

Eggs FREE Run	4.99
Milk 1 L	2.49
Cream 1L	3.39
Lactose FREE Milk	3.89
So Good Soy Milk	3.89
Cheese Cheddar 400g	7.39
Cheese Swiss 500g	13.99
Ham Deli	5.99
Turkey Deli	8.99
Avocados	1.99
Fresh Lemon	1.50
Leaf Lettuce	1.99
Tomato	2.79
Cucumbers	1.29
Cauliflower	5.49
Fresh Broccoli	2.69
Fresh Kale	1.69

Fresh Parsley	2.19
Cantaloupe	4.89
Honeydew	5.99
Pineapple	5.99
Green Cabbage	2.99
Red Cabbage	3.49
Red Onions LB	0.99
Yellow Onions LB	0.89
Potato LB	1.02
Fresh Green Onions	1.29

Whole Wheat Bread	3.45
White Bread	3.45
12 Grain Bread	3.45
Hamburger Buns	4.29
English Muffins	3.45
6 inch Tortilla	2.59
Bagels 6 pack	2.59
Omega 3 Boiled Eggs 2 pack	1.49
Assorted Quinoa	5.49
Barley	1.59
Cooking Oil	12.40
Rizopia Rice Pasta	3.99
Heinz Green Beans (Baby Food)	1.79
Paper Towels	1.47
Toilet Paper	0.85
Table Salt	2.93
Dry Yeast 8oz	2.99

Black Beans Can	1.99
Black Beans Dry	2.25
Tomato Paste	1.89
Daimond Rice Noodle	1.69
Sriracha Sauce	5.29
Lime Juice	2.59
Ketchup	2.09
Relish	2.55
Mustard	2.19
Primo Chick Pea	1.99
Tandoori Pasta	6.59
Madras Curry Pasta	6.59
Coconut Milk	2.19
Lentils	2.59
Soup Can 212 ml	2.19
Dark Chocolate Chip	7.99
Flour 2kg	2.99