



1.800.735.3433
250.384.0565
hello@monk.ca
www.monk.ca



ON THE FLOOR



FELLOWES® ADJUSTABLE FOOTREST

Footrest offers a two-position height adjustment. Free-floating platform stretches legs for increased circulation.

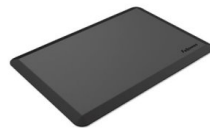
FEL48121 BLACK



DEFLECTO® LOW PILE CHAIRMAT

GREENGUARD Gold Certified

DEFCM13233 WITH LIP 45 x 53
DEFCM13113 WITH LIP 36 x 48
DEFCM13443F NO LIP 46 x 60



FELLOWES® 36 x 24 ANTI-FATIGUE FLOOR MAT

FEL8707002 BLACK

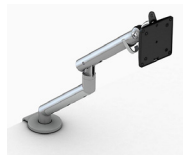


SMART STEP THERAPEUTIC® ANTI-FATIGUE FLOOR MAT

Comprehensive 10 year warranty. Beveled edges will never curl. Will not separate, bubble, or delaminate. Non-slip surface. 99.9% Anti-Microbial.

SMHSS32FGY GREY
SMHSS32FBK BLACK

ARMS LENGTH



HERMAN MILLER® FLO MONITOR SUPPORT

The Flo Monitor Arm lets you position your computer screen in the vertical, horizontal, and tilt position you need to reduce eye strain and encourage a more healthful posture as you work.

Y91171-CMO1 CHROME



3M® DUAL MONITOR MOUNT

The 3M dual monitor mount frees up valuable desk space and bring your monitor to a comfortable viewing height and distance while sitting or standing.

MMMM200B 24 x 33 x 5.



SYMMETRY'S® CURRENT CLAMP 3 POWER, 2 USB

3130.PCCPC4 WHITE
3130-PCCPC1 BLACK



MOBIO SINGLE MONITOR ARM

- 2 USB pass through ports to easily connect your devices
- Easy clamp mount is ideal for all desk mounting configurations
- Supports 3.3-17.6 lbs.
- Accepts monitors from 17"-32" in width

3210MAT33MAA00MAC01

Monk Office

In-Stock Furnishings

SEATING • DESKS • ERGONOMICS

- Stocked assortment
- Customizable options
- Knowledgeable advice



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For more options, suggestions, and advice, please ask your Office Outfitter whether that's your account rep, furniture specialist or one of our nine stores across Vancouver Island



HERMAN MILLER® LINO CHAIR, BLACK WITH LUMBAR SUPPORT

M11B325HFAJBKC74RM06

Lino's contoured seat works together with its high-performance Duo Suspension to give you total spinal support. Black with lumbar support and carpet casters



HDL® HEARTWOOD 2 FILE DRAWERS MOBILE PEDESTAL

100-MMPFF-BL BLACK
100-MMPFF-WH WHITE
100-MMPFF-TT GREY



HDL® HEARTWOOD 2 BOX DRAWER, 1 FILE DRAWER MOBILE PEDESTAL

100-MMPUF-BL BLACK
100-MMPUF-WH WHITE
100-MMPUF-TT GREY



HERMAN MILLER® MOTIA SIT-STAND DESK

DV6ATS.3060LO4E1STS9191MSNNC57

Take Charge of Your Health! Motia helps people put an emphasis on healthy habits in the workspace while making it easier to change positions throughout the day.

DV6ATS-3060LEST51THM MAPLE
DV6ATS-3060LEST59191 WHITE

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TAKE A SEAT
BOARDROOM



OFFICE TO GO® ULTRA HIGH-BACK TILTER CHAIR
The Ultra features modern pleated back and seat design with chrome base and arms.
It includes a locking tilt mechanism, seat height adjustment, and finished with Luxhide bonded leather.
It is great for short term use and in boardrooms.
MVL11730-PU38BL28 WHITE
MVL11730-BL20-CHM BLACK



GLOBAL OBUSFORME® COMFORT
The Elite offers several adjustment options to ensure a custom fit. An adjustable infinite tilt lock creates a range of reclining options to account for a variety of sitting positions throughout the day. As well, it comes fully upholstered with a cushioned back rest for maximum comfort.
2771-3-FU85 BLACK

GUEST CHAIRS



ZIP® MIDBACK CONFERENCE CHAIR
With bright aluminum finish details, Zip Conference Midback makes a stylish impact in the board rooms, offering comfort and the added bonus of durability.
94040-CA-KD-BL BLACK



GLOBAL® OTG ULTRA GUEST CHAIR
MVL11742PU30BL20CHM MEDIUM BLACK



GLOBAL MARVEL VISITOR CHAIR
MVL3915 BLACK

STACKING CHAIRS



HERMAN MILLER® CAPER STACKING CHAIR
Caper's glass-filled nylon seat and back are contoured for comfort, flexible for give
Holes in the material allow the body to breathe, so moisture and heat dissipate, and sitting is a cool experience
WC410NBKBY7BK BLACK



HEARTWOOD HDL SERIES DUNE ROLLING & STACKING GUEST CHAIR
Comfortable seat cushion high density formed foam padded seat
Mesh back includes a pretensioned spring adjustment to conform to each user's posture. Polyurethane seat.
DUN-GUPU-01 BLACK



Deep clean your workspace
Shop in-stock sanitation essentials

bit.ly/311DYCQ

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HERMAN MILLER® SAYL CHAIR
12-year warranty
Good for you and the environment, the Mirra 2 and Sayl chairs were developed with environmental responsibility in ways that reduce and reuse materials
AS1SA22HFAJBKC7BKBK3 BLACK



HERMAN MILLER® MID-BACK COSM CHAIR
12-year warranty
Good for you and the environment, the Mirra 2 and Sayl chairs were developed with environmental responsibility in ways that reduce and reuse materials. Can be modified.
FLC152SFHG1G1G1SC8BK BLACK, MID-BACK



OTG® IBEX UPHOLSTERED SEAT
The Ibex Multi-Tilt chair features a breathable mesh back for enhanced comfort as well as various adjustments, making it a great chair for multiple, or individual short-term users.
MVL2803F-3-JN02 BLACK

PUT A COAT ON IT



GLOBAL® COAT TREE
FOUR DOUBLE HOOKS.
25 X 60
COS3 CHROME
COS2 BLACK

Shop commercial.monk.ca



HERMAN MILLER® EMBODY
The Embody's back is designed with a central spine and flexible ribs to allow you to position the backrest in line with your back's natural curve. With its extensively researched design, you'll feel a difference both while sitting and after work is done.
CN122AWAAG1G1C73014 GRAPHITE FRAME
EMBODY-BLACK FULLY LOADED



HERMAN MILLER® MIRRA 2
Mirra 2's Loop Spine provides torsional flex, allowing you to stretch and reach laterally, while the Harmonic™ 2 tilt provides a smooth, balanced feel as you recline.
MRF121AWFPAJG1C7G1BK BLACK ADJUSTABLE SEAT AND ARMS
MIRRATWO FULLY LOADED

MOST POPULAR



HERMAN MILLER® AERON
AER1A11HWAJG1G1G1C7B
The iconic Aeron chair delivers in form and function. The innovative Pellicle fabric eliminates circulation restricting pressure points while enveloping you in ergonomic comfort.

BASE MODELS
AERON B Graphite
AER1B21HWAJG1G1G1C7B
AERON C Graphite
AER1C21HWAJG1G1G1C7B

LOADED MODELS
AERON B Graphite (Loaded)
AERONRMBGRPH
AERON C Graphite (Loaded)
AERONRMCGRPH

SPECIAL ORDER
AERON A Graphite (Loaded)
AERONRMAGRPH

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ERGONOMIC

WRITE IT DOWN



QUARTET® DRY ERASE GLASS BOARD

QRT20114 24 x 36
QRT20109 36 x 48
QRT20116 48 x 72



QUARTET® 17 x 23 GLASS DRY ERASE PRIVACY PARTITION

QRT26909



QUARTET® 24 x 14 MAGNETIC GLASS CUBICLE BOARD

QRT29985

LIGHTS ON!



BOSTITCH® LUNA DIMMABLE LED TASK LAMP

VSNVLED1502RD CANDY RED
VSNVLED1502 BLACK

BOSTITCH® GOOSENECK FLOOR LAMP

VSNVLED1502BKF BLACK

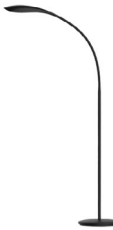


VISION GLOBAL® PUCK LED DESK LAMP

VLED1510 Silver/Black
VSNVLED1510 Silver/Black

VISION GLOBAL® DUAL MONITOR MOUNT

VLED1506F CHROME



KEEP IT SAFE



SENTRYSAFE® DEPOSITORY SECURITY SAFE

SENDH109E 10.5 x 13.7 x 11.3 BLACK



XX-LARGE EXECUTIVE FIRE/WATER DIGITAL SAFE

SENEF3428E 21.7 x 19 x 27.8



EXTRA LARGE WATER/FIRE RESISTANCE SAFE

SENSFW123GDC 16.3 x 19.3 x 17.8

ACCESSORIES



HUMANSOLUTION® HUMANSCALE KEYBOARD TRAY

Short 11" tracks allow this to be used on desks with limited install space.
6FB500-F2711



RICHELIEU® MOMENTUM KEYBOARD COMBO SOLUTION

The Momentum articulating keyboard arm incorporates dial knob technology for easy tilt adjustment from -20 degrees to 10 degrees.

5007438C3 DARK GREY



HDL® 28" WIDE KEYBOARD TRAY

100-KD28-WW WINTER WOOD

100-KD28-GD GREY DUSK

See the colours on the next page

FILE IT

2 DRAWER



GLOBAL® OFFICE G FREESTANDING 3 DRAWER VERTICAL FILE CABINET

GWP19BBF-BK 15 x 19 x 27-1/8
GWP23BBF-BK 15 x 23 x 27-1/8

GWP23FF-BK 15 x 23 x 27-1/8



GLOBAL® 2 DRAWER VERTICAL FILE CABINET

18 x 26-9/16 x 29

26-251-DWT WHITE
26-251-GY GREY
26-251-BK BLACK



GLOBAL® 2 DRAWER LATERAL FILE

36 x 18 x 27-1/8

9336P2F1H-BLK BLACK
9336P2F1H-GRY GREY
9336P2F1H-DWT WHITE



GLOBAL® 2 DRAWER VERTICAL FILE CABINET

15 x 26-9/16 x 29

26-201-BLK BLACK
26-201-GRY GREY
26-201-DWT WHITE



3 DRAWER



GLOBAL® OFFICE TO GO 2 DRAWER LATERAL FILE CABINET

36 x 19 1/4 x 28

MVL1936P2-BLK BLACK
MVL1936P2-GRY GREY
MVL1936P2-DWT WHITE



GLOBAL® OFFICE TO GO 3 DRAWER LATERAL

36 x 19-1/4 x 39-1/2

MVL1936P3-BLK BLACK
MVL1936P3-GRY GREY



GARDEX® 3 DRAWER LATERAL FILE CABINET

GL-403-21 BEIGE
38-3/4 x 42 x 23-1/2

Fire Safe, protects critical documents.



GLOBAL® 3 DRAWER LATERAL FILE

36 x 18 x 40-1/2

9336P3F1H-BLK BLACK
9336P3F1H-GRY GREY
9336P3F1H-DWT WHITE

4 DRAWER



GLOBAL® 4 DRAWER VERTICAL CABINET

15 x 26-9/16 x 52

26-401-BLK BLACK
26-401-GRY GREY
26-401-DWT WHITE



GLOBAL® 4 DRAWER LATERAL CABINET, ECONOMY

36 x 18 x 54

9336P4F1H-BLK BLACK
9336P4F1H-GRY GREY
9336P4F1H-DWT WHITE

GARDEX® 4 DRAWER LATERAL CABINET

GL-404-21
38-3/4 x 55 x 23-1/2

Fire Safe, protects critical documents.



GLOBAL® OFFICE TO GO 4 DRAWER LATERAL CABINET

36 x 19-1/4 x 51-7/8

MVL1936P4-GRY GREY
MVL1936P4-BLK BLACK



GLOBAL® 4 DRAWER VERTICAL CABINET

15 x 26-9/16 x 52

26-401-DWT WHITE

5 DRAWER



GLOBAL® OFFICE TO GO 5 DRAWER LATERAL FILE CABINET

36 x 19-1/4 x 66-3/8

MVL1936P5-GRY GREY
MVL1936P5-BLK BLACK



GLOBAL® 5 DRAWER LATERAL FILE, ECONOMY

36 x 65-1/4 x 18

9336P5F1H-BLK BLACK
9336P5F1H-GRY GREY
9336P5F1H-DWT WHITE

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AT ONE'S DESK AND CALL

HEIGHT ADJUSTABLE SERIES



INNOVATIONS SERIES



FRAMEWORK SERIES



Inspired by these layouts?

As your Vancouver Island Office Outfitters™, Monk can get you set up with a solution configured to your space and needs, with colours and finishes you'll fall in love with.



SHORT LEAD TIMES FROM BC MANUFACTURER AND DISTRIBUTOR

SIT OR STAND WORKSTATION



FELLOWES® LOTUS SIT-STAND WORKSTATION
The Lotus is for the office worker that wants to transform an existing desk into a standing solution without any hassle. The Lotus comes fully assembled.

FEL0007901 LOTUS BLACK
FEL0009901 LOTUS WHITE

TAKE IT TO THE NEXT LEVEL!
▼▼▼
DX takes your workstation to the next level: a built-in charging station with wireless charging stand makes staying productive effortless.

FEL8080201 LOTUS DX WHITE
FEL8080301 LOTUS DX BLACK

BRING YOUR WORKSTATION TO NEW HEIGHTS!
DESIGN YOUR OWN SIT/STAND ADJUSTABLE TABLE

THE PERFECT FIT FOR YOUR SPACE...

CHOOSE YOUR SHAPE

FROM 2 STYLES OF SYMMETRY® BASE



L-SHAPE

OR



RECTANGLE



...IN YOUR FAVOURITE STYLE!

WORKSPACE SIZE



30" DEEP

Includes centre grommet
No more cords in your way!

CHOOSE YOUR FINISH

FROM 3 COLOURS OF HEARTWOOD® LAMINATED TOP



PURE WHITE

OR



WINTER WOOD

OR



GREY DUSK

