
HEY MOUNT ROYAL,

Your Urban Fare will soon be your local

save  **foods**

THURSDAY, APRIL 25

Urban Fare will be closing Wednesday, April 24 at 6pm

Avocado
Large,
Mexico

3 for \$5



Manchego Cheese

Cut & Wrapped
in Store,
Imported from Spain

\$8.29
/100g



Topped Ciabatta Bread

Selected Varieties,
Baked in Store, 500g

\$5.79



THIS WEEK'S Feature Fare



Juicy and full of flavour, chicken thighs are a deliciously versatile dinner. Pair with our wide variety of fresh, quality ingredients for endless options.

Chicken Thighs

Fresh, Boneless, Skinless,
Raised without Antibiotics,
13.21/kg

\$5.99
/lb



Olympic Organic Yogurt

(1.75 kg) or
Kefir (2 Litres),
Selected Varieties

\$9.99



Western Family Shredded Cheese

320g

\$4.99



2 for \$8

Amy's Burrito
Frozen, 156g or 170g

Miss Vickie's Kettle Chips

190g or 200g

\$3.79



Pacific Foods Organic Broth

(946 mL)
or Chili (468g)

\$4.49



\$6.99 **Coca-Cola Soft Drinks**
Selected Varieties, 12 x 355 mL

Food is our passion

Prices effective Thursday to Wednesday, April 18 to 24, 2024. We reserve the right to limit quantities. Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

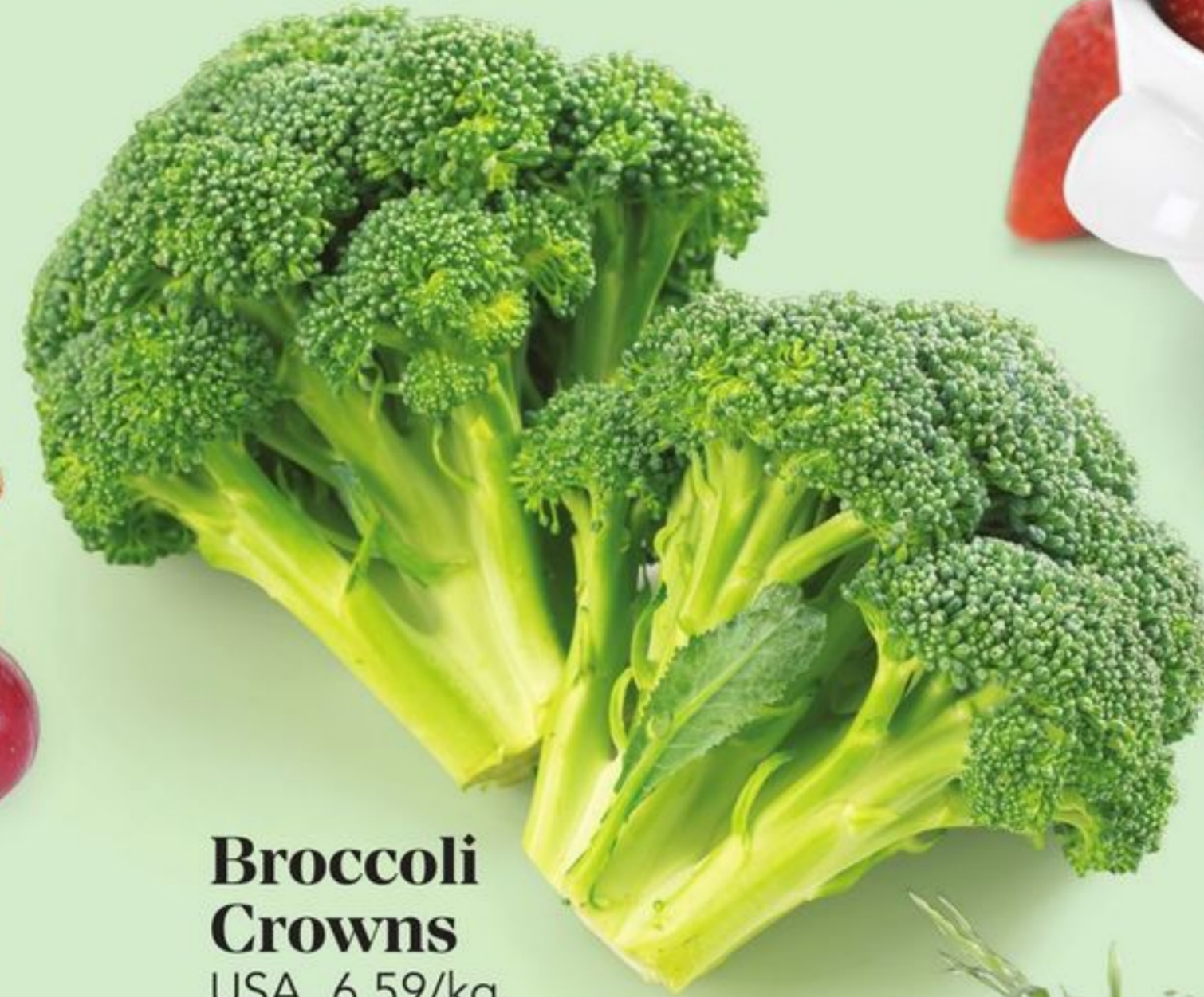
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Produce

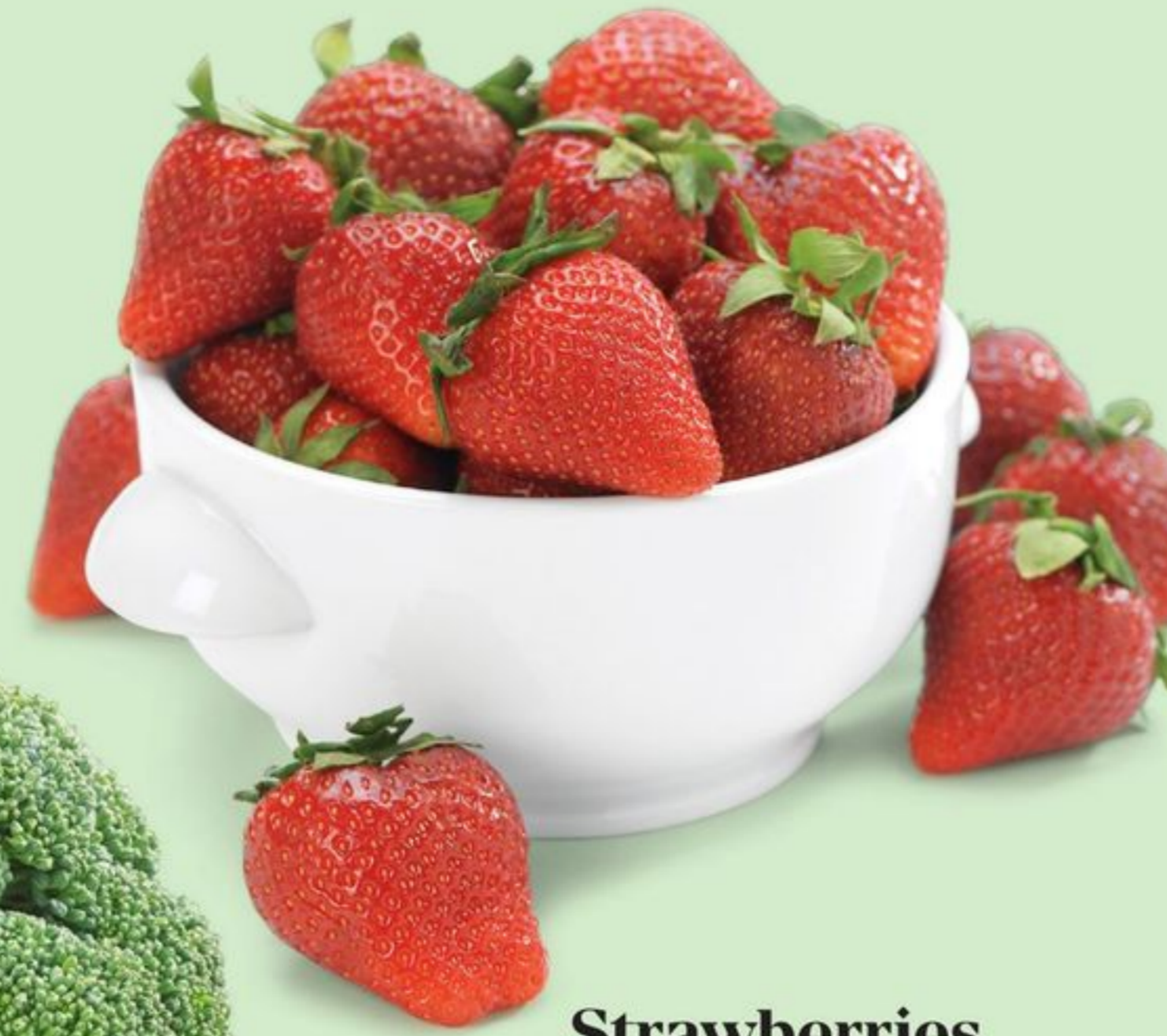
FRESH
FRESH
FRESH



**Red Seedless
Grapes**
Imported, 8.80/kg
\$3⁹⁹/lb



**Broccoli
Crowns**
USA, 6.59/kg
\$2⁹⁹/lb



Strawberries
USA or Mexico,
1 lb Clamshell
\$2⁹⁹



Navel Oranges
California,
3.73/kg
\$1⁶⁹/lb



Tropical Plant
Selected Varieties,
4 Inch
\$3⁹⁹



Asparagus
Mexico, 8.80/kg
\$3⁹⁹/lb



**Designer
Choice
Bouquet**
\$46⁹⁹

Floral

BAKERY



**Dempster's
Whole Grain Bread**
(600g) or Bagels (Pack of 6),
Selected Varieties

\$3⁹⁹



Braided Strudels
Fresh, Selected Varieties,
Pack of 4

\$3⁴⁹



Signature Cake
Neopolitan or Carrot, 5 Inch

\$23⁹⁹

DELI



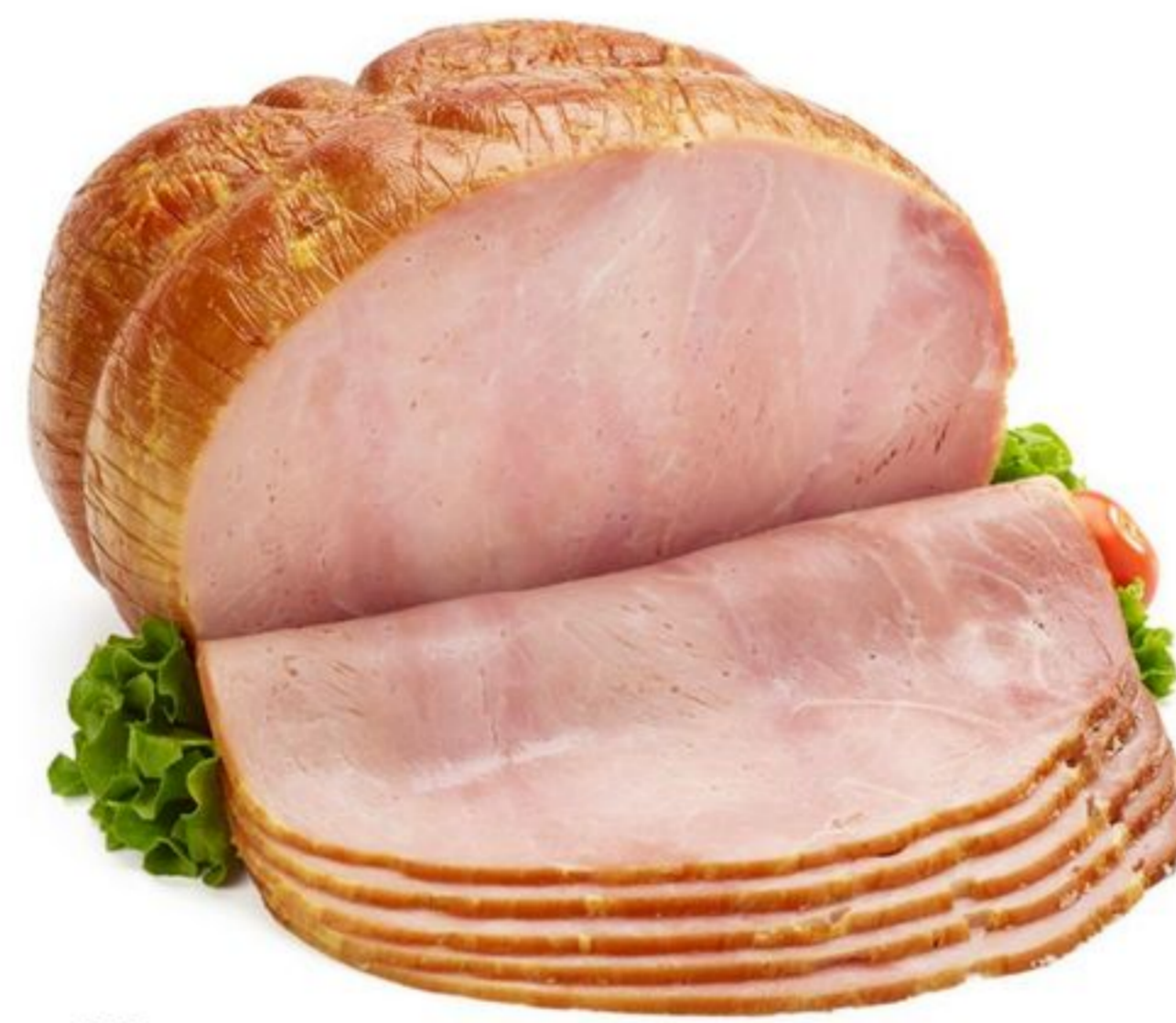
Boursin Cheese
150g

\$7⁹⁹



Gouda Cheese
Aged 13 Weeks, Imported

\$3⁷⁹/100g



Ham
Rosemary or Black Forest,
Roasted in Store

\$3⁴⁹/100g

MEATS



**Chef's
Reserve Top Sirloin**
Roast or Steak, 30.84/kg

\$13⁹⁹/lb



Chicken Breast Kabobs
Fresh, Selected Varieties,
24.23/kg

\$10⁹⁹/lb



Ahi Tuna Steak
Previously Frozen

\$2⁹⁹/100g



Creamy goodness

Made with real and simple ingredients, this gluten-free soup is ready to eat in minutes. It has a rich and thick consistency and is nut-free without compromising on flavour.



new
Stefano Faita Soup \$5.99
605 mL



Olympic Organic Yogurt
650g
\$4.49



Kraft Philadelphia Cream Cheese
227g or 250g \$3.99



Holy Napoli Pizza
Selected Varieties, Frozen \$8.99



Just Egg Plant Based Egg Folded
Frozen, 227g
\$5.99

DAIRY



Maison Riviera Oat Yogurt Alternative
or Coconut, Selected Varieties
\$5.99



Starbucks Coffee Creamer
828 mL
\$6.99

FROZEN



Cheemo Perogies
Selected Varieties, Frozen, 907g
\$2.99



Happy Pops
Frozen, 4 x 66 mL
\$6.99

NATURAL



Stumptown Coffee
340g
\$14⁹⁹



Prana Overnight Chia
(250g) or Granolove Cereal (300g)
\$6⁴⁹



Bob's Red Mill Granola
312g
\$9⁹⁹



Casbah Entrée
Selected Varieties
\$3⁹⁹



Little Italy Pasta Sauce
650 mL
\$12⁹⁹



Di Martino Pasta
Selected Varieties, 500g **2 for \$6**



Plumm Good Rice Cakes
95g
2 for \$7



Lesser Evil Popcorn
Also Paleo Puffs, Selected Varieties
\$5⁴⁹



Kettle Brand Potato Chips
Selected Varieties, 156g or 198g
2 for \$8



LaCroix Sparkling Water
8 x 355 mL **\$5⁹⁹**



RX Bar
Selected Varieties, 52g
2 for \$5



Knudsen Just Juice
Selected Varieties, 946 mL
20% off

EVERYDAY BASICS &

Great low prices



Western Family
Potato Chips
235g

LOW PRICE
2 for \$5

Leclerc
Célébration
Cookies
240g or 325g

LOW PRICE
\$2.99

Dare Crackers
or Crisps,
Selected Varieties

LOW PRICE
2 for \$6



McCafé
Premium
Roast Coffee
Selected Varieties,
300g or 340g

LOW PRICE
\$8.99



Quaker
Instant
Oatmeal
Selected Varieties

LOW PRICE
2 for \$7



Cheetos
Cheese Snacks
Selected Varieties

LOW PRICE
2 for \$8



Go Pure
Oat Bar
Selected Varieties,
140g or 175g

LOW PRICE
2 for \$5



Kellogg's
Raisin Bran
Cereal
(425g) or Special K
(435g), Also
Selected Varieties

LOW PRICE
\$4.99



Old Dutch
Potato Chips
Selected Varieties

LOW PRICE
2 for \$7



**Club House
La Grille
Seasoning**
Selected Varieties

**LOW
PRICE**
\$5⁹⁹



**Kraft Pure
Salad Dressing**
or Plant Based Mayo,
355 mL or 443 mL

**LOW
PRICE**
\$4⁹⁹



**Campbell's
Ready To
Serve Soup**
Selected Varieties,
515 mL

**LOW
PRICE**
2 for \$4



**Cucina Antica
Pasta Sauce**
670 mL

**LOW
PRICE**
\$8⁹⁹



**Western Family
Pasta**
500g

**LOW
PRICE**
2 for \$5



**Mio Liquid
Water
Enhancer**
(48 mL), Also
Crystal Light,
Selected Varieties

**LOW
PRICE**
3 for \$10



**Glaceau
Vitamin Water**
Selected Varieties,
591 mL

**LOW
PRICE**
2 for 4⁵⁰



**Coca-Cola
Mini Cans**
Selected Varieties, 6 x 222 mL

**LOW
PRICE**
\$4⁴⁹



**Purex
Bathroom
Tissue**
Selected Varieties,
12 Double Rolls
or 8 Triple Rolls

**LOW
PRICE**
\$7⁹⁹

Stirring up the flavour

Perfect for any day of the week and loaded with fresh toppings, Asian turkey lettuce wraps are light and flavourful. They are quick and simple to assemble, making them a tasty appetizer or lunch.

Ground Turkey Thigh

Fresh, 17.61/kg

\$7⁹⁹/lb

Chef's tip:

Add Honey-Sriracha sauce for a hint of sweet and spicy flavour.



Lime
Mexico
79¢

Carrots
California, 3 lb
\$3⁴⁹

**Western Family
Fresh Herbs**
USA, Selected Varieties,
20g

2 for \$4

**Romaine
Lettuce**
USA
\$2⁴⁹

OUR WEEKLY Special

Sweet and decadent, pie is our pick for easy spring desserts. Ours are freshly baked in store with a sweet, tart fruit filling and a golden, flaky crust.

Fruit Pie

Selected Varieties, 1 kg

\$17⁴⁹



Chef's tip:

Top your pie with a scoop of vanilla, maple walnut or salted caramel ice cream.



Perfect arrangement

Discover the seasonal colours and fragrances of our floral department. We offer local and exotic flowers, hand-tied European bouquets, and gorgeous arrangements.

Gourmet Bouquet
\$28⁹⁹



Tulips
Assorted Colours,
5 Stem, Bunch **\$4⁹⁹**

Cyclamen
Assorted Colours,
6 Inch **\$9⁹⁹**

Seasonal Fresh Cut Flowers
Artfully Arranged **\$36⁹⁹**