

Flyer valid: Thursday, July 13th - Wednesday, July 26th, 2023, while supplies last.

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SWAN LAKE MARKET & Garden



LOCAL. FRIENDLY. REFRESHING.

7920 Highland Road, Vernon, BC • 250-542-7614

Also see our Flyer on our Website, Facebook page, Google page & Castanet

swanlakemarket.com



SHOP ONLINE

B.C. & LOCAL PRODUCE



B.C. BLUEBERRIES
10 LB BOX - EA.

34⁹⁹ EA. **SAVE 5⁰⁰**



B.C. PICKLING CUKES
10 LB BOX - EA.

28⁹⁹ EA. **SAVE 4⁰⁰**



LOCAL SILVERSTAR SALAD
150 OZ.

3⁹⁹ EA. **SAVE 1⁰⁰**



B.C. LONG ENGLISH
CUCUMBER EA.

1⁴⁹ EA. **SAVE 1⁰⁰**



B.C. GREEN BEANS
EA.

3⁶⁹ EA. **SAVE 1³⁰**



B.C. MIXED PEPPERS
2 LB BAG

2⁹⁹ EA. **SAVE 3⁰⁰**



B.C. ICEBERG LETTUCE
EA.

1⁶⁹ EA. **SAVE 1³⁰**



LOCAL APPLE CIDER
3L

16⁹⁹ EA. **SAVE 3⁰⁰**



LOCAL GARLIC SCAPE
1 LB BAG

1⁴⁹ EA. **SAVE 20[¢]**



B.C. GREEN CABBAGE
EA.

99[¢] EA. **SAVE 50[¢]**

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*Prices available only through our selling website <https://swanlakemarket.com/>

*Discounted online pricing offered for a limited time.

LOCAL VENDORS

LA GRANGE SPICES
5 VARIETIES
112G



5⁸⁹ EA. **SAVE 2⁰⁰**

STOKE THE FIRE
HOT SAUCES
6 VARIETIES - 148ML



9⁹⁹ EA. **SAVE 2⁰⁰**

MUM'S OKANAGAN
HOT SAUCES & HOT KETCHUP
5 VARIETIES - 500ML



5⁹⁹ EA. **SAVE 1⁰⁰**

RAD JAMZ
JAMS & JELLIES
6 VARIETIES - 250ML



7⁹⁹ EA. **SAVE 2⁰⁰**

DELI

ALCHEMY BREAD
FOCACCIA LOAF
EA.



8⁴⁹ EA. **SAVE 1⁵⁰**

MARC ANGELO
GENOA SALAMI
100G



6⁹⁹ EA. **SAVE 1⁰⁰**

MARC ANGELO
ANTIPASTO MISTO
100G



6⁹⁹ EA. **SAVE 1⁰⁰**

DON ALVARO
MANCHEGO CHEESE
EA.



16⁶⁹ EA. **SAVE 2⁰⁰**

HARDWARE

OSCILLATING
BRASS SPRINKLER
EA.



24⁹⁹ EA. **SAVE 5⁰⁰**

FLAT SOAKER
HOSE
5/8" X 50' - EA.



23⁹⁹ EA. **SAVE 6⁰⁰**

CORK
AQUA GUN
EA.



24⁹⁹ EA. **SAVE 5⁰⁰**

OSCILLATING
POLY SPRINKLER
EA.



19⁹⁹ EA. **SAVE 5⁰⁰**

SHOP ONLINE

APPAREL

LADIES SHORTS
EA.



34⁹⁹ EA. **SAVE 5⁰⁰**

LADIES TOPS
EA.



24⁹⁹ EA. **SAVE 5⁰⁰**

GIRLS DRESSES
EA.



24⁹⁹ EA. **SAVE 5⁰⁰**

HAND BAGS
EA.



74⁹⁹ EA. **SAVE 10⁰⁰**

WELLNESS

ST. FRANCIS
TURKEY TAIL
60 CAPS



TURKEY TAIL
digestion & immunity

42⁹⁹ EA. **SAVE 7⁰⁰**

• 100% Pure, High potency 8:1 mushroom extract for healthy digestion and immune protection, equivalent to 1200 mg

• A prebiotic aid to liver health and digestion - rich in heavy weight polysaccharides that serve as prebiotics

• Supports immune function helping to prevent infection

VIEW ONLINE

SUKU
KIDS MULTI-VITAMIN
60 GUMMIES



18⁹⁹ EA. **SAVE 4⁰⁰**

• Specially formulated, sugar-free multi delivers your little ones with essential vitamins, minerals and prebiotic soluble fibre

• Supports everyday biological functions.

• Helps fill in nutritional gaps that may be missing from their everyday diet

VIEW ONLINE

GREEN BEAVER
KIDS SUNSCREEN SPF 27
90 ML



17⁹⁹ EA. **SAVE 5⁰⁰**

• 100% natural mineral sunscreen for kids that is non-greasy, non-toxic and easy-to-apply. A mineral sunscreen like no other.

• Benzene-Free, Reef-Friendly, and Hypoallergenic.

• Provides effective protection against UVA and UVB rays.

VIEW ONLINE

ORGANIKA ELECTROLYTES
PINEAPPLE PASSION OR
CUCUMBER PEAR - 210 G



43⁹⁹ EA. **SAVE 6⁰⁰**

• 0 g of sugar. A Source of electrolytes: magnesium, potassium and sodium.

• Instant hydration to support during exercise, heat, travel or illness.

• 100% recommended daily intake of Vitamin C. Caffeine-free & 60 servings per container.

VIEW ONLINE