

### Blueberries

USA or Mexico,  
170g

**\$2<sup>99</sup>**



### Raspberries

USA or Mexico,  
170g

**\$2<sup>99</sup>**



### Blackberries

USA or Mexico,  
170g

**\$2<sup>99</sup>**



OUR WEEKLY

# Feature Fare



### Strawberries

USA or Mexico, 1 lb

**\$3<sup>49</sup>**

### Danone Oikos Yogurt

650g or 750g

**\$5<sup>49</sup>**



### Western Family Fruit

Frozen, 1.5 kg

**\$9<sup>99</sup>**



### 49th Parallel Coffee

Selected Varieties,  
340g

**\$14<sup>99</sup>**



### 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

**\$6<sup>99</sup>**



## 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 - H0



# Produce

FRESH  
FRESH  
FRESH

Organic  
Gala Apples  
BC, 3 lb  
**\$6<sup>99</sup>**



Red Seedless  
Grapes  
Imported, 9.90/kg  
**\$4<sup>49</sup>/lb**



Long English  
Cucumber  
BC  
**\$1<sup>49</sup>**



Organic Baby  
Peeled Carrots  
USA, 1 lb  
**\$2<sup>99</sup>**



Ataulfo Mango  
Mexico  
**2 for \$4**



Seasonal Fresh  
Cut Flower Bouquet  
**\$36<sup>99</sup>**



Azalea  
6 Inch  
**\$18<sup>99</sup>**

# Floral



# BAKERY



**D'Italiano Bread**  
Selected Varieties, 675g

**\$3<sup>49</sup>**



**Butter Croissants**  
Baked in Store, Pack of 4

**\$3<sup>49</sup>**



**Fruit Topped Cheesecake**  
6 Inch

**\$24<sup>99</sup>**

# DELI



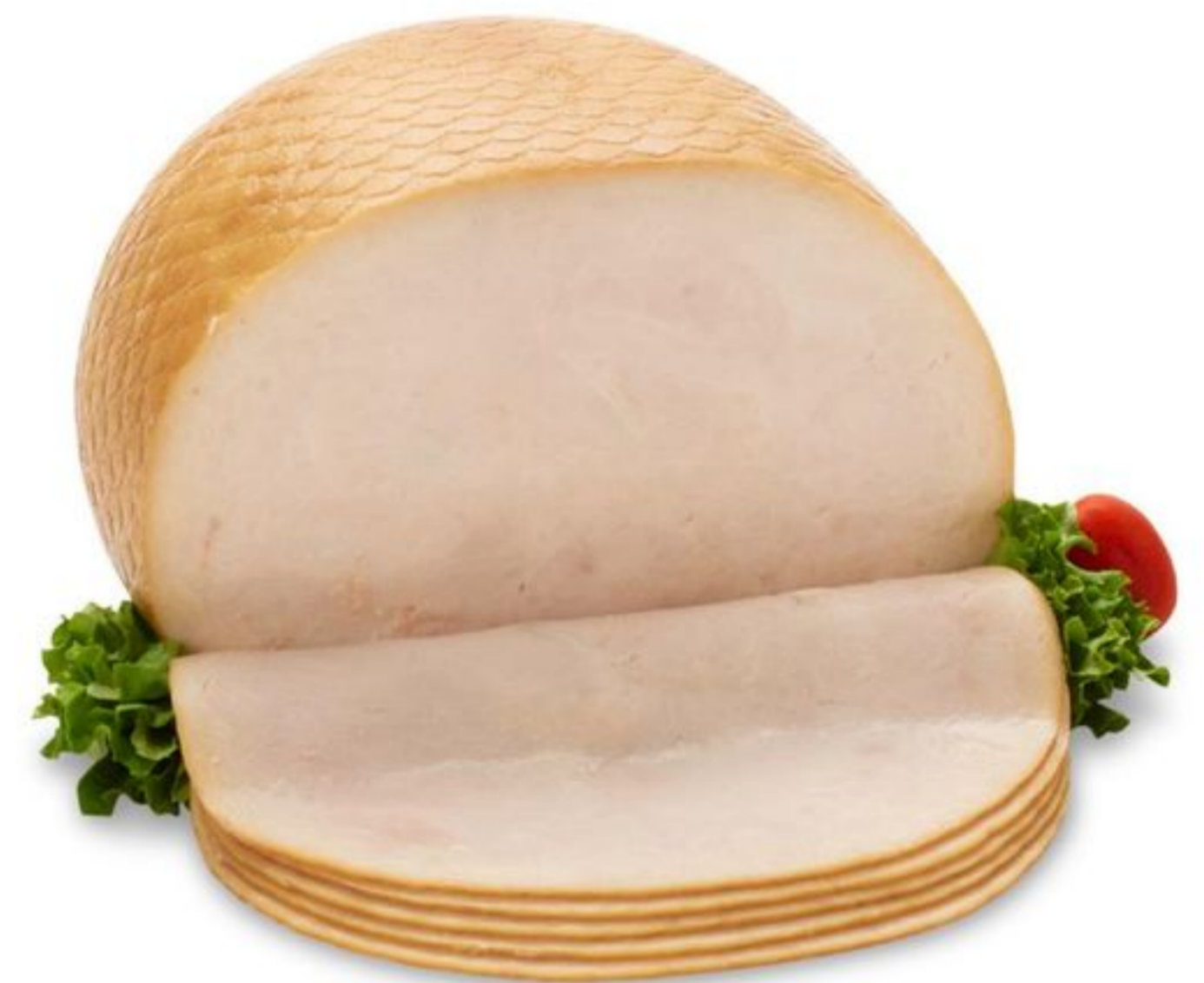
**Cambozola Cheese**  
Imported from Germany

**\$5<sup>99</sup>/100g**



**Guacamole**  
Homestyle or Classic

**\$1<sup>79</sup>/100g**



**Smoked Turkey**  
or Cooked, Sliced Fresh in Store

**\$3<sup>69</sup>/100g**

# MEATS



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

**\$5<sup>99</sup>/lb**



**Ground Turkey Thigh**  
Fresh, 17.61/kg

**\$7<sup>99</sup>/lb**



**Western Family Thick Cut Bacon**  
Selected Varieties, 500g

**\$7<sup>99</sup>**





# 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

**\$5<sup>99</sup>**

# DAIRY



**Olympic**  
**Organic Yogurt**  
1.75 kg

**\$10<sup>99</sup>**



**Danone**  
**Activia Yogurt**  
Also Two  
Good Greek,  
Selected Varieties

**\$3<sup>69</sup>**



**Violife Cheese**  
**Alternative**  
Selected Varieties,  
200g or 227g

**\$4<sup>99</sup>**



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

**\$3<sup>99</sup>**

# FROZEN



**Daiya Pizza**  
Selected Varieties,  
Frozen

**\$8<sup>99</sup>**



**Amy's Organic**  
**Entrée**  
Selected Varieties,  
Frozen

**\$6<sup>49</sup>**



**Evive**  
**Smoothie**  
**Cubes**  
405g

**\$9<sup>99</sup>**



**Western Family**  
**Signature**  
**Ice Cream**  
1.65 Litres

**\$5<sup>49</sup>**



# NATURAL



**Blue Diamond Almond Breeze Beverage**  
946 mL

**2 for \$6**



**Fatso High Performance Peanut Butter**  
500g

**\$6<sup>99</sup>**



**Kashi Cereal**  
Selected Varieties

**\$4<sup>99</sup>**



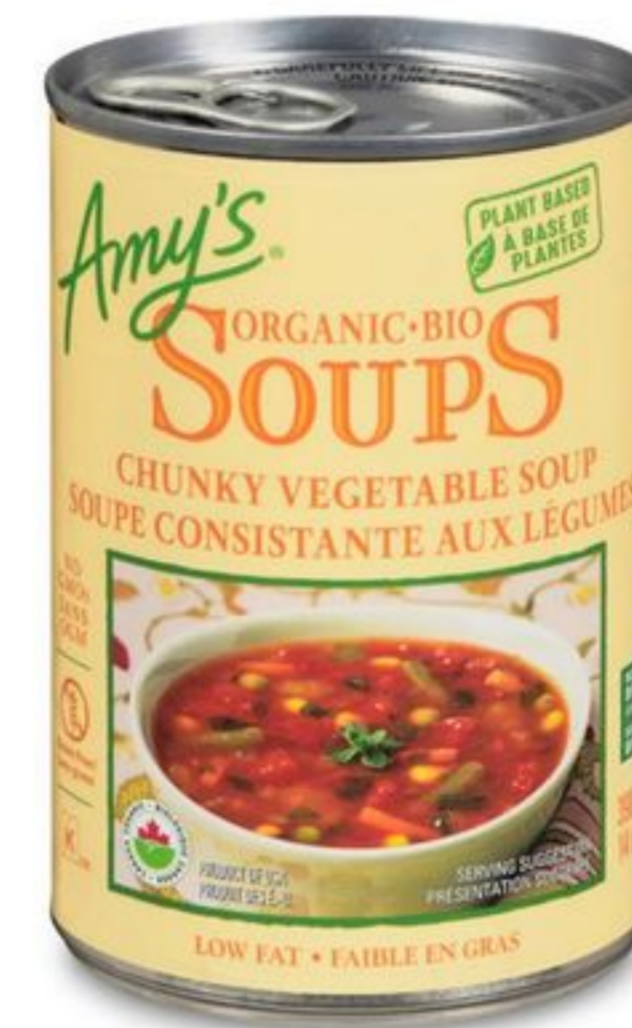
**new Fresh is Best Taco Shells**  
(144g) or Seasoning Shaker (60g)

**\$3<sup>99</sup>**



**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

**\$3<sup>29</sup>**



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

**\$4<sup>49</sup>**



**Siete Tortilla Chips**  
142g

**\$5<sup>99</sup>**



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

**2 for \$7**



**Olé Mocktails**  
Selected Varieties,  
4 x 355 mL

**\$8<sup>99</sup>**



**Zevia Soda**  
6 x 355 mL

**\$5<sup>99</sup>**



EVERYDAY BASICS &

# Great low prices



General Mills  
Cereal  
Selected Varieties

**LOW PRICE**  
**\$3<sup>99</sup>**

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**  
**\$4<sup>49</sup>**



Quaker  
Instant Oatmeal  
Selected Varieties

**LOW PRICE**  
**2 for \$7**



Hawkins  
Cheezies  
285g

**LOW PRICE**  
**2 for \$8**



Quaker  
Chewy  
Granola Bars  
or Dippys,  
Selected Varieties

**LOW PRICE**  
**2 for \$6**



Quaker  
Harvest  
Crunch  
Selected Varieties

**LOW PRICE**  
**\$4<sup>99</sup>**



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**  
\$4<sup>49</sup>



**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**  
\$3<sup>99</sup>



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

**LOW  
PRICE**  
\$6<sup>99</sup>



# 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

**\$10<sup>99</sup>**



**Soup Etc Grandma's Chicken Noodle Soup**

Also Selected Varieties,  
700 mL

**\$8<sup>49</sup>**



**Urban Fare Rotisserie Chicken**

Whole, Selected Varieties,  
925g

**\$13<sup>99</sup>**



**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

**\$3<sup>49</sup>**

### **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

**\$2<sup>99</sup>** /100g

## Chef's tip:

Add cilantro lime sauce for a burst of flavour.

## Fresh is Best Salsa

Medium or Hot,  
375 mL

**\$6<sup>49</sup>**

## Fresh is Best Corn Chips

300g

**\$4<sup>49</sup>**

## Authentic Street Tortillas

279g

**\$3<sup>99</sup>**

## Lime

Mexico

**79¢**

