



Prices in effect: Sept 16th - 22nd, 2026

Island Farms Classic Ice Cream
1.65L

\$5.99 Ea

Assorted Varieties

HOT DEAL

Island GOOD

Island Farmhouse Chicken Drumsticks

\$6.59/kg

\$2.99 Lb

Island GOOD

Grimm's Deli Sliced Roast Beef
Regular or Garlic

\$3.99 /100g

Duso's Fresh Pasta or Pasta Sauce

2/\$13

Assorted Varieties

Vancouver Island Red or Green Leaf Lettuce

\$1.99 Ea

Island GOOD

BC Grown Bartlett Pears

\$3.73/kg

\$1.69 Lb

Australian Grass-Fed Striploin Steak

\$30.85/kg

\$13.99 Lb

Soupet's Soups
700ml

\$6.99 Ea

Assorted Varieties

BC Grown Yellow Onions
3lb bag

\$3.49 Ea

BC Grown Assorted Squash
Acorn, Butternut, Kabocha or Spaghetti

\$4.39/kg

\$1.99 Lb

Hertel's Bone-in Pork Butt Roast

\$9.90/kg

\$4.49 Lb

Island GOOD

Rise Organic Kombucha
414ml

\$3.99 Ea

100% ORGANIC

+ Deposit

Assorted Varieties

Top Deals of the Week

Paradise Island Cheese
400g

\$8.99 Ea

Assorted Varieties

Island GOOD

Dempster's English Muffins
6pk

\$2.99 Ea

Assorted Varieties

HOT DEAL

Silver Hills Sprouted Grain Bread
430-680g

\$4.99 Ea

Assorted Varieties

Hellmann's Squeeze Mayo
340-445ml

2/\$9

Regular or Flavours

Assorted Varieties

Level Ground Coffee
Ground or Whole Bean

300g

Assorted Varieties

\$14.99 Ea

Sunrype Fruit Juice
900ml

2/\$5

+ Deposit

Assorted Varieties

Pacific Organic Broth
Beef, Chicken or Vegetable

946ml-1L

\$4.99 Ea

100% ORGANIC

Excludes Bone Broth

Natural Bakery Rye Bread
500g

\$3.99 Ea

Dare Breton Crackers
200g

2/\$8

Assorted Varieties

Green Giant Frozen Vegetables
750g

2/\$9

Assorted Varieties

Island Farms Chocolate Milk
750ml

\$2.29 Ea

+ Deposit

Island GOOD

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