

AAA Black Angus Top Sirloin Steak









Red, Yellow and Orange Peppers Grown in BC



Woolwich Fresh Goat Cheese

EA 113g log

Grimms Old Fashioned Ham

Grimms 10" Tortillas



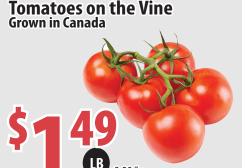
Arbutus Farms **Dill Pickle Salad**



New Zealand Kiwi's

5.49/kg







50 jobs will be created for every 1% increase

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

Armstrong Cheese

Island Farms

10% Cream





Tribal Java Organic

Ground Coffee











assorted varieties









Dempsters Bagels



Yeshi Salad Dressings







Coke, Canada Dry and Flavours - mini cans 6x222ml

assorted varieties



Kraft Singles Cheese Slices

EA



Island Farms Chocolate Milk







Post Shreddies or Shredded Wheat

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