



FLYER PRICES EFFECTIVE  
May 1 to May 31, 2024

# Mother's Day WELLNESS WEEKEND!

May 10th - 12th



Enter to win a  
Luxurious Gift Bag  
& **FREE** Makeup  
Application!  
Worth over  
**\$350!**

Spend **\$100**  
in the wellness  
department &  
receive **20%** off  
all regular priced  
items!

Must enter between May 10-12 at our Danforth Community Market or  
Beach Community Market to qualify for Prize Pack

**Mother's Day Special Gift Bag** (worth \$300)

**FREE Makeup Application** (worth \$50. Valid until July 31st)

## ORGANIC PRODUCE

100% organic & wild-harvested



\$2.49  
each

SAVE  
.50¢

Organic Cilantro  
(May 1-15 only)



\$6.99  
9 oz

\$9.99  
20 oz

SAVE  
\$1.00

SAVE  
\$1.00

SPICE WORLD  
Organic Minced Garlic



\$5.99  
each

SAVE  
\$1.00

Organic Apero Tomatoes  
(May 1-15 only)



\$8.99  
each

SAVE  
\$1.00

KISSED FOODS  
Salad Dressings



\$1.99  
lb

SAVE  
\$1.00

Organic Juicing Carrots

## BIG CARROT BUTCHER

Local, free from Hormones  
& Antibiotics

CUMBRAE'S  
Beef Top Sirloin Steak

\$44.99  
kg

SAVE  
\$5.00



SPEAK TO OUR STAFF NUTRITIONISTS

CANADIAN WORKER OWNED STORE SINCE 1983



\$7.59  
454 g

SAVE  
\$1.40

**INCA'S GOLD**  
Organic Tricolour Quinoa

- Women-owned business
- Gluten-free, non-GMO, Kosher & vegan
- Over 15% off select varieties



\$3.29  
113 g

SAVE  
.70¢

**FILLO'S**  
Walking Tamales

- Vegan, ready-to-eat
- Made with extra-virgin olive oil
- Over 15% off select varieties



\$3.99  
120 g

SAVE  
\$1.00

**MADEGOOD**  
Organic Granola Bars

- Made in Canada, Certified B-Corp
- Nut-free, allergen-friendly
- 20% off entire line



\$9.99  
118 g

SAVE  
\$2.00

**FREE2B**  
Chocolate Mini Sun Cups

- Vegan, Kosher
- Free of the top 10 allergens
- 15% off entire line



\$3.99  
250 mL

SAVE  
\$1.00

**MAISON ORPHÉE**  
Organic Mustard

- Montreal-based, Certified B-Corp
- Cold extraction
- 20% off select varieties



\$1.99  
40 g

SAVE  
.40¢

**TASTE OF NATURE**  
Organic Fruit & Nut Bars

- Gluten-free, vegan & Kosher
- Made in Canada
- Over 15% off select varieties



\$4.49  
400 ml

SAVE  
\$1.20

**CHA'S ORGANICS**  
Organic Coconut Milk

- Fair Trade, non-GMO, vegan & Kosher
- Free from gluten, dairy & gum additives
- 20% off select varieties



\$19.49  
750 ml

SAVE  
\$3.50

**CHOSEN FOODS**  
100% Pure Avocado Oil

- Free from gluten & glyphosate residue
- 15% off avocado oil, mayonnaise & dressings



\$4.99  
100 g

SAVE  
\$1.00

**CAMINO**  
Organic Chocolate Bars

- Fair Trade
- Vegan-friendly options available
- Over 15% off entire line



\$9.69  
946 ml

SAVE  
\$1.30

**LAKWOOD**  
Organic Beet Juice

- Not from concentrate
- Preservative-free
- Over 10% off select varieties



**\$8.49**  
400 g

**SAVE \$1.50**

## SCHAR Gluten-free Bread

- Preservative-free & non-GMO
- 15% off entire line



**\$5.99**  
141 g

**SAVE \$1.00**

## TIA LUPITA Cactus Chips

- Free from gluten & grains
- Over 10% off entire line



**\$11.39**  
725 g

**SAVE \$2.10**

## NATURE'S PATH Organic Koala Crisp Cereal

- Family-owned, 100% organic
- 15% off cereal, granola & waffles



**\$4.79**  
38 g

**SAVE .90¢**

## THEO Organic Dark Chocolate Cups

- Fair Trade, Kosher & non-GMO
- Free from soy
- 15% off entire line

## Freezer



**\$3.99**  
236 ml

**SAVE .70¢**



## KEFIRKULT Water Kefir

- Toronto-based
- Vegan & non-GMO
- 15% off select varieties



**\$2.49**  
33 g

**SAVE .50¢**



## MID-DAY SQUARES Chocolate Protein Squares

- Canadian, Kosher & Fair Trade
- Vegan, free from soy & gluten
- Over 15% off 33 g protein squares



**\$9.29**  
562 ml

**SAVE \$1.70**

## RIGHTEOUS GELATO Dairy Free Sorbetto

- Made in Canada, Certified B-Corp
- Gluten-free & dairy-free options
- Over 15% off gelato & sorbetto



**\$5.99**  
1 L

**SAVE \$1.00**



## CALIFIA FARMS Cold Brew Coffee

- Vegan, Kosher & gluten-free
- Free from dairy, soy, gluten & carrageenan
- Over 10% off select varieties



**\$5.99**  
1 L

**SAVE .70¢**

## ORGANIC MEADOW Organic Strawberry Kefir

- Made locally in Guelph
- Certified Carbon Neutral
- 10% off select varieties



**\$7.49**  
1 L

**SAVE \$1.50**



## LOOP MISSION Cold-pressed Orange Juice

- No added water, sugar or preservatives
- Over 10% off select varieties

## Nattokinase

20%  
OFF

## Serra-Plus Forte



### Breaks Down Blood Clots

- Promotes Optimal Blood Flow
- Maintains a Healthy Heart
- Delayed Release Capsule for Maximum Absorption



### Fast Acting, Anti-Inflammatory

- Maximum Potency Serrapeptase
- Relieves Pain and Inflammation of the joints, sinuses, and headaches
- Superior Bioavailability & Absorption



[provita-nutrition.ca](http://provita-nutrition.ca)



## THE BIG CARROT

— EST. 1983 —

We're now available on





NEW!



© 2024 Kettle Brand

# KETTLE COOKED & AIR FRIED FOR A CRISPY & LIGHT CRUNCH

## JOIN OUR REWARDS PROGRAM!

Sign up in-store! Ask a cashier or visit  
[rewards.thebigcarrot.ca](https://rewards.thebigcarrot.ca)

Enjoy \$5.00 off when you  
reach 100,000 points!

### HEALTHY CHOICES, ENDLESS REWARDS!

- Earn points on every penny you spend in-store
- Unlock opportunities to earn bonus points on select flyer items, by purchasing one of our reusable bags and more!
- Enjoy 10X the points TWICE A MONTH
  - on the 2nd Monday
  - & the last Sunday
- Seniors receive 10% off on the first & last Wednesdays of every month





**Special pricing in-store**

## HMF Intensive Probiotic

- Vegan & non-GMO
- Free from gluten, soy & dairy
- Shelf-stable & refrigerated options
- Entire professional line on sale



**\$19.99**  
120 cps

**SAVE \$5.00**

## ITL HEALTH PrizMAG

- Pure magnesium bisglycinate
- Allergen-friendly, Halal & vegan
- Up to 20% off all ITL Health products
- Beach Community Market select items only



**\$30.39**  
30 cps

**SAVE \$5.60**



## MEGAFOOD Blood Builder

- Vegan, Kosher & Certified B-corp
- Free from gluten, dairy, soy & glyphosate
- Up to 15% off entire line
- Beach Community Market select items only



**\$28.79**  
30 cps

**Special pricing in-store**



## FLORA Ferritin+

- Vegan & gluten-free
- All irons up to 15% off
- Beach Community Market select items only



**\$31.99**  
60 cps

**SAVE \$2.00**

## NEW ROOTS Organic Black Cumin 1,000 mg

- Non-GMO, made with cold-pressed, hexane free seeds
- Entire line on sale
- Beach Community Market select items only



**\$35.99**  
48 g

**SAVE \$4.00**

## CON-CRET Unflavoured Creatine Powder

- Concentrated & microdosable
- 10% off entire line
- Beach Community Market select items only

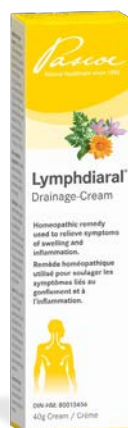


**\$26.99**  
180 cps

**SAVE \$6.00**

## PRAIRIE NATURALS Moringa Leaf 500 mg

- Non-GMO, vegan & gluten-free
- All superfoods on sale
- Beach Community Market select items only



**\$27.99**  
40 g

**\*FREE 20ml Lymphdiaral with purchase**

## PASCOE Lymphdiaral Cream

- Homeopathic remedy to support lymphatic flow, relieve symptoms of swelling, pain & inflammation



**1,000 Bonus Points**  
**\$14.99**  
236 ml

**SAVE \$3.00**

## SURO Breathe

- Made in Canada, organic & non-GMO
- Free from gluten & alcohol
- Up to 15% off entire line



**\$22.25**  
90 cps

**Special pricing in-store**

## NOW Beta Glucan

- Vegan, Kosher & Certified B-corp
- Up to 15% off entire line
- Beach Community Market select items only



1,000 Bonus Points

Tinted Oil Serum  
**\$29.99**  
30 ml

Sonoma Hydrosol  
**\$37.99**  
120 ml

SAVE  
**\$10.00**

## EVANHEALY

### Tinted Oil Serum & Sonoma Rose Petal Hydrosol

- Organic, non-GMO, vegan & gluten-free
- Up to 25% off entire line



1,000 Bonus Points

**\$11.19**  
113 g

SAVE  
**\$2.80**

## EARTHPASTE

### Kid's Toothpaste

- Vegan
- Free from glycerin, fluoride, foaming agents, artificial coloring & SLS
- 15% off entire line



**\$7.19**  
120 g

SAVE  
**\$1.80**

## BATHORIUM

### Midnight Superbloom Bath Soak

- Made in Canada, cruelty-free
- Free from artificial fragrances & SLS
- 20% off entire line



1,000 Bonus Points

**\$71.99**  
30 ml

SAVE  
**\$18.00**

## GRAYDON

### Jade Moon Superfood Serum

- Superfood powered
- Designed for skin longevity
- 20% off entire line



1,000 Bonus Points

**\$17.79**  
163 ml

SAVE  
**\$3.20**

## ANDALOU NATURALS

### 1000 Roses Cleansing Foam

- 98% nature-derived
- Gluten-free & vegan
- 15% off entire line



1,000 Bonus Points

**\$11.49**  
500 g

SAVE  
**\$2.00**

## BUTTERFLY WEED HERBALS

### Bergamot Bath Soak

- Local & plant-based
- 15% off entire line



1,000 Bonus Points

**\$13.59**  
240 ml

SAVE  
**\$3.40**

## HERITAGE STORE

### Rose Water

- Vegan
- No alcohol or dyes
- 20% off all skin care



1,000 Bonus Points

**\$54.99**  
50 ml

SAVE  
**\$10.00**

## ANNEMARIE BÖRLIND

### ZZ Sensitive Protective Day Cream

- Made with plant extracts from certified organic farming
- Made in Germany, climate friendly
- 15% off entire line



### HOW IT WORKS:

If you find a lower advertised price from one of our direct competitors of exactly the same product at the time of purchase we will gladly match the price. Terms and conditions apply.\*

For complete program details please visit [thebigcarrot.ca/price-match](http://thebigcarrot.ca/price-match).

# THE PANTRY

Get 10% off loose bulk items on 10X Points Days



\$3.99  
kg

SAVE  
\$1.00

Organic Rolled Oats



\$6.99  
kg

SAVE  
\$1.00

Organic Long Grain Brown Rice



\$5.99  
kg

SAVE  
\$1.00

Organic Brown Flax Seed



\$5.99  
kg

SAVE  
\$1.00

Organic Red Kidney Beans



\$30.99  
kg

SAVE  
\$3.00

Organic Dried Mango



\$28.99  
kg

SAVE  
\$3.00

Organic Raw Almonds

Maximize Your Savings! See Website for Details.

**10X  
Points**

on ALL Products in  
the store, Monday  
May 13th & Sunday  
May 26th.

**SENIOR'S  
DAY!**

Save 10% off your  
purchases on  
Wednesday May  
1st & 29th.

**10%  
Off**

Loose bulk items on  
10X Points Days  
every month.



Danforth & Beach  
Community Market

Featured this Month  
**Cherry Blossom Limeade**

Tart Cherry Juice, Lime, Maple Syrup,  
Sparkling Water, Ice

**\$6**  
16oz

## THE CARROT KITCHEN

*Danforth*  
**Three Cheese  
Lasagna**

**20%  
OFF**

*Beach*  
**Kale Chicken  
Caesar Salad**

**15%  
OFF**

Advertised prices and discounts are valid from May 1 - May 31, 2024

**The Danforth Community Market**, 348 Danforth Avenue., Toronto ON M4K 1N8

**Store Hours:** Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

**Juice Bar Hours:** Monday-Friday 8:30-6:00, Saturday & Sunday 9:00-6:00

**Dispensary Hours, Beauty & Wellness Boutique Hours:** Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

One block west of Chester subway. Three blocks east of Broadview Ave Metered parking available off of Jackman Ave.

**The Beach Community Market**, 125 Southwood Drive, Toronto, ON M4E 0B8

**Store Hours:** Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

**Beach Smoothie Bar Hours:** Monday-Sunday 8:00-6:00

**Free Underground Parking**

Located at the southeast corner of Main Street and Kingston Road, bus #64 from Main Station.



Please recycle  
this flyer

\*Closed Victoria Day, Monday May 20, 2024

The Big Carrot continues to provide our customers with the finest quality and selection of natural foods, backed up by friendly service and up-to-date information. It is our intent to have every advertised item stocked, in rare occasions an item may not be available due to unforeseen circumstances. Quantities are limited. No rain checks. We reserve the right to correct printing errors. Visit [www.Thebigcarrot.ca](http://www.Thebigcarrot.ca) to sign up for your rewards card, e-newsletter, Free Speaker Series, more information on products, events, demo calendar, or nutrition facts.

Visit our website for more details: [www.thebigcarrot.ca](http://www.thebigcarrot.ca)