

Menu @ a Glance: Updated Online Ordering Menu

Browse our entire menu in one place. It's a convenient way to plan before you head to the store and place your order. Take advantage of combination discounts, compare item offerings & make your grocery list complete. Scroll down to view all our great produce.



3 for \$10 Combo

Choose any three items from the below list for \$10 (individual items are \$4 ea.)

- Grapes (seedless)
- Carrots (2lb) Imported
- Yam Bag
- Romaine Head
- Cherry Tomato Pint
- Garlic Scapes (bag)
- Bok Choy
- Blackberries
- Spinach (1/2 LB)
- Eggplant
- Green Kale (Bunched)
- Frozen Garden Peas
- Citrus Basket
- Roma basket
- Pea shoots (Pesticide free)
- Basil (Pesticide free)
- Zucchini (2)
- Pesticide Free Rainbow Carrots (1LB)
- Celery
- Radishes
- Mushrooms (White)
- Mini Cucumbers (1lb)
- Kohlrabi

2 For \$9 Combo

Choose any 2 items for \$9 (individual items are \$5 ea.)

- Organic Lettuce Mix
- Snap Peas
- Green Beans
- Strawberries
- Organic Blueberries
- BC Apricots
- Organic Green Kale
- Organic Celery
- BC Carrot Bunch
- Organic Red Cabbage
- Organic Zucchini Bag (2)
- Living lettuce mixed
- Butter Lettuce (living)
- Beefsteak Tomato Pack
- Creamer Potatoes (Red OR Yellow) Small
- English Peas (1lb)
- Beets (Red OR Golden) Small
- Mango Basket
- Organic Mini Cucumbers
- BC Bunched Beets
- Cauliflower
- Pineapple
- Bell Pepper Pack
- Organic Grape Tomato
- Broccoli
- Mango Basket (2)
- Dry Beans (Black, Red, Great Northern, Pinto)
- Romaine Heads (2)

2 For \$12 Combo

Pick Any 2 items for \$12 (individual items are \$7 ea.)

- Organic Onion Bag (3LB) (Red, Yellow, OR Combination)
- Organic Carrots (2LB)
- Frozen Berries (Raspberries, Strawberries, OR Blackberries)
- Pesticide Free Rainbow Carrots (2LB)

2 For \$16 Combo

Choose any 2 items for \$16 (individual items are \$9 ea.)

- Organic Apple Bags (Gala)
- Beets Large (Red OR Golden)
- Potatoes Large (Yukon Gold OR Red)
- BC Cherries sm.
- Carrots Large
- Ex-Pat Asia Gluten Free Vegetarian Stir-Fry (Frozen Meal)

Other Amazing Items

- Frozen Haskap Berries (Local) \$9
- BC Raspberries \$6
- Apple Bags (Ambrosia, Pink Lady, Gala) \$15
- Planet Wrap Beeswax Reusable Food Wrap (3 Pack)
1 for \$25 OR 2 for \$40
- Organic Cotton Mesh Bags Reusable (3 Pack)
1 for \$25 OR 2 for \$40

By The Pound

All items listed are at a per LB pricing

- Organic Onions (Yellow & Red) \$1.99/LB
- Organic Ginger \$4.00/ 1/4LB
\$6.00/ 1/2LB
\$10.00/LB
- Bananas \$1.29/LB
- Organic Turmeric \$4.00/ 1/4LB
\$7.00/ 1/2LB
\$10.00/LB

\$1 items

All items listed are \$1 ea.

- Lemons
- Limes (2)
- Citrus (Oranges & Grapefruit)

\$2 Items

All items listed are \$2 ea.

- Avocado
- Green Onions
- Cilantro
- Mint
- Parsley
- Dill
- Lemongrass (Bunch)
- Long English Cucumbers