

Blueberries

USA or Mexico,
170g

\$2⁹⁹



Raspberries

USA or Mexico,
170g

\$2⁹⁹



Blackberries

USA or Mexico,
170g

\$2⁹⁹



OUR WEEKLY

Feature Fare



Strawberries

USA or Mexico, 1 lb

\$3⁴⁹

Danone Oikos Yogurt

650g or 750g

\$5⁴⁹



Western Family Fruit

Frozen, 1.5 kg

\$9⁹⁹



49th Parallel Coffee

Selected Varieties,
340g

\$14⁹⁹



Que Pasa Organic Tortilla Chips

Selected Varieties

2 for \$8



Classico Pasta Sauce

Selected Varieties

3 for \$10



Purex Bathroom Tissue

Selected Varieties,
12 Double Rolls
or 8 Triple Rolls

\$6⁹⁹



Food is our passion

Prices effective Thursday to Wednesday, May 2 to 8, 2024. We reserve the right to limit quantities.
Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

Wk18 - H

Produce

FRESH
FRESH
FRESH

Organic
Gala Apples
BC, 3 lb
\$6⁹⁹



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



Long English
Cucumber
BC
\$1⁴⁹



Organic Baby
Peeled Carrots
USA, 1 lb
\$2⁹⁹



Ataulfo Mango
Mexico
2 for \$4



Seasonal Fresh
Cut Flower Bouquet
\$36⁹⁹



Azalea
6 Inch
\$18⁹⁹

Floral

BAKERY



D'Italiano Bread
Selected Varieties, 675g

\$3⁴⁹



Butter Croissants
Baked in Store, Pack of 4

\$3⁴⁹



Fruit Topped Cheesecake
6 Inch

\$24⁹⁹

DELI



Cambozola Cheese
Imported from Germany

\$5⁹⁹/100g



Guacamole
Homestyle or Classic

\$1⁷⁹/100g



Smoked Turkey
or Cooked, Sliced Fresh in Store

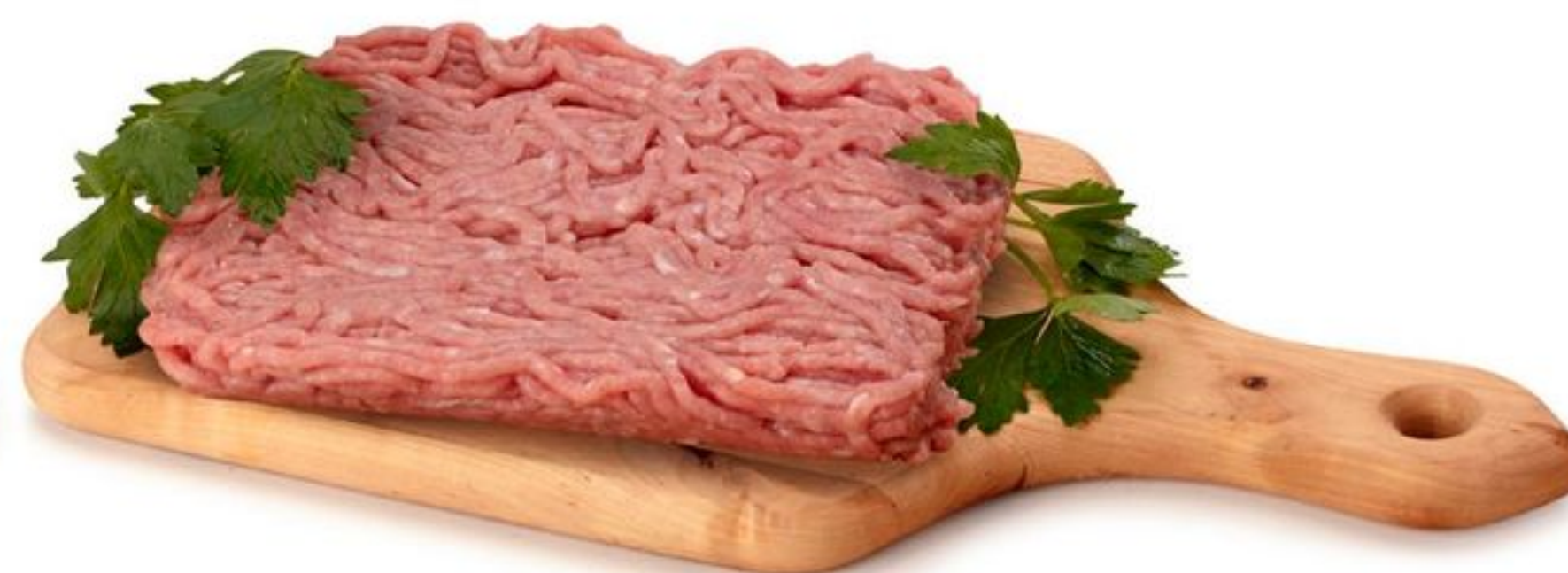
\$3⁶⁹/100g

MEATS



Chicken Thighs
Fresh, Bone In, Raised without Antibiotics, 13.21/kg

\$5⁹⁹/lb



Ground Turkey Thigh
Fresh, 17.61/kg

\$7⁹⁹/lb



Western Family Thick Cut Bacon
Selected Varieties, 500g

\$7⁹⁹



snack happy

Gluten-free and low-carb, these tasty crackers are packed with flavour and full of crunch. So good, a guilt-free snack perfect for anytime munchin'.



new
Crunchmaster
Rice Crackers
100g or 128g

\$5⁹⁹

DAIRY



Olympic
Organic Yogurt
1.75 kg

\$10⁹⁹



Danone
Activia Yogurt
Also Two
Good Greek,
Selected Varieties

\$3⁶⁹



Violife Cheese
Alternative
Selected Varieties,
200g or 227g

\$4⁹⁹



Silk Dairy Free
Beverage
Selected Varieties,
1.75 Litres
or 1.89 Litres

\$3⁹⁹

FROZEN



Daiya Pizza
Selected Varieties,
Frozen

\$8⁹⁹



Amy's Organic
Entrée
Selected Varieties,
Frozen

\$6⁴⁹



Evive
Smoothie
Cubes
405g

\$9⁹⁹



Western Family
Signature
Ice Cream
1.65 Litres

\$5⁴⁹

NATURAL



Blue Diamond Almond Breeze Beverage
946 mL

2 for \$6



Fatso High Performance Peanut Butter
500g

\$6⁹⁹



Kashi Cereal
Selected Varieties

\$4⁹⁹



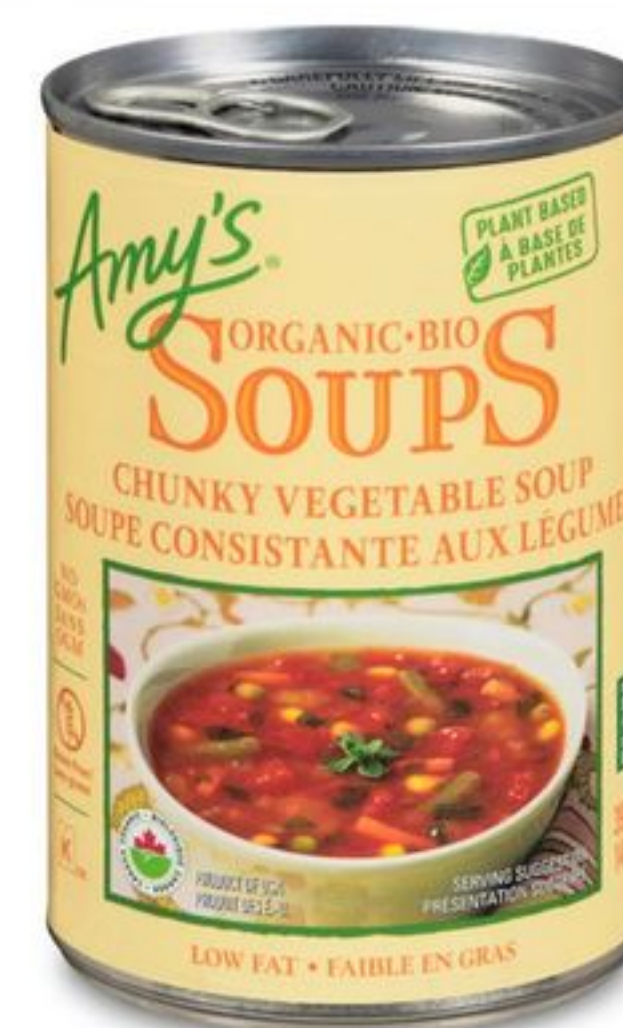
new Fresh is Best Taco Shells
(144g) or Seasoning Shaker (60g)

\$3⁹⁹



Only Goodness Organic Beans
Also Western Family, Selected Varieties,
398 mL

2 for \$5



Amy's Organic Soup
398 mL

2 for \$8



Sensible Portions Veggie Straws
120g or 142g

\$3²⁹



Angie's Boom Chicka Pop Popcorn
(136g) or Puffs (170g), Selected Varieties

\$4⁴⁹



Siete Tortilla Chips
142g

\$5⁹⁹



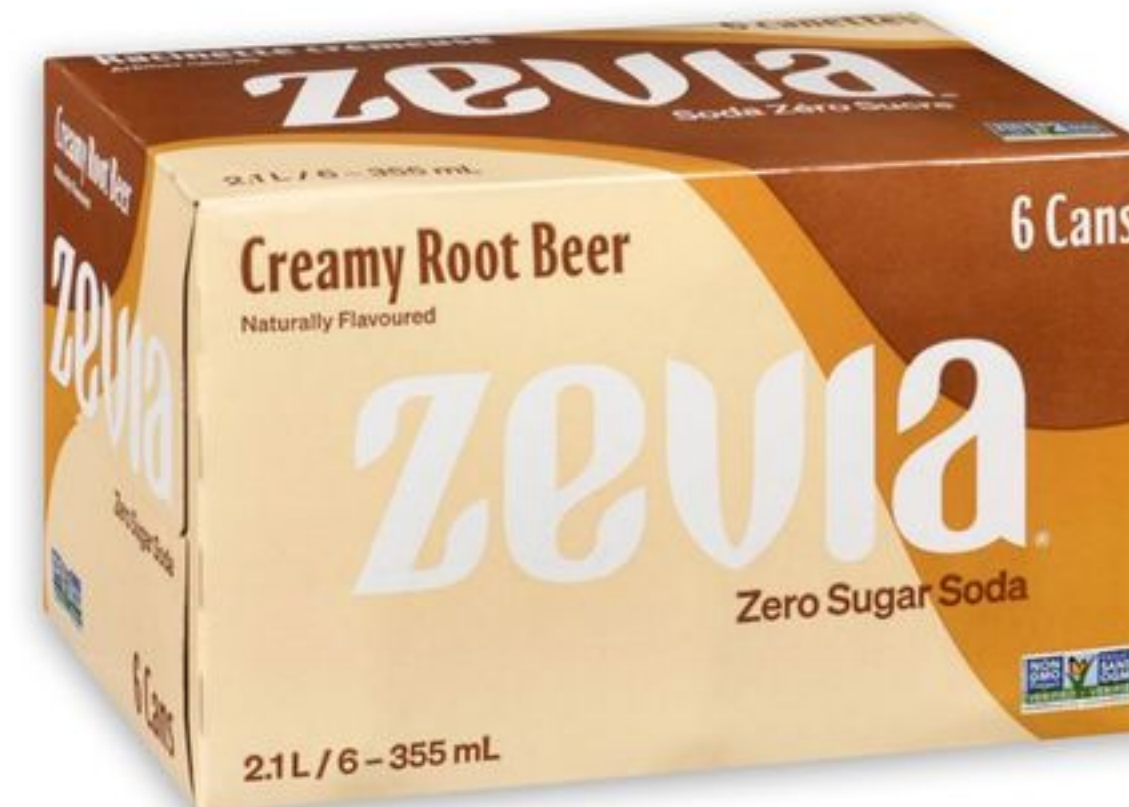
Kashi Granola Bars
(175g) or Quinoa Crunch (200g), Selected Varieties

2 for \$7



Olé Mocktails
Selected Varieties,
4 x 355 mL

\$8⁹⁹



Zevia Soda
6 x 355 mL

\$5⁹⁹

EVERYDAY BASICS &
**Great
 low
 prices**



**General Mills
 Cereal**
 Selected Varieties

**LOW
 PRICE**
\$3⁹⁹

**Christie
 Triscuit
 Crackers**
 185g or 200g

**LOW
 PRICE**
2 for \$6

**Quaker
 Crispy Minis**
 Selected Varieties

**LOW
 PRICE**
2 for \$6

LOW
 LOW
 LOW



**Stash
 Herbal Tea**
 Selected Varieties,
 18's or 20's

**LOW
 PRICE**
\$4⁴⁹



**Quaker
 Instant Oatmeal**
 Selected Varieties

**LOW
 PRICE**
2 for \$7



**Hawkins
 Cheezies**
 285g

**LOW
 PRICE**
2 for \$8



**Quaker
 Chewy
 Granola Bars
 or Dippis,**
 Selected Varieties

**LOW
 PRICE**
2 for \$6



**Quaker
 Harvest
 Crunch**
 Selected Varieties

**LOW
 PRICE**
\$4⁹⁹



**Old Dutch
 Potato Chips**
 Selected Varieties

**LOW
 PRICE**
2 for \$7



Christie Animal Crackers
or Mini Cookies, Also
Selected Varieties

**LOW
PRICE**
2 for \$6



Club House Organic Spice
Selected Varieties

**LOW
PRICE**
2 for \$7



Tim Hortons Soup
Selected Varieties,
540 mL

**LOW
PRICE**
2 for \$7



Western Family Pasta
500g

**LOW
PRICE**
2 for \$5



Old El Paso Seasoning Mix
Selected Varieties,
24g

**LOW
PRICE**
4 for \$5



Old El Paso Salsa
(650 mL) or Taco Kit,
Selected Varieties

**LOW
PRICE**
\$4⁴⁹



Old El Paso Taco Shells
(125g) or Tortillas,
Selected Varieties

**LOW
PRICE**
2 for \$7



Ocean Spray Cranberry Cocktail
Selected Varieties,
1.77 Litres or
1.89 Litres

**LOW
PRICE**
\$3⁹⁹



Sponge Towels Ultra
Choose-A-Size Paper Towels
(6 Rolls) or
Pro (3=6 Rolls)

**LOW
PRICE**
\$6⁹⁹

Picnic perfection

Whether your weekend plans include a meal on the patio or a picnic in the park, Urban Fare is here for you—our restaurants offer a range of chef-prepared foods to go.

Strawberry Quinoa Family Salad

20% off

Made with fresh ingredients daily



BBQ Ribs
Half Rack

\$10⁹⁹



Soup Etc Grandma's Chicken Noodle Soup

Also Selected Varieties,
700 mL

\$8⁴⁹



Urban Fare Rotisserie Chicken

Whole, Selected Varieties,
925g

\$13⁹⁹



Fresh Salad
Selected Varieties

20% off

OUR WEEKLY Special

Kombucha is a fermented tea that's naturally effervescent. Each unique offering provides nourishment to reinvigorate the mind, body, and soul.

Brew Dr. Kombucha

Selected Varieties,
414 mL

\$3⁴⁹

Chef's tip:

Because it is a raw, living food, always keep your Kombucha in the refrigerator.



Anytime is taco time

Get any party started with simple, light, and incredibly flavourful fish tacos. Serve with a side of fresh salsa or pico de gallo and crunchy tortilla chips for a truly delightful meal.



Cod Fillet

Wild, Previously Frozen

\$2⁹⁹ /100g

Chef's tip:

Add cilantro lime sauce for a burst of flavour.

Fresh is Best Salsa

Medium or Hot,
375 mL

\$6⁴⁹

Fresh is Best Corn Chips

300g

\$4⁴⁹

Authentic Street Tortillas

279g

\$3⁹⁹

Lime

Mexico

79¢

