

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 (red seedless)
- Carrots (2lb) Imported
- Broccoli
- Yam Bag
- Cherry Tomato Pint
- Purple Top Turnip Bag
- Worthy Canned Corn
- Spinach (1/2 LB)
- Green Kale (Bunched)
- Frozen Garden Peas
- Citrus Basket
- Jalapeno Basket
- Zucchini (2)
- Pesticide Free Rainbow Carrots (1LB)
- Radishes (1LB)
- Mushrooms (White)
- Organic Purple Fingerling Potatoes
- Brussels Sprouts
- Mini Cucumbers (1lb)
- Bell Pepper pack (2)

2 For \$9 Combo

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

- Pesticide Free Lettuce Mix
- Organic Bartlett Pear Basket (4)
- Organic Green Kale (bunch)
- Organic Celery
- Organic Carrot (Bunch)
- Organic Yam Bag
- Organic Zucchini Bag (2)
- Leeks (bunch)
- Creamer Potatoes (Red OR Yellow) Small
- Organic Brussels Sprouts
- Beets (Red OR Golden) Small
- Raspberries (pint)
- Ex-Pat Asia Vegan Bolognese (Frozen)
- Organic Broccoli
- Parsnips Small
- Cauliflower
- Organic Grape tomatoes
- Organic Mini Cucumbers
- Strawberries (Pint)
- Garlic Basket (5)
- Green Beans
- Organic Broccoli
- Blackberries (pint)
- Dry Beans (Black, Red, Great Northern, Mayacoba, Pinto, Green Lentil)
- Mango Basket (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)
- Organic Potatoes Large (Red, Yellow, OR Russet)
- Organic Yam Bag (3LB)
- B.C. 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, Spartan, OR Granny Smith)
- Beets Large (Red OR Golden)
- Potatoes Large (Yukon Gold OR Red)
- Parsnips Large
- Carrots Large
- Ex-Pat Asia Gluten Free Vegetarian Stir-Fry (Frozen Meal)

Other Amazing Items

- Frozen Haskap Berries (Local) \$9
- All Clean Natural Veggie Wash (Local) 8.75 + tax
- Apple Bags (Ambrosia) \$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 \$3.00/ 1/4LB
\$5.00/ 1/2LB
\$8.00/LB
- Bananas \$1.29/LB

\$1 items

All items listed are \$1 ea.

- Lemons
- Limes (2)
- Citrus (Navel Oranges, Blood Oranges & Grapefruit)
- Jalapeno (2)

\$2 Items

All items listed are \$2 ea.

- Avocado
- Green Onions
- Cilantro
- Lemongrass (Bunch)
- Long English Cucumber