

**Earthbound
Farm
Organic
Salad**
USA, 142g
\$3⁹⁹



Raspberries
California or
Mexico, 1 Pint
\$4⁹⁹



**Rustic
Baguette**
Baked in Store,
350g
\$2⁹⁹



**THIS WEEK'S
Feature
Fare**



**Chef's Reserve
Striploin**
24.23/kg

\$10⁹⁹
/lb

*Season generously
with salt and pepper
and cook at high heat
for a flavourful sear.*

**Olympic
Krema
Yogurt**
or Greek, 1.75 kg
\$9⁹⁹



**Western Family
Shredded
Cheese**
320g
\$4⁹⁹



**Häagen-Dazs
Ice Cream**
or Bar, Selected
Varieties
\$5⁴⁹



**Kicking Horse
Ground
Coffee**
284g
\$8⁹⁹



**Western Family
Potato Chips**
235g
2 for \$5



**Western
Family
Bathroom
Tissue**
12=24 Rolls
\$6⁴⁹



Food is our passion

Produce

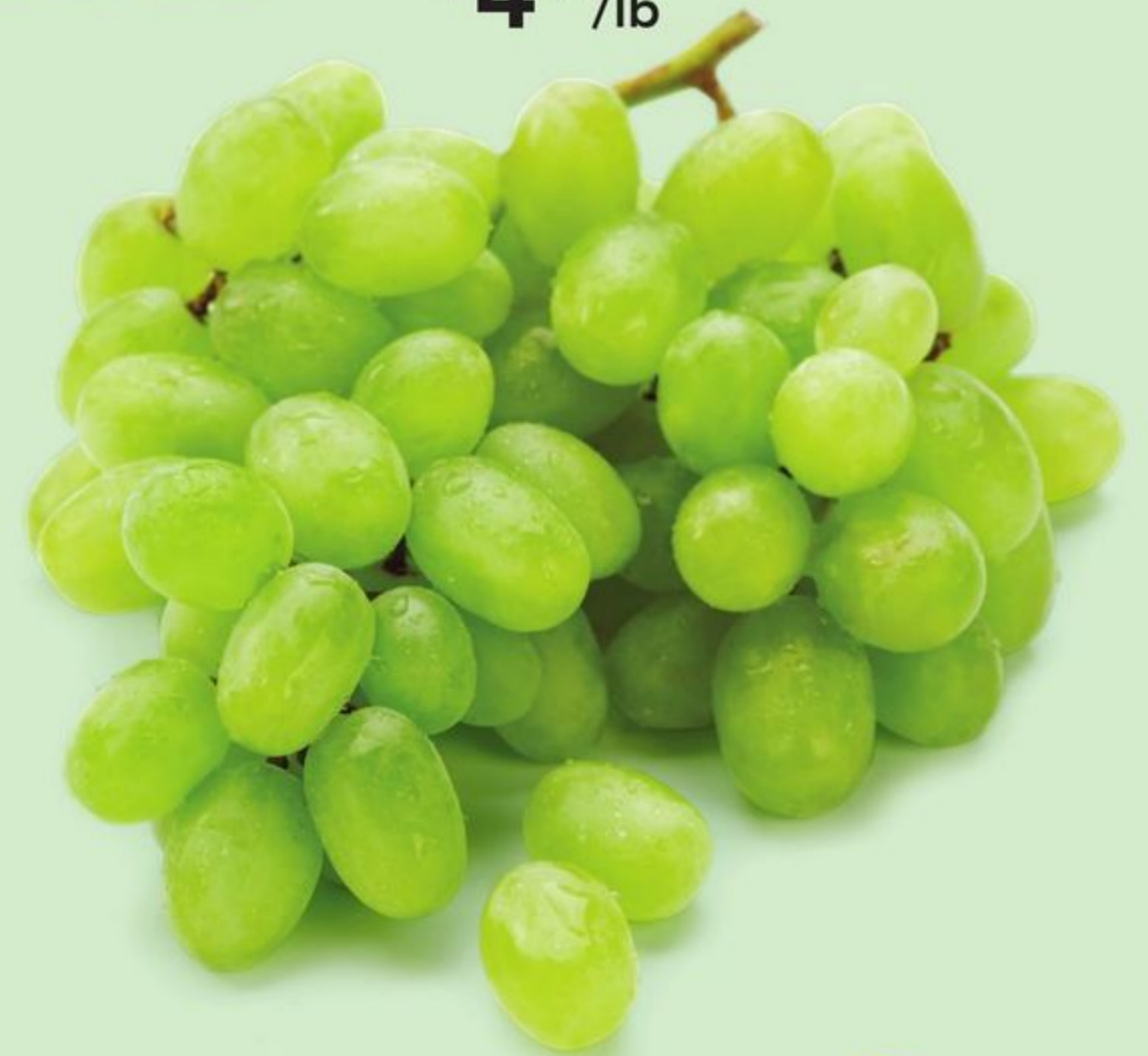
FRESH
FRESH
FRESH



Mandarins
California, 2 lb Bag
\$5⁹⁹

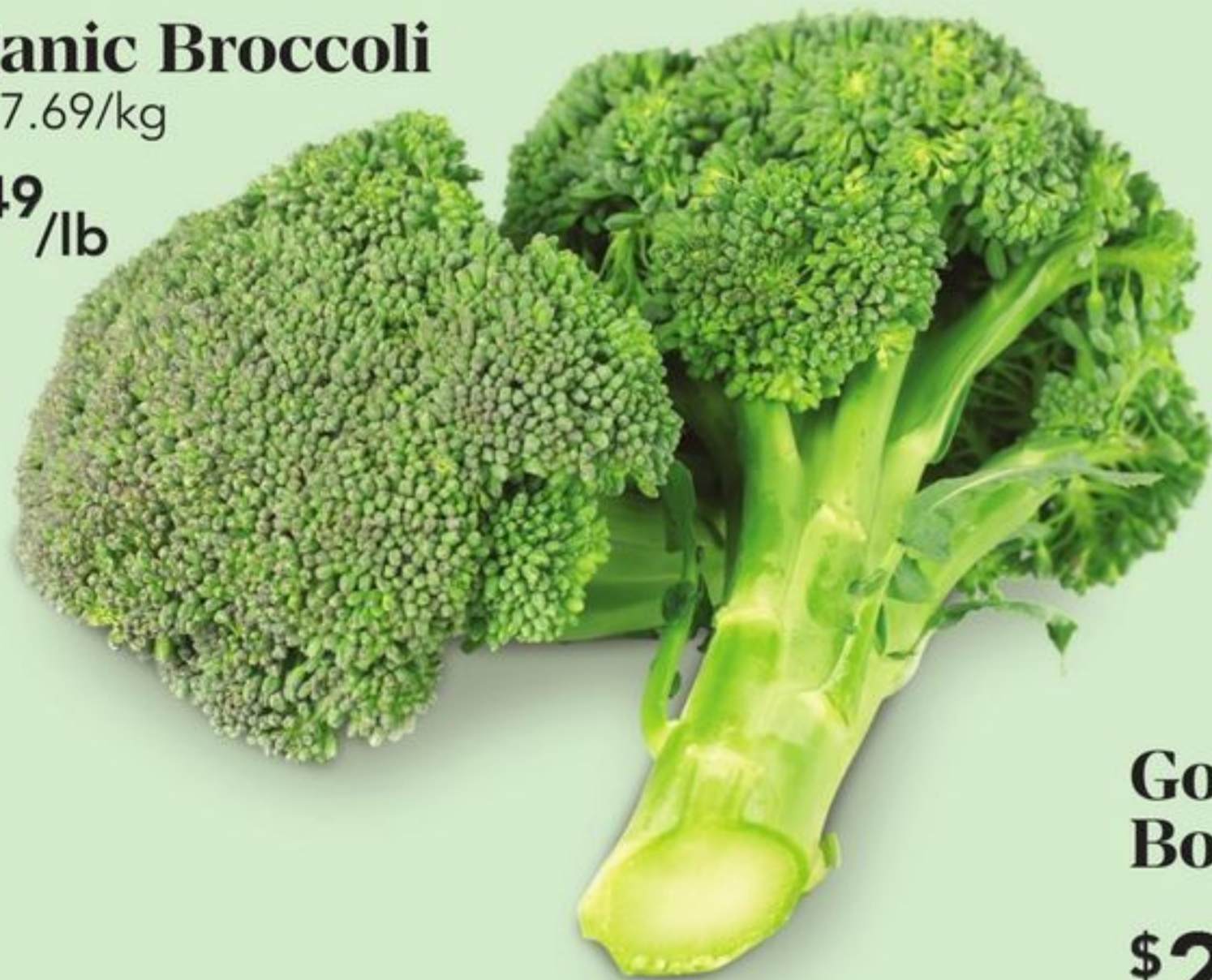


Pineapple
Gold, Large
\$4⁹⁹



Green Grapes
Seedless, Imported, 9.90/kg
\$4⁴⁹/lb

Organic Broccoli
USA, 7.69/kg
\$3⁴⁹/lb



Gourmet Bouquet
\$28⁹⁹



Haden Mango
Mexico
2 for \$5



Ficus Ginseng Bonsai
in Ceramic Pot,
5 Inch
\$22⁹⁹



Floral

BAKERY



Country Harvest Bread
Selected Varieties,
600g or 650g

\$3⁹⁹



Gourmet Muffins
Selected Varieties, Pack of 4

\$5⁴⁹



Fresh Fruit Flan
7 Inch

\$21⁹⁹

DELI



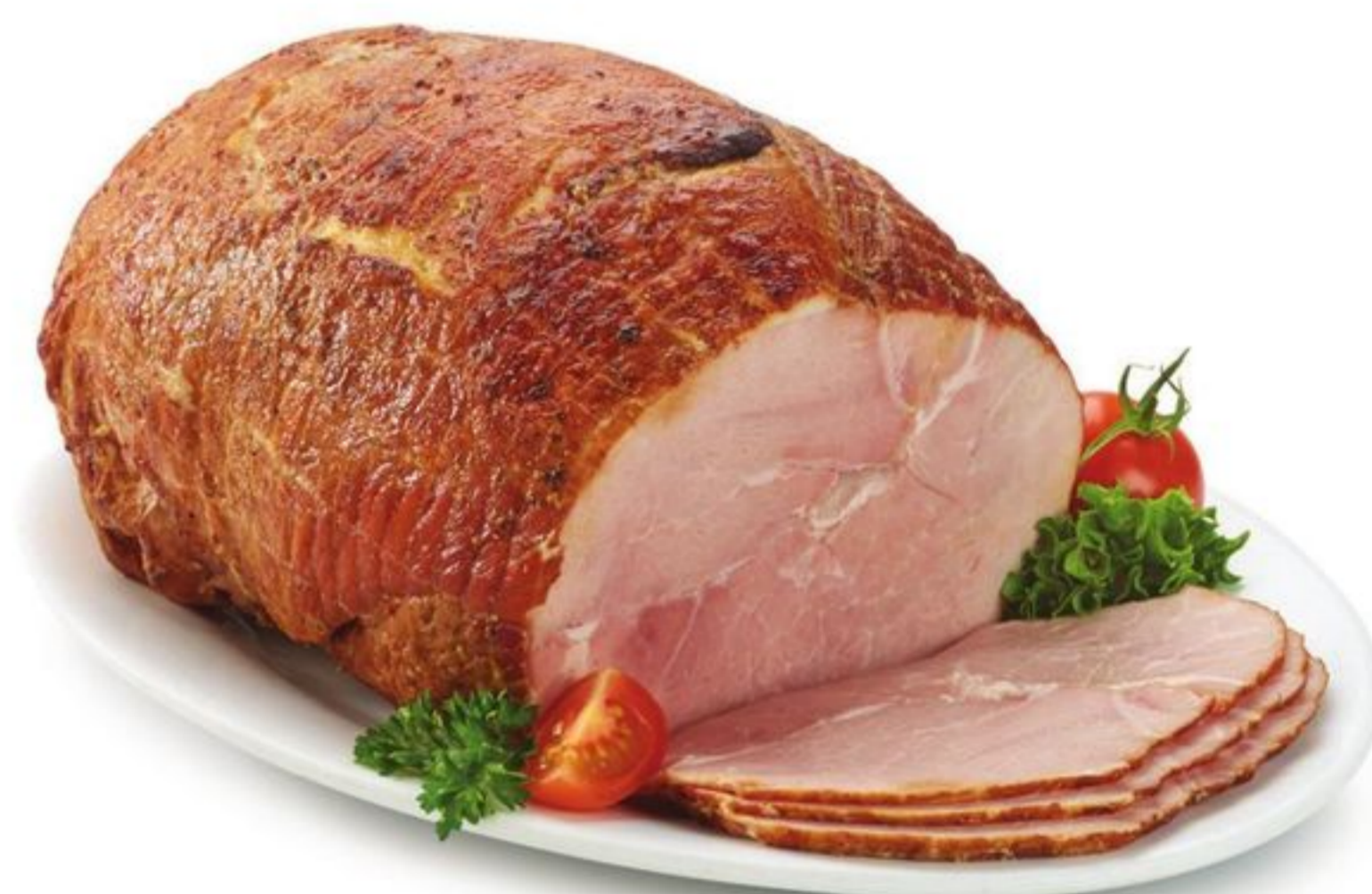
Zerto Mozzarella Cheese
Fresh, Sliced, 250g

\$9⁹⁹



Saint Agur Blue Cheese
Imported

\$7⁴⁹/100g



Urban Fare Signature Glazed Ham
Western Canada

\$3²⁹/100g

MEATS



Chicken Breast Kabob
Fresh, Selected Varieties,
22.02/kg

\$9⁹⁹/lb



Signature Pork Tenderloin
Fresh, Premium Natural Pork,
17.61/kg

\$7⁹⁹/lb



Halibut Fillet
Fresh, Wild

\$5⁹⁹/100g





Morning bliss

Savour the beauty of the moment while sipping on your favourite cup of coffee. From rich and bold to light and bright notes and complex, deep flavours, Urban Fare offers unique coffee blends that are sure to awaken your senses.



Blume Latte Blend
Selected Varieties,
100g or 125g

\$19⁹⁹

DAIRY



Olympic Crema Yogurt
650g

\$4⁴⁹



Riviera Coconut Yogurt Alternative
or Oat,
Selected Varieties

\$5⁴⁹



Thornloe Grass Fed Butter
Salted or Unsalted, 250g

\$7⁴⁹



Western Family Orange Juice
1.54 Litres

\$3⁹⁹

FROZEN



Gardein Dinner
Also Healthy Choice Power Bowl, Selected Varieties, Frozen

\$5⁴⁹



Western Family Vegetables
Selected Varieties, Frozen

\$2⁹⁹



Only Goodness Organic Fruit
Frozen, 600g

\$5⁹⁹



Righteous Gelato
562 mL or Dairy Free Sorbetto 473 mL,
Selected Varieties, Frozen

\$6⁹⁹

URBAN MARKET



Traditional Medicinals Tea
16's
\$5⁴⁹



Only Goodness Organic Peanut Butter
500g
\$5⁴⁹



Nature's Path Cereal
or Envirokidz Organic,
Selected Varieties
\$5⁴⁹



Mandy's Vinaigrette Dressing
(250 mL), Also
Marinade (345 mL),
Selected Varieties
\$9⁹⁹



Favuzzi Pasta
Selected Varieties,
500g
\$4⁹⁹



Annie's Homegrown Pasta
Selected Varieties
3 for \$8



Mary's Organic Crackers
Selected Varieties
\$5⁹⁹



Tia Lupita Cactus Chips
Selected Varieties,
141g
\$5⁹⁹



Hardbite Potato Chips
Selected Varieties
2 for \$7



Bob's Red Mill Oat Bar
Selected Varieties, 50g
2 for \$5



Rise Kombucha
414 mL
\$3⁴⁹



Bubly Sparkling Water
Selected Varieties,
12 x 355 mL
\$6⁴⁹

EVERYDAY BASICS &

Great low prices

LOW
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Nestlé Ice Cream Novelties
Also Cadbury,
Selected Varieties

LOW PRICE
\$5⁴⁹

Post Cereal
Selected Varieties

LOW PRICE
\$3⁹⁹

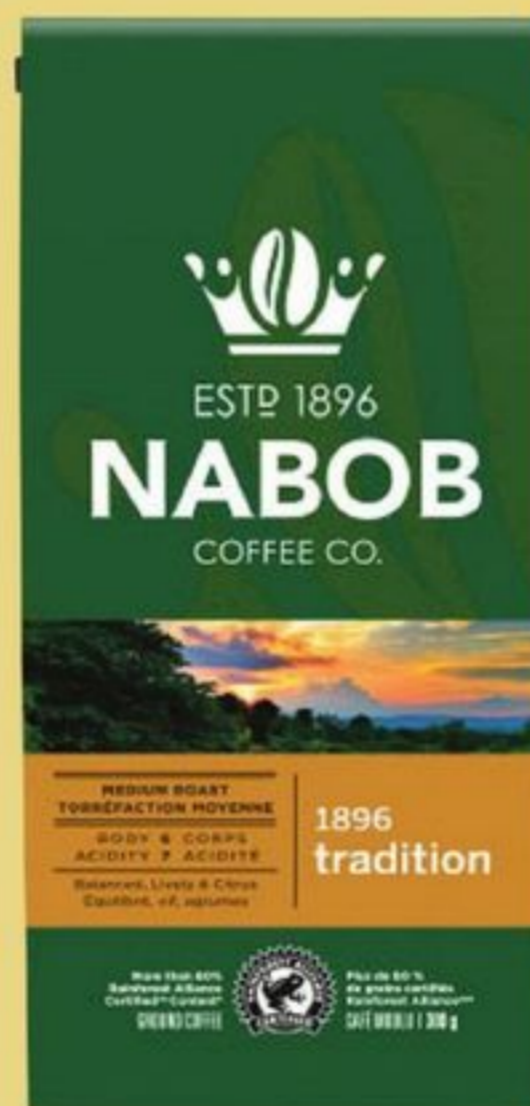
Western Family Cheese Slices
Selected Varieties,
220g or 240g

LOW PRICE
\$4⁴⁹



Kellogg's Eggo
Selected Varieties,
Frozen, 280g or 330g

LOW PRICE
\$3⁹⁹



Nabob Roast & Ground Coffee
Selected Varieties,
340g

LOW PRICE
\$7⁹⁹



Western Family Kettle Chips
200g

LOW PRICE
\$2⁴⁹



Western Family Signature Ice Cream
500 mL

LOW PRICE
\$4⁹⁹



Kellogg's Nutri Grain Cereal Bars
(295g) or Pop Tarts (384g),
Selected Varieties

LOW PRICE
2 for \$7



Miss Vickie's Kettle Chips
Selected Varieties,
190g or 200g

LOW PRICE
2 for \$9



Western Family Cookies
Selected Varieties, 300g

LOW PRICE
2 for \$6



Cheez-It Snap'd Crackers
Also Town House,
Selected Varieties, 213g

LOW PRICE
2 for \$5



Pringles
148g or 156g

LOW PRICE
2 for \$6



Angie's Boom Chicka Pop Microwave Popcorn
(4-Pack), Also Orville Redenbacher Popping Corn,
Selected Varieties

LOW PRICE
\$5.49



Only Goodness Organic Broth
946 mL

LOW PRICE
\$2.99



Western Family Pickles
1 Litre

LOW PRICE
\$3.99



Baby Gourmet Purée
Selected Varieties,
128 mL Pouch

LOW PRICE
\$1.99



Western Family Facial Tissue
6-Pack

LOW PRICE
\$6.49



Western Family Paper Towels
6 Rolls

LOW PRICE
\$6.49

Celebrate every occasion

These lovely handheld treats will make anyday more special. Our exquisite cupcakes are hand-crafted in small batches to create a rich flavour and silky texture, then hand topped with made-from-scratch French-style buttercream.

Gourmet Cupcake

Selected Varieties, 80g

2 for \$7



Serve with ice-cold milk or a cup of espresso.



All Butter Almond Croissant
(175g) or Chocolate (90g)

\$3⁹⁹



Bakery Cookies
Baked in Store, Large,
Selected Varieties, Pack of 3

\$7⁴⁹



Vegan Cupcakes
Selected Varieties,
Pack of 4

\$7⁹⁹



Two-Bite Brownies
265g

\$4⁹⁹

OUR WEEKLY Special

Creamy and mild with a slightly nutty flavour, this aged Italian cheese is delightful shaved over salads and pastas. It's also an excellent choice for your next cheese board, paired with dates or honey.

Parmigiano Reggiano Cheese

Aged 24 Months, Cut & Wrapped in Store, Imported

\$5⁹⁹ /100g

Chef's tip:

Save your spent cheese rinds and add to your soup base, tomato sauce or risotto for extra umami.



Satisfying crunch

Now is the perfect time to indulge in light and flavorful meals that capture the essence of springtime dining. Whether you're following a specific diet or finding new, delicious ways to level up your weekly dinners, this tasty bell pepper sandwich is light, satisfying and flavourful.

Serve with a side of baked chips or Parmesan crisps.



Peppers
Imported,
Selected Varieties,
11.00/kg

\$4⁹⁹/lb

**Western Family
Cream Cheese**
227g or 250g

\$3⁷⁹

**Italian
Prosciutto**
Dry Cured for 18 Months,
Imported

\$6²⁹/100g

**Hass
Avocado**
Large, Mexico

2 for \$4

**Saputo Cheese
Slices**
Selected Varieties,
160g or 180g

\$6⁴⁹