

WEEKLY BUYS

DECEMBER 30 - JANUARY 19

Start the New Year
with Delicious Deals!

CAPER'S
COMMUNITY MARKET

WHOLE FOODS
MARKET

PRODUCE

Texas and Florida Grown

Grapefruit

Citrus Season is Here!
Packed with great flavour
and Vitamins C & A too. The
perfect way to start every day!

99¢ lb

Reg. Price
\$1.99



SEAFOOD

Fresh, Farm Raised

Tilapia Fillets

Great taste and value.
Meets Whole Foods Market's
aquaculture standards
for complete traceability.
Product of Ecuador

\$2.69 100 g

Reg. Price
\$3.19



MEAT

Thomas Reid

Organic Whole Chicken

BC's first certified organic
chicken farm located in Langley.

\$4.99 lb

\$1.10 100 g

Reg. Price
\$5.99 lb



GROCERY

Kashi

GoLean Cereals

Packed with protein, fiber
and great taste in every bowl.
A great way to start your
morning. Try both Varieties.

2 for \$7

Reg. Price \$5.99
400 - 425 g



GROCERY

Bulk

Organic Almonds

The perfect snack - high
in protein, fiber, calcium
and vitamin E.

\$1.99 100 g

Reg. Price
\$3.39



BAKERY

Caper's Favourites

Power Cookies

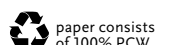
Made with spelt flour, packed
with flavor. With or without
chocolate chips. Don't miss
this customer favourite!

\$2.49 (2 pk)

Reg. Price
\$3.49



Prices valid while supplies last. Regular prices may vary. Quantities may be limited. Some products may not be available in all markets. We reserve the right to correct printing errors. Kitsilano, Cambie, Robson and Park Royal Village locations only.



Bulk **GROCERY**

Organic Quinoa

Unique nutty flavour and good source of protein, fiber, calcium and Vitamin E

99¢ 100 g
Reg. Price
\$1.90



Salt Spring Island **CHEESE**

Fresh Chevre

All Flavours
The finest handmade goat cheese direct from Salt Spring Island.

\$8.99 ea
Reg. Price
\$10.99 150 g



PREPARED FOODS

Made In-House Italian Tuna with White Bean Salad

Healthful and Delicious

\$1.99 100 g
Reg. Price
\$2.49



BAKERY

Silver Hills Squirrely Bread

With whole sprouted wheat, sunflower & sesame seeds.

\$3.99 ea
Reg. Price
\$4.99
615 g



Allegro **COFFEE**

Tanzania Kanyovu

Each purchase supports the Jane Goodall Institute and the farmers of Tanzania's Kanyovu Cooperatives.

\$7.99 ea
Reg. Price
\$9.99 340 g



GROCERY

Lakewood Pure Pomegranate Juice

**Buy one
get one
FREE**

Reg. Price
\$11.99 946 ml



GROCERY

Vita Coco Coconut Water

100% pure coconut water.

**Buy one
get one
FREE**

Reg. Price
\$6.99 1L



GROCERY

Kettle Brand Baked Potato Chips

All Varieties
2 for \$5
Reg. Price
\$3.39 113 g



COFFEE

Yogi Organic Green Tea

All Varieties
Rich in Antioxidants

\$3.99 ea
Reg. Price
\$4.99 16 ct



WHOLE BODY

Jason Toothpaste

All Varieties
Natural toothpaste for a great smile.

\$4.99 ea
Reg. Price
\$6.99-\$7.49
125-170 g



WHOLE BODY

Alacer Emergen-C

All Varieties
Great Tasting Immune Boost

\$19.99 ea
Reg. Price
\$22.99-\$24.99
30 ct



WHOLE BODY

Renew Life CleanseSMART

A Fresh Start for the New Year!

\$28.99 ea
Reg. Price
\$36.99 kit

