



Organic Grape Tomatoes



Pint
Product of
Canada/Mexico

2/\$6

Organic Celery



Product of USA

2/\$6

Organic Red & Green Dandelion Bunch



Product of USA

2/\$6

Nature's Emporium Nicoise Salad



380g
Made Without
Gluten or Dairy
& With Organic
Ingredients

\$11.99



Homeocan Traumacare Sport Gel or Cream



50-100g

20% off

Nature's Emporium Organic Artisan Frozen Pizza



380g
Organic Gluten Free or
Organic Wheat Crust

\$9.99

Nature's Emporium Organic Raw or Roasted Cashews



400g
Assorted Varieties

\$12.99

Nature's Emporium Organic Banana Chips



300 g

\$4.99



Fresh Finds of the Week!

Ocean Mama Organics
Organic Shrimp & Vegetables
Sauté & Serve



550g

\$9⁹⁹

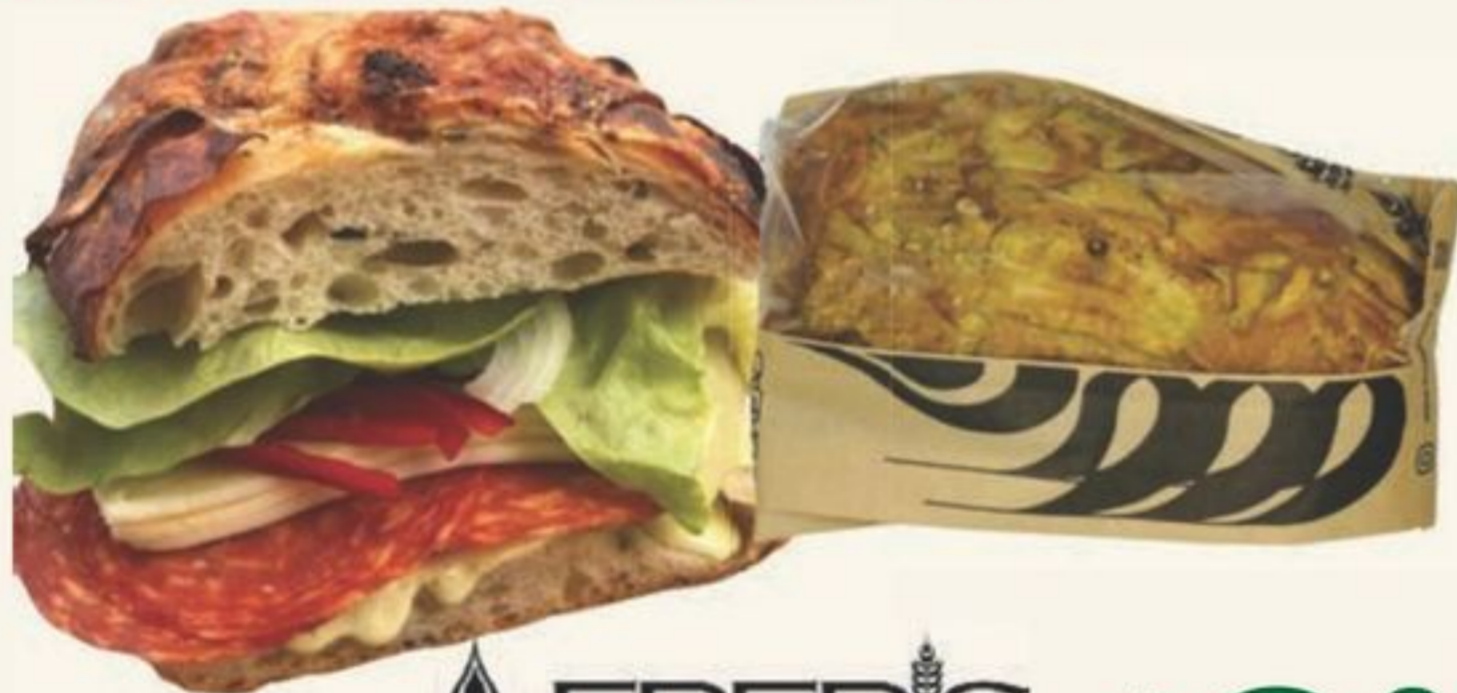
Great Lakes
Goat Cheddar Cheese



175g
Assorted Varieties

\$8⁹⁹

Fred's Bread
Artisan Sourdough
Potato Focaccia Oval



\$6⁹⁹

McClean Clean & Lean Foods
Turkey Vienna Salami



Made without Gluten, Dairy & Soy
Deli Served or Pre-packed

\$2⁸⁰
/100g

Nature's Emporium
Organic Morning Dew
Cold Press Juice



473 ml
Made With
Organic Ingredients

\$9⁹⁹

Nature's Emporium Wellness Bar
Iced Matcha Latte



16 oz Medium
Made Fresh To Order With
Organic Ingredients

\$6⁹⁹



FOOD FOR THOUGHT

MAGNESIUM

Are you getting your daily dose of magnesium?

Magnesium isn't just a mineral; it's the powerhouse behind over 300 vital biochemical reactions within your body. Essential for stabilizing blood sugar, maintaining healthy blood pressure, ensuring proper digestion, facilitating muscle relaxation, and most importantly, managing anxiety and sleep quality.



SEEDS



GREENS

Discover These Top 5 Magnesium-Packed Powerhouses!



NUTS



HIGH QUALITY MAGNESIUM SUPPLEMENT



BEANS



Have questions? Stop by any Nature's Emporium location where our team of holistic nutritionists are available to answer questions you may have.

Always Organic Giant Cerignola Olives



580 ml

\$7⁹⁹

Always Organic Sundried Tomatoes



212 ml

\$4⁹⁹

Always Organic Capers



140 g

\$3⁹⁹

Always Organic Artichoke Hearts In Oil



314 ml

\$7⁹⁹

Always Organic Olive Tapenade Green or Black



156 ml

\$3⁹⁹

Chickpea Avocado Sandwich

Ingredients

- 6** Multigrain Thin Sandwich Buns
- 1 can** Always Organic Chickpeas 540ml
- 3** Organic avocado, mashed
- 3** Organic green onions, sliced
- ¼ cup** Organic Italian flat leaf parsley, minced
- 1 tbsp** Organic fresh lemon juice
- 2 tbsp** Always Natural Avocado Oil
- To taste** Sea Salt
- To taste** Black Pepper

Directions

- 1** Combine all of the ingredients in a large bowl & spread the desired amount onto sandwich buns. Enjoy!