

Mandarins

California,
2 lb Bag

\$4⁹⁹



Long English Cucumber

BC

\$1⁴⁹



Urban Fare Signature Glazed Ham

Western Canada

\$3⁴⁹ /100g



OUR WEEKLY

Feature Fare



Chef's Reserve Rib Eye Steak

55.09/kg

\$24⁹⁹ /lb

Top with compound butter after searing for rich, layered flavours

Western Family Shredded Cheese

Selected Varieties,
320g

\$5⁹⁹



Silk Dairy-Free Beverage

Selected Varieties,
1.75 Litres or 1.89 Litres

\$4⁷⁹



Carbone Pasta Sauce

660 mL

\$11⁹⁹



Clif Sport Bar

or Builder,
68g

4 for \$7



Miss Vickie's Kettle Chips

Selected Varieties,
200g

2 for \$9



Perrier Sparkling Water

Selected Varieties,
6 x 500 mL
or 8 x 300 mL

\$7⁹⁹



Food is our passion

Produce

FRESH
FRESH
FRESH



Cauliflower
USA
\$3⁹⁹



Lemon
California
89¢



Raspberries
California or Mexico, 170g
\$3⁹⁹



Celery
USA, Bunch,
4.39/kg
\$1⁹⁹/lb



Oriental Lily
3 Stem
\$11⁹⁹



Squash
BC, Selected Varieties,
3.73/kg
\$1⁶⁹/lb



Organic Flask
\$36⁹⁹

Floral

BAKERY



Country Harvest Bread
Selected Varieties

\$4⁴⁹



Pumpkin Muffins
Selected Varieties, Pack of 4

\$5⁴⁹



Chocolate Swirl Cake **\$18⁹⁹**
Also Selected Varieties, 700g

DELI



Truffle Gouda Cheese
Imported, Selected Varieties

10% off



Urban Fare Cheese Plate
Made in Store, 200g

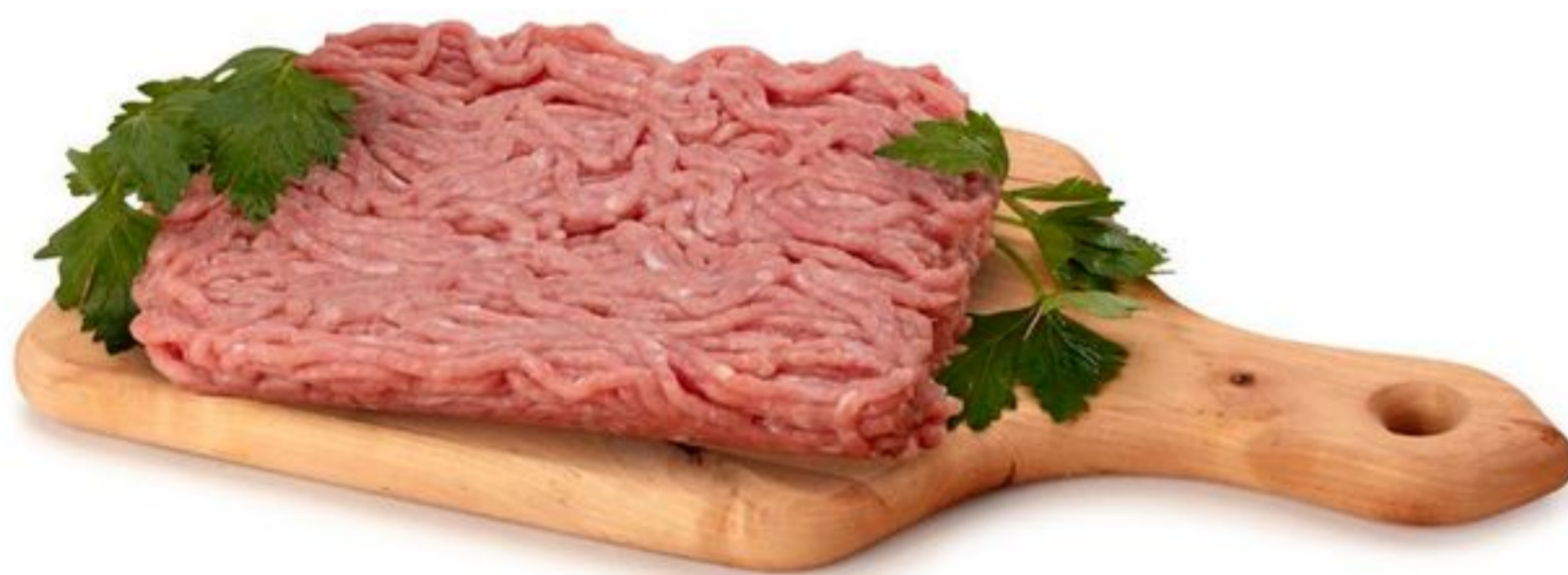
\$8²⁹



Grimm's Pepperoni Bites
Selected Varieties

\$11⁹⁹

MEATS



Ground Turkey Thigh
Fresh, 18.72/kg

\$8⁴⁹ /lb



Signature Pork Tenderloin
Fresh, Premium Natural, 19.82/kg

\$8⁹⁹ /lb



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

\$5⁹⁹ /lb



Fizzy delight

Water kefir is a caffeine-free, rich in probiotics, fizzy beverage that's a great low-sugar alternative to soda.

This drink is perfect for staying hydrated during hikes, for sipping while studying, or enjoying it with friends. Grab yours today!



new
Motherlove Water Kefir
355 mL **2 for 7**

DAIRY



**Thomakis
Greek Yogurt**
Selected Varieties,
454g
\$9⁹⁹



**Riviera
Coconut Yogurt
Alternative**
or Oat, Selected
Varieties, 650g or 500g
\$5⁹⁹



Cows Creamery Butter
250g **\$8⁴⁹**



**Simply
Orange Juice**
or Apple, 1.54 Litres
\$4⁹⁹

FROZEN



**Holy Napoli
Pizza**
Selected Varieties,
Frozen
\$8⁹⁹



Amy's Burrito
Frozen, 156g or 170g **2 for 9**



Nature's Path Waffles
Selected Varieties, Frozen, 210g
\$5⁹⁹



**Breyers Creamery Style
Ice Cream**
Selected Varieties, 1.66 Litres
\$5⁹⁹

URBAN MARKET



**Blue Diamond
Almond Breeze
Beverage**
946 mL
\$2⁹⁹



**Manitoba
Hemp Hearts**
227g
\$7⁴⁹



**Fatso
High
Performance
Peanut Butter**
\$7⁹⁹



**St. Dalfour
Spread**
225 mL
\$5⁹⁹



**Bob's Red Mill
Granola**
312g
\$7⁹⁹



**Pacific Foods
Organic Broth**
Selected Varieties,
1 Litre
\$5⁴⁹



La Panzanella
170g
\$5⁴⁹



**Kettle Brand
Potato Chips**
Selected Varieties,
198g
2 for \$8



**Siete
Tortilla Chips**
142g
\$5⁹⁹



**Hornby Organic
O Snack Bar**
45g
2 for \$4



**Blume
Superfood
Latte**
100g
\$19⁹⁹



**Clever
Mocktails**
4 x 355 mL
\$10⁹⁹

OUR WEEKLY Special

Baked fresh daily, our bakery treats are made with wholesome ingredients—like these Double Chocolate Chip Cookies, loaded with extra chocolate for the ultimate cookie experience!

Double Chocolate Chip Cookies

Baked in Store, Large, Selected Varieties, Pack of 5

\$5⁹⁹



Chef's tip:

Dip your double chocolate chip cookie in a cold glass of milk soon after you warm them in the oven for the classic cookie treat.



Spanish flavours

Elevate your cooking with this gourmet risotto inspired by Spanish flavours. Suitable for vegan, celiac and dairy-free diets. For an indulgent experience, finish with butter and a touch of grated Parmigiano Reggiano cheese or Rawmesan—a vegan option.

Add fresh herbs for an extra burst of aroma and flavour



Botanic & Fruits Rissotto
210g

\$7⁹⁹



Soso Extra Virgin Olive Oil
365 mL

\$42⁹⁹

Soso Salt
Selected Varieties,
100g

\$14⁹⁹

Delicious & Sons Aioli
180g

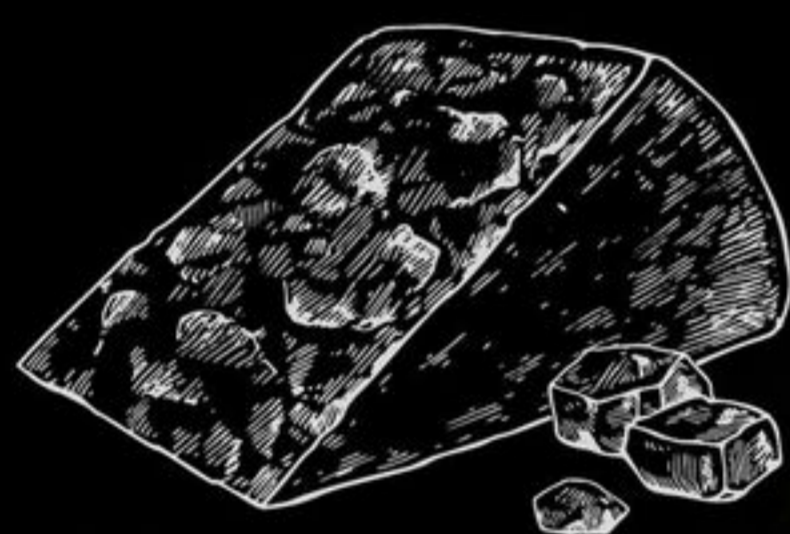
\$7⁹⁹

Botanic & Fruits Duo Pack

\$6⁴⁹

Authentic taste of Italy

Savour the story of tradition and care with flavours of freshly grated, nutty Parmigiano Reggiano, the sweetness of vine-ripened tomatoes, and the aroma of fresh herbs along with the highest quality of imported Italian dry pasta.



Chef's tip:

Save the rinds from the Parmigiano Reggiano Cheese to add to sauces and soups for a delicious flavour boost.

Parmigiano Reggiano Cheese

Aged 24 Months, Cut & Wrapped in Store, Imported

\$5⁹⁹ /100g

Tomatoes on the Vine

BC or Mexico, 5.49/kg

\$2⁴⁹ /lb

Western Family Fresh Herbs

USA, 20g

\$2⁴⁹

Little Italy Pasta Sauce

650 mL

\$11⁹⁹

La Molisana Extra de Lusso Dry Pasta

Selected Varieties, 500g

\$3⁹⁹

