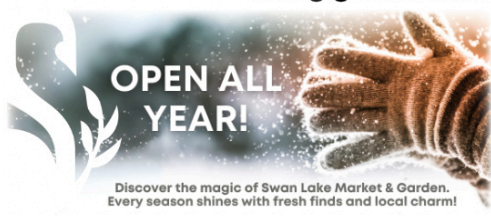




SWAN LAKE MARKET & Garden



**LOCAL.
FRIENDLY.
REFRESHING.**

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

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

swanlakemarket.com

FLORA-ESSENCE
7 DAY PROGRAM - 3 ITEMS

39⁹⁹ EA **SAVE 5⁰⁰** EA

Flor•Essence®
7-Day Purification Program



nutracelle
MOOD BOOST
BOOST DE CALME
STRESS RELIEF ANTI-STRESS

90 GUMMIES

24⁹⁹ EA **SAVE 3⁰⁰** EA

Leaf Source
HUMID FLUVIC ACID 100G

47⁹⁹ EA **SAVE 12⁰⁰** EA

GROCERY

THREE DIAMOND
VINAIGRETTE
375ML

7⁹⁹ EA **SAVE 2⁰⁰** EA

MUM'S OKANAGAN
HOT SAUCE
500ML

5⁴⁹ EA **SAVE 1⁵⁰** EA

KEENAN FAMILY FARMS
LARGE FREE RANGE EGGS
12'S

5⁴⁹ EA **SAVE 1⁵⁰** EA

BLACK FOREST NOODLE CO.
EGG NOODLES
454G

3⁹⁹ EA **SAVE 1⁰⁰** EA

DELI & BAKERY

BLACK FOREST HAM
/100G

1⁶⁹ EA **SAVE 80¢** EA

LOU'S KITCHEN
SHAVED BEEF AU JUS
400G

8⁹⁹ EA **SAVE 3⁰⁰** EA

CATHEDRAL CITY
EXTRA DRY MATURE
CHEDDAR 200G

5⁴⁹ EA **SAVE 1⁵⁰** EA

SMALL COFFEE & BLUEBERRY STRUDEL

1⁹⁹ EA **SAVE 1⁰⁰** EA

WELLNESS

ORGANIKA
BONE BROTH
ASSORTED FLAVOURS 300G

42⁹⁹ EA **SAVE 7⁰⁰** EA

4EVER FIT
CREATINE 300G

42⁹⁹ EA **SAVE 4⁰⁰** EA

BOTANICA
PERFECT PROTEIN
VANILLA 780G CHOCOLATE 840G

58⁹⁹ EA **SAVE 4⁰⁰** EA

BOIRON
INFLUENZINUM 5 DOSES

12⁹⁹ EA **SAVE 2⁰⁰** EA

FOR THE BIRDS

WINDOW BIRD FEEDER

19⁹⁹ EA **SAVE 7⁰⁰** EA

DOUBLE SUET FEEDER

14⁹⁹ EA **SAVE 5⁰⁰** EA

BIRD SEED BELLS
2 VARIETIES

6⁹⁹ EA **SAVE 3⁰⁰** EA

SINGLE SUET CAKES
8 VARIETIES

2⁹⁹ EA **SAVE 1⁰⁰** EA



CALIFORNIA NAVAL ORANGES
3LB BAG

4⁹⁹ EA **SAVE 3⁰⁰** EA

LOCAL AMBROSIA APPLES
10LB BAG

10⁹⁹ EA **SAVE 4⁰⁰** EA

LOCAL YELLOW ONIONS
10LB BAG

9⁹⁹ EA **SAVE 2⁰⁰** EA

MEXICO ZUCCHINI

99¢ /LB **SAVE 70¢** /LB

BC BEETS
5LB BAG

5⁹⁹ EA **SAVE 2⁰⁰** EA

LOCAL FROZEN PRUNE PLUMS
4LB BAG

5⁹⁹ EA **SAVE 2⁰⁰** EA

BC SMALL YELLOW POTATOES
5LB BAG

2⁹⁹ EA **SAVE 1⁰⁰** EA

BC GREEN CABBAGE

99¢ /LB **SAVE 50¢** /LB

LOCAL HONEYCRISP APPLES
10LB BAG

10⁹⁹ EA **SAVE 4⁰⁰** EA

LOCAL HUBBARD SQUASH

99¢ /LB **SAVE 70¢** /LB