



Poaching salmon in white wine or vegetable broth can result in a delicate and tender fish

Taste of fresh

Relish in seasonal delights like flaky salmon, roasted vegetables, and comforting breads. Embrace the harvest and savour the unique tastes of fall.



Sockeye Salmon Fillet

Wild, Previously Frozen

\$3⁹⁹ /100g

Mandarins

California,
2 lb Bag

\$5⁴⁹



Garden Hummus

BC, Selected
Varieties

\$2²⁹ /100g



Pane Roma Bread

Pugliese or Roasted
Garlic, 450g

\$4⁴⁹



Entertaining made easy. Celebrate with festive holiday favourites.

Prices effective Thursday to Wednesday, November 21 to 27, 2024. We reserve the right to limit quantities. Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

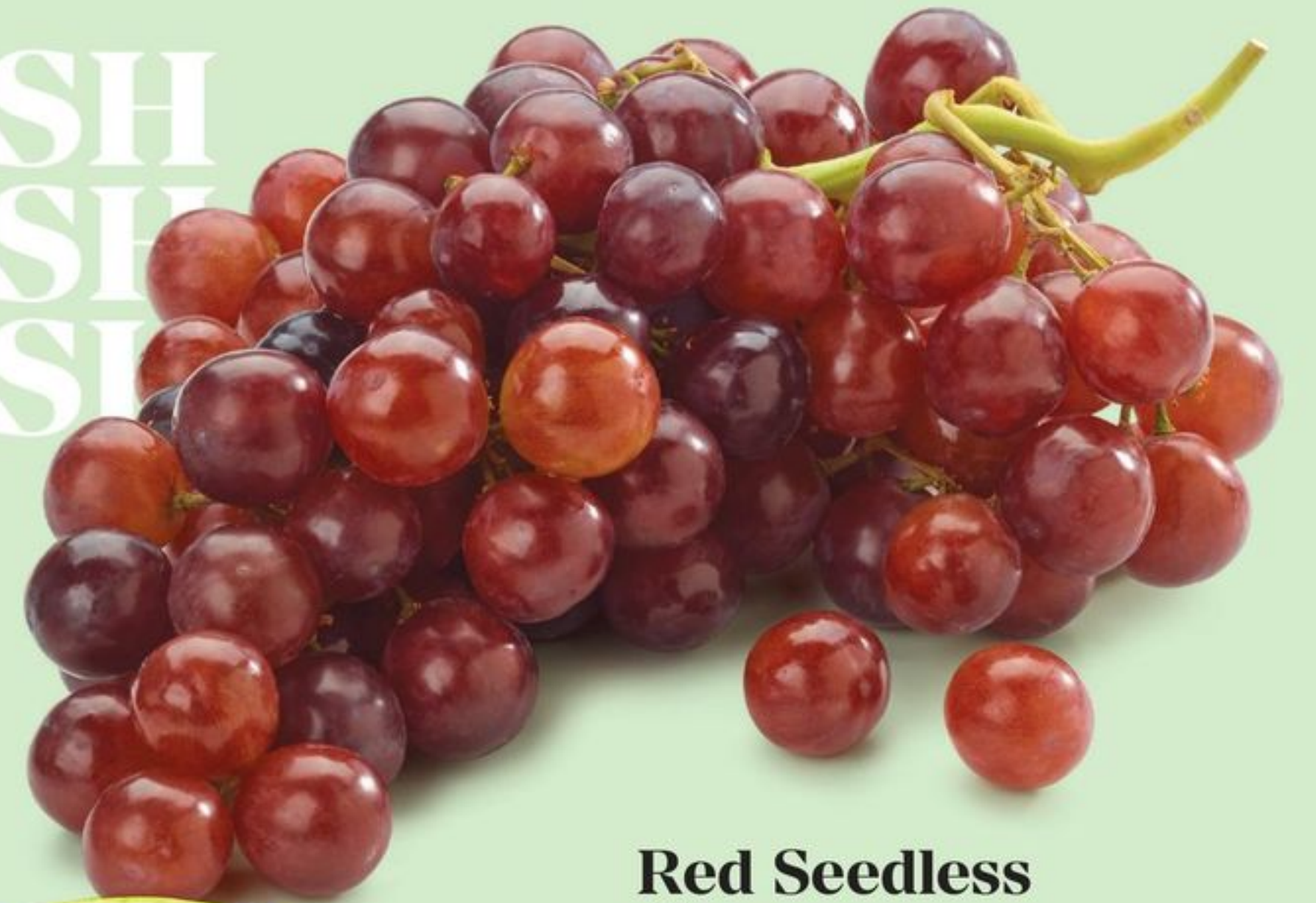
Wk47

Produce

FRESH
FRESH
FRESH



Coloured Peppers
BC, 8.80/kg
\$3⁹⁹/lb



Red Seedless Grapes
California, 8.80/kg
\$3⁹⁹/lb



Mini Seedless Watermelon
USA
\$4⁹⁹



Asparagus
Imported, 11.00/kg
\$4⁹⁹/lb

Market Bouquet
\$36⁹⁹



Ambrosia Apples
BC, 5.49/kg
\$2⁴⁹/lb



Iglu with Succulent
\$16⁹⁹

Floral

BAKERY



Dempster's Signature Bagels

Selected Varieties, Pack of 6

\$4⁹⁹



Braided Apple Strudels

Fresh, Also Selected Varieties, Pack of 4

\$3⁴⁹



Crème Brûlée Cup

(120g), Also Limoncello (130g)

\$3⁹⁹

DELI



Graze Box

Made in Store, 400g

\$17⁹⁹



Bella Casara Burrata Cheese

Canada, 250g

\$16⁹⁹



Tuscany Ham

or Rosemary

\$3⁹⁹/100g

MEATS



Chef's Reserve Top Sirloin Beef Kabobs

Selected Varieties, 33.05/kg

\$14⁹⁹/lb



Chicken Wings

Split, Raised without Antibiotics, 15.41/kg

\$6⁹⁹/lb



Western Family Signature Black Tiger Prawns

16 to 20 Count, Easy Peel, Frozen, 340g

\$15⁹⁹



Party pleasers

Elevate your holiday gatherings with Partners Sourdough Flatbread Crackers. These versatile, crispy delights offer a perfect balance of savoury and tangy flavours, making them the perfect addition to any festive spread. Enjoy them on their own or paired with your favourite cheeses, dips, or spreads.



new
Partners Sourdough Flatbread Crackers
184g **\$6⁹⁹**



Olympic Organic Yogurt
650g
\$5⁴⁹



Oikos Yogurt
Selected Varieties, 4 x 100g **\$4⁴⁹**



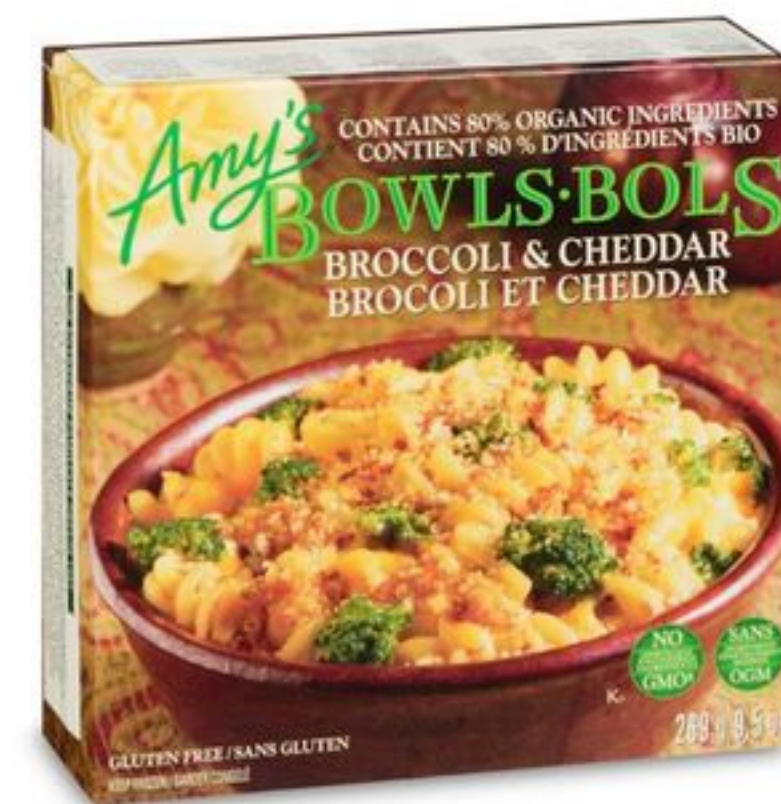
Violife Cheese Alternative
Selected Varieties, 200g or 227g
\$4⁹⁹



Silk Dairy-Free Beverage
Selected Varieties, 1.75 Litres or 1.89 Litres
\$4⁹⁹



Holy Napoli Pizza
Selected Varieties, Frozen **\$10⁴⁹**



Amy's Organic Entrée
Selected Varieties, Frozen
\$6⁴⁹



Kellogg's Eggo Waffles
Selected Varieties, Frozen, 270g or 330g
\$3⁹⁹



Magnum Bars
(3 x 90 mL), Also Ben & Jerry's Ice Cream (473 mL), Selected Varieties
\$6⁴⁹

DAIRY

FROZEN

URBAN MARKET



Kicking Horse Organic Coffee
Fair Trade, 454g

\$16⁹⁹



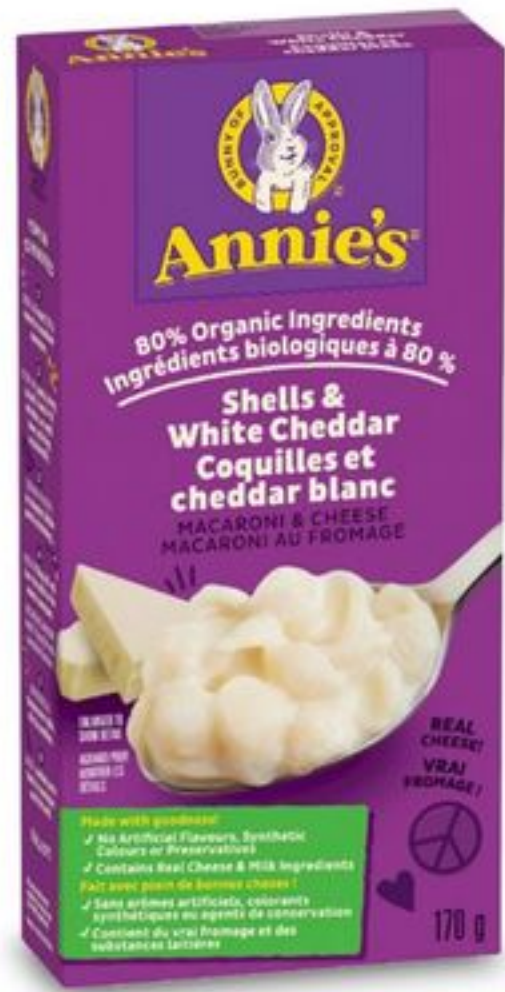
Earth's Own Barista Oat Beverage
946 mL

\$5⁹⁹



St. Dalfour Spread or Jam, 225 mL

\$5⁹⁹



Annie's Homegrown Pasta
Selected Varieties, 170g

2 for \$6



Pacific Foods Hearty Soup
(440 mL) or Chili (468g), Selected Varieties

\$5⁶⁹



Carbone Pasta Sauce
660 mL

\$11⁹⁹



Crunchmaster Rice Crackers
100g or 128g

\$6⁴⁹



Lesley Stowe Raincoast Crisps Crackers
150g

\$6⁹⁹



Kettle Brand Potato Chips
Selected Varieties, 198g

2 for \$8



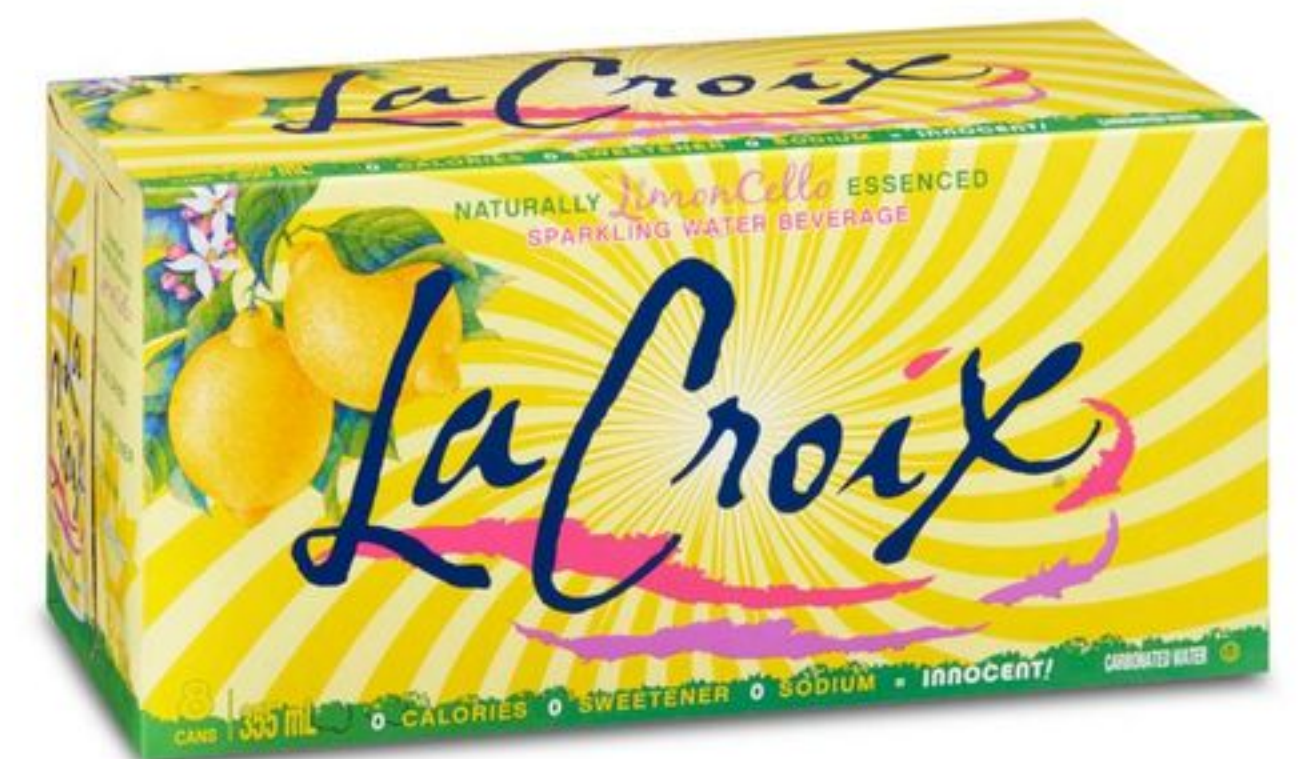
Hornby Organic O Snack Bar
45g

2 for \$4



Olé Mocktails
4 x 355 mL Selected Varieties

\$10⁹⁹



LaCroix Sparkling Water
8 x 355 mL

\$6⁴⁹

Make your pantry a happy place.



Hellmann's Mayonnaise
890 mL or 750 mL

\$6⁹⁹

Campbell's Broth
(900 mL), Also Concentrated (250 mL)

\$2⁹⁹

Coca-Cola Mini Cans
Selected Varieties,
6 x 222 mL

\$4⁹⁹



Cracker Barrel Cheese Slices
(240g) or Snack Cheese (168g), Selected Varieties

\$6⁴⁹



Kashi Granola Bars
175g

\$4⁴⁹



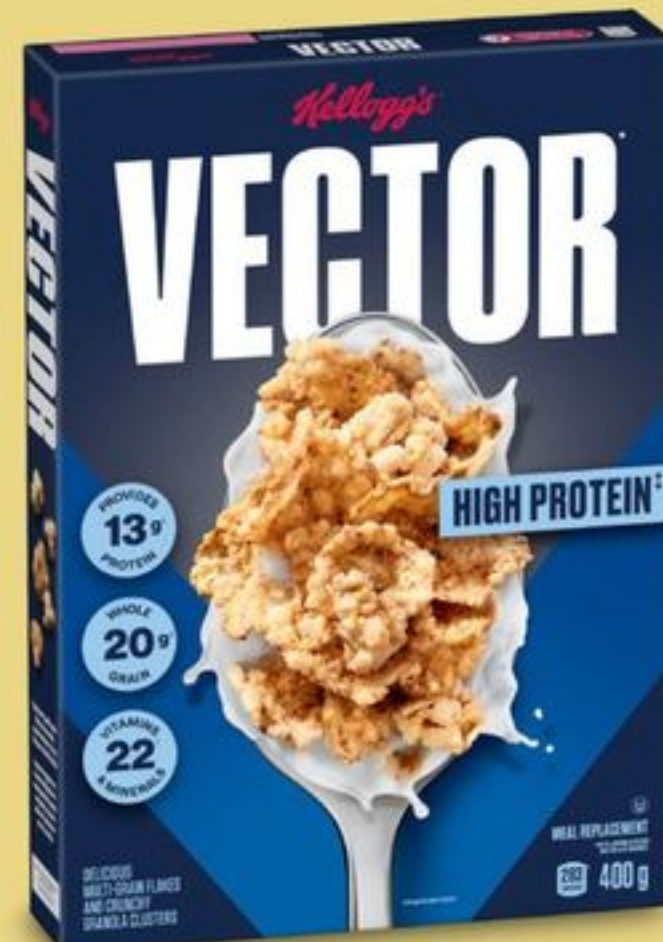
Pringles
156g or 145g

2 for \$7



Western Family Orange Juice
1.54 Litres

\$4⁴⁹



Kellogg's Vector Cereal
Also Selected Varieties, 400g

\$5⁹⁹



Old Dutch Potato Chips
Selected Varieties,
235g

\$4²⁹

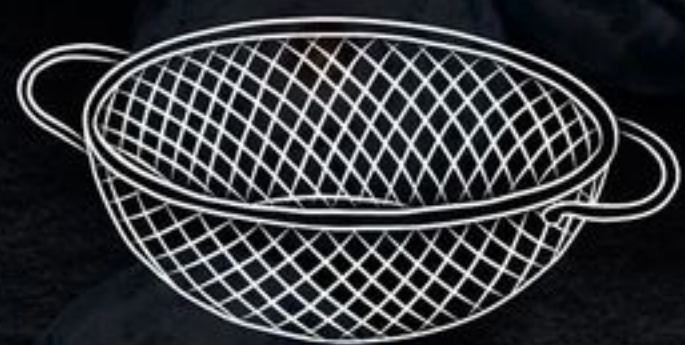
Feature Fare

Fresh blueberries are a great addition to your daily eating habits. Not only are these little gems nutritious, but they are also versatile and delicious for breakfast, desserts, smoothies or simply by the handful.

Blueberries

Imported, 1 Pint

\$5⁹⁹



Chef's tip:

To clean your blueberries, place them in a colander and swish it in water. This will reduce damage to the berries.

*Low in calories
and high
in nutrition*



Curated with care

Elevate your celebrations with thoughtfully created gift baskets. Each basket is carefully selected to make the perfect, themed gift to brighten someone's day this season.

Urban Fare Healthy Grazer Basket

\$150



We offer a wide selection of gift baskets to choose from for any occasion



Urban Fare Office Party Sampler Basket **\$150**



Urban Fare Spicy Nights Basket **\$175**



Urban Fare Movie Night Basket **\$70**



Urban Fare Coffee & Tea Basket **\$200**

Yuletide delights

You know the holiday season approaches when your favourite treats start making an appearance—like the arrival of the beloved Panettone. This Italian delicacy is a delightful and versatile sweet bread that's perfect for breakfast, snacking or entertaining. This festive season cozy up with friends and family and your favourite traditional baked goods from Urban Fare.

Loison Panettone
Selected Varieties

15% off

Makes for the perfect French toast



Sticky Toffee Pudding Cake
540g

\$12⁹⁹



Moose Lodge Gingerbread House Kit
(743g), Also Unicorn (741g)
WHILE QUANTITIES LAST.

\$22⁴⁹



Red Velvet Cake
1.25 kg

\$27⁹⁹



Western Family Light Fruit Cake
450g
WHILE QUANTITIES LAST.

\$11⁹⁹

Effortless elegance

Elevate your gatherings with our delectable party platters, tailored for your festive occasion this season. Let us handle the catering details and you can focus on making memories with one less thing to worry about.

We have an amazing array of catering options to choose from. Visit our website or order* in store.

Urban Fare Antipasto Skewer Platter

\$120



Urban Fare Pacific Rim Platter

\$125



Urban Fare Pad Thai Chicken Skewer Platter

\$105



Urban Fare Assorted Wrap Platter

\$95



Urban Fare Fruit Platter

\$75

Taco 'bout delicious

Tacos are perfect for any day of the week. They are easy to make, light, and flavourful. For a leaner option, swap ground beef for ground turkey. Load them with fresh toppings to customize your taste. Enjoy!

Ground Turkey Thighs

Fresh, 17.61/kg

\$7⁹⁹/lb



Chef's tip:

Spice up your ground turkey thighs with chili powder, cumin, paprika and garlic powder for an enhanced flavour profile.

Tomatoes on the Vine

Canada or Mexico, 5.49/kg

\$2⁴⁹/lb

Lime

Mexico

79¢

Guacamole

Homestyle or Classic

\$1⁷⁹/100g

Western Family Tortillas

(272g), Also Authentic Street (279g), Selected Varieties

\$3⁴⁹

