



Bulk Food Store

Food Products - the Wholesome Way

JULY SPECIALS

ALMONDS , roasted/salted \$8.50 lb	\$1⁸⁷ ^{+tax} /100 g
BROWN FLAX , organic \$2.50 lb	55^c /100 g
BULGAR WHEAT \$1.83 lb	40^c /100 g
CHIA SEEDS , organic \$6.36 lb	\$1⁴⁰ /100 g
COCONUT , fancy shred unsweetened \$2.89 lb	64^c /100 g
COUNTRY RICE BLEND \$2.11 lb	47^c /100 g
MANGO SLICES \$5.79 lb	\$1²⁸ ^{+tax} /100 g
PUMPKIN SEEDS , raw \$3.15 lb	69^c /100 g
SPELT FLOUR , organic, light \$2.89 lb	64^c /100 g
TRAVELLERS MIX \$5.50 lb	\$1²⁰ ^{+tax} /100 g
WALNUTS , halves & pieces \$7.43 lb	\$1⁶⁴ /100 g
YOGURT CRANBERRIES \$4.88 lb	\$1⁰⁸ ^{+tax} /100 g

300 BINS TO CHOOSE FROM

Store Hours:
CLOSED Saturdays,
Mon to Friday only, 9-5

TAKE LARKIN CROSS EXIT OFF 97A
1-800-356-8735 - #5

For more details see our Store Newsletter
www.rogersfoods.com
Offers valid until July 30th, 2019