

# Blush Lane

ORGANIC MARKET



May 12 - 18 / 2024

## Ignite Your Tastebuds

Fire up the grill and be the host with the most this long weekend

Shop BBQ favourites in store

### Weekly Deals



Pierogie Polish Foods  
**Assorted Pierogies**  
Reg. \$10.99/330g



Organic  
**Green Beans**  
Reg. \$6.99/lb (\$15.39/kg)  
Product of MEX



Organic  
**Strawberries**  
Reg. \$8.99/1lb (454g) Box  
Product of MEX/USA



Spud Sustainable Seafood  
**Pacific Cod Portions**  
Reg. \$6.19/170g

### Featured Deal



FOUR O'CLOCK  
**Fair Trade Organic Teas**  
Reg. \$6.99/16 bags

Fueled by a mother-daughter passion for tea, Four O'Clock is based in Saint-Bruno-de-Montarville, in the Greater Montreal area, where they dream up and taste the herb and spice blends that are the essence of Four O'Clock teas. Explore their extensive range of teas and herbal teas; organic, fair trade and proudly Canadian.

Sales valid from May 12 - 18 / 2024

## Produce



Local  
**Gull Valley Mini Cucumbers**  
 Reg. \$5.99/1lb (454g) Bag  
 Product of AB



Organic  
**Avocados**  
 Reg. \$2.49/Each  
 (for your first 2)  
 Product of MEX



Organic  
**Cosmic Crisp Apples**  
 Reg. \$2.99/lb (\$6.59/kg)  
 Product of USA



Local  
**Gull Valley Sweet Mini Peppers**  
 Reg. \$6.99/lb (\$15.40/kg)  
 Product of AB

## Monthly Savings



Yorkshire Valley Farms  
**Organic Breaded  
 Chicken Fillets or Bites**  
 Reg. \$19.99/454-480g



Chimes  
**Ginger Chews**  
 Reg. \$2.79-4.49  
 /assorted sizes

Sales valid from May 12 - 18 / 2024

MAY 5 - JUNE 1

# A-May-zing Savings

Shop this month's unbeatable deals

SHOP IN STORE

\*product availability may vary



# Grocery



Canadian Heritage Organics  
**Line Drive**

Reg. \$6.49-36.99/assorted sizes



CLIF  
**Builder Protein Bars**

Reg. \$2.99/68g



Kettle  
**Potato Chips**

Reg. \$4.79/198g



San-J  
**Cooking Sauces**

Reg. \$6.99-10.49/assorted sizes



Siete  
**Grain Free Tortilla Chips**

Reg. \$8.99/142g



49th Parallel  
**Direct Trade  
Whole Bean Coffee**

Reg. \$19.99/340g



Spread 'Em Kitchen  
**Cheese Alternatives**

Reg. \$10.79/200g



Califia Farms  
**Cold Brew Coffee &  
Plant Based Creamer**

Reg. \$6.99-8.79/750ml-1L



Yoggu!  
**Plant Based Yogurt**

Reg. \$8.99/500ml

## Grocery



NOW  
**4<sup>69</sup>**  
TO  
**10<sup>99</sup>**

Harmless Harvest  
**Organic Coconut Water**  
Reg. \$6.79-15.99/296-946ml

# Adventure Ready Meals

Shop your favourite long weekend  
essentials in store



## Meat & Deli



NOW  
**11<sup>99</sup>**

Selva  
**Shrimp Half Ring  
w/Sauce**  
Reg. \$14.99/255g



NOW  
**7<sup>29</sup>**

Divina  
**Selected Olive  
Deli Cups**  
Reg. \$9.29/320ml



NOW  
**7<sup>29</sup>**

Grimm's Fine Foods  
**Deli Sausage Rings**  
Reg. \$9.29/300g



NOW  
**13<sup>99</sup>**

Selva  
**Raw or Cooked Black Tiger  
Shrimp 21/25 Count**  
Reg. \$17.49-17.99/340g

## Dine In



NOW  
**9<sup>59</sup>**

Bluebird Provisions  
**Assorted Broth**  
Reg. \$11.29/420ml



NOW  
**12<sup>29</sup>**

Amy's Kitchen  
**Assorted Pizza**  
Reg. \$14.49/368g

# Health & Beauty

15%  
OFF



Harmonic Arts  
**Canadian-made Elixirs,  
Tinctures, & Mushroom  
Supplements**

Assorted Sizes & Prices

30%  
OFF



Nena Skincare  
**Mineral-Rich Skincare**  
\$19.99-34.99/Assorted Sizes

20%  
OFF



CanPrev  
**Collagen Liquids & Powders**  
\$35.99-43.99/Assorted Sizes

20%  
OFF



Flora  
**Iron+ Liquid & Caps**  
\$20.69-35.09/Assorted Sizes

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**ASPEN WOODS,  
CALGARY**  
#3000 - 10 Aspen Stone  
Blvd SW  
t: 403 210 1247  
Mon - Sun | 8 am - 9 pm

**MARDA LOOP,  
CALGARY**  
2044 33rd Ave SW  
t: 587 535 6713  
Free 1 hour parking!  
Mon - Sun | 9 am - 9 pm

**BRIDGELAND,  
CALGARY**  
617 Meredith Rd NE  
t: 587 393 4041  
Free 45 min parking!  
Mon - Sun | 9 am - 9 pm

**WHYTE AVE,  
EDMONTON**  
8135 - 102nd Street NW  
t: 780 988 5655  
Sun - Fri | 9 am - 9 pm  
Saturday | 8 am - 9 pm

All items are available on sale at all Blush Lane Organic Markets between May 12-18/2024. All sales are valid while quantities last and are subject to availability. The sales in this flyer are exclusive to only Blush Lane Organic Market locations and may or may not be reflected as the regular or sale price between these dates at SPUD.ca. Blush Lane reserves the right to cancel these promotions at any time. Blush Lane Whyte Ave Edmonton does not carry all products shown in this flyer. All meat and seafood products mentioned in this flyer will only be available frozen, not fresh at the Blush Lane Whyte Ave location.



## The Blush Lane **Wellness Club**

Sign up for \$30 and save on  
health and body care all year long!

**MEMBERS RECEIVE  
15% OFF ON**



Protein & Herbal  
Powders



Cosmetics



Body Care



Homeopathy