prunes
\$10.79/1 lb

save **\$2⁰⁰** /lb

Essential HL
Organic Raw Walnuts
\$14.99/lb

save **\$1⁰⁰** /lb

Equal Exchange
Organic Fair Trade French Roast Coffee
\$10.49/lb

CHILLED

2 for **\$7⁰⁰**

Daiya
Plant Based Cheese Slices
you save \$1.98

save **\$1⁰⁰**

Field Roast
Plant Powered Sausages
\$4.49/sizes vary

2 for **\$8⁰⁰**

Gardein
Plant Powered Burgers and Sliders
you save up to \$1.98

2 for **\$5⁰⁰**

Organic Valley
Organic Protein Shakes
you save 98¢

CHEESE

2 for **\$8⁰⁰**

Maplebrook
Farmstead Fresh Mozzarella
you save \$1.98

WELLNESS

save **\$25⁰⁰**

Elmore Mountain
Therapeutics
Full Spectrum CBD
\$85.00/1 fl oz

MEAT & SEAFOOD

save **50¢**

Boyden Farm
Limited Reserve
In-House Ground Beef
\$8.49/1 lb

save **\$10⁰⁰**

Black River
4 Beef Burgers 8 oz each
\$15.99/32 oz

save **\$1⁰⁰**

Essential HL
Korean BBQ Steak Tips
\$13.99/1 lb

save **\$1⁰⁰**

Essential HL
Teriyaki Chicken Breast
\$7.99/1 lb

save **\$5⁰⁰**

Wild Caught
Halibut
\$18.99/lb

BEER & WINE

save **\$4⁰⁰**

Cabriz
Rosé
\$9.99/750 ml

save **\$8⁰⁰**

Canaleto
Prosecco
\$9.99/750 ml

save **\$2⁰⁰**

Montgravet
Rosé
\$9.99/750 ml

save **\$3⁰⁰**

Rosé All Day
Grapefruit Spritz
\$14.99/1000 ml

save **\$18⁰⁰**

Vrac
Sack Of Vrac White
\$29.99/3000 ml

MORE AMAZING SALES



Sales Key:

10% DISCOUNTS

EVERYDAY SALES

CORE SHOPPER

10% DISCOUNTS

Core Shoppers save an additional 10% on these sale items

GROCERY

save
\$4⁰⁰

Woodstock
**Natural Hardwood
Charcoal**
\$7.99/8.8 lb

save
50¢

From The Ground Up
**Gluten Free
Cauliflower Stalks**
\$2.99/4 oz

save
50¢

Lesser Evil
Organic Popcorn
\$2.99/5 oz

WELLNESS

save
50¢

Schmidt's
**Wondermint
Toothpaste**
\$5.49/4 oz

CHEESE

save
\$2⁰⁰ /lb

Emmi
Gruyere Reserve
\$18.99/lb

CHILLED

2 for
\$7⁰⁰

Lightlife
**Smart Dogs and
Tofu Pups**
you save 98¢

2 for
\$8⁰⁰

Sunshine Burger
**Organic Veggie
Burgers**
you save \$1.98

CAFÉ

save
50¢

Essential HL
Herbed Potato Salad
\$3.99/1 lb

save
60¢

Essential HL
Cole Slaw
\$3.39/1 lb

save
\$1⁴⁰

Essential HL
Classic Cherry Pie
\$17.59/40 oz

save
\$1⁴⁰

Essential HL
**Made Without Gluten
Cherry Pie**
\$17.59/40 oz

PRODUCE

save
\$1⁰⁰

Fresh
**White and
Yellow Peaches**
\$1.99/lb

2 for
\$4⁰⁰

Organic
Mangoes
you save \$1.98

save
\$1⁰⁰

Organic
Blueberry Pints
\$4.99/ea

save
\$2⁰⁰

Organic
Asparagus
\$6.99/lb

2 for
\$5⁰⁰

Organic
Celery
you save 98¢

CORE SHOPPER EXCLUSIVES

GROCERY

save
50¢

Late July
Organic Tortilla Chips
\$2.99/sizes vary

save
up to
\$1⁰⁰

Sir Kensington's
**Mayo, Mustard,
Ketchup, Special
Sauce**
retails vary/sizes vary

CHEESE

save
\$5⁰⁰ /lb

Grafton Village Cheese
Clothbound Cheddar
\$15.99/lb

CHILLED

save
\$2⁰⁰

Applegate
**Organic Turkey
Burgers**
\$7.99/16 oz

save
\$1⁰⁰

Udi's
**Gluten Free Hot Dog
& Hamburger Buns**
retails vary/sizes vary

WELLNESS

save
\$9⁰⁰

Plant Fusion
**Plant Collagen Builder,
Vanilla**
\$34.99/42 oz

PRODUCE

save
\$3⁰⁰

Organic
**Red and Green
Seedless Grapes**
\$1.99/lb

Sales Key:

10% DISCOUNTS

EVERYDAY SALES

CORE SHOPPER