

IF YOU CAN THINK IT UP, WE CAN SHIP IT UP!



+ ABC REWARDS COLLECT NOW!!

****Buy certain quantities of selected products, For every \$30 dollars you spend earn 1 ABC-Reward Point or Follow us on Facebook & Instagram to stay tuned for bonus Incentives throughout the year****

CHECK OUT OUR NNC ITEMS!

Nutrition North Canada is a Government of Canada program that helps make nutritious food and some essential items more affordable and more accessible.

THURSDAY COTTAGE

Seville Orange Marmalade
Fine Cut
454 G



13²⁹
EA

THURSDAY COTTAGE

Blackcurrant Jam
250 ML



13²⁹
EA

THE FINE CHEESE CO.

Damson Fruit For Cheese
113 G



18⁶⁹
EA

THE FINE CHEESE CO.

Fig Fruit For Cheese
113 G



18⁶⁹
EA

THE FINE CHEESE CO.

Chilli and Extra Virgin Olive Oil
Crackers
125 G



10⁶⁹
EA

THE FINE CHEESE CO.

Fig Honey & Olive Oil
Crackers
125 G



10⁶⁹
EA

THE FINE CHEESE CO.

Basil & Extra Virgin Olive Oil
Crackers
125 G



10⁶⁹
EA

SURREALLY BARU

Good Treats
Vanilla Chai Latte
250 G



17²⁹
EA

SURREALLY BARU

Good Treats
Salty Caramel
Drinking Chocolate
250 G



17²⁹
EA

MILLER'S

Baker & Barista
Belgian Double Chocolate
120 G



10⁶⁹
EA

MILLER'S

Baker & Barista
French Spiced Caramel
120 G



10⁶⁹
EA

**SPLIT TREE COCKTAIL
COMPANY**

Cold Brew
Coffee Mix
250 ML



21²⁹
EA

**SPLIT TREE COCKTAIL
COMPANY**

Ginger Vanilla Cordial
250 ML



21²⁹
EA

**SHORTBREAD HOUSE OF
EDINBURGH**

Traditional Recipe
170 G



13²⁹
EA

**SHORTBREAD HOUSE OF
EDINBURGH**

Dark Chocolate & Orange
170 G



13²⁹
EA

**SHORTBREAD HOUSE OF
EDINBURGH**

Warming Stem Ginger
170 G



13²⁹
EA

TRUFFLE HUNTER

Black Truffle Crisps
100 G



17²⁹
EA

CHAP'S

Hand Crafted Peanut Butter
Brown Sugar Cinnamon
375 G



19⁹⁹
EA

PRAIRIE SUNSHINE

White Creamed Honey
500 G



15⁹⁹
EA

FIREWORKS POPCORN

Harvest Blend
Popcorn
Gluten Free
425 G



15⁹⁹
EA

BUIITEMAN

Cheddar Biscuits
75 G



10⁶⁹
EA

SUMMERDOWN

Dark Chocolate
Peppermint Creams
200 G



33²⁹
EA

LAURA SECORD

Milk Chocolate Flavour Spread
600 G



13²⁹
EA

CARTWRIGHT & BUTLER

Milk Chocolate Biscuits
200 G



13²⁹
EA

GREAT HARVEST

Escuminac Organic Pure
Maple Syrup
200 G



22⁶⁹
EA

SHIPPING AVAILABLE TO THE FOLLOWING COMMUNITIES:

MANITOBA: CHURCHILL, THOMPSON, BROCHET, GARDEN HILL, WASAGAMACK, GOD'S LAKE NARROWS, GOD'S RIVER, LAC BROCHET, OXFORD HOUSE, SHAMATTAWA, TADOULE, YORK LANDING, RED SUCKER LAKE, ST. THERESA POINT, & ISLAND LAKE
NUNAVUT: RANKIN INLET, BAKER LAKE, ARVIAT, CHESTERFIELD INLET, WHALE COVE, CORAL HARBOUR, NAUJAAT [REPLUSE BAY], HALL BEACH, IGLOOLIK, GJOA HAVEN, TALOYAK, SANIKILUAQ, ARCTIC BAY, & POND INLET
ONTARIO: RED LAKE, BALMERTOWN, & THUNDERBAY



****ABC REWARDS, EARN BACK WHAT YOU SPEND****

FLYER PRICES EFFECTIVE:

NOVEMBER 18 - DECEMBER 18