



FLYER PRICES EFFECTIVE
November 1 to November 30, 2024

YOU'RE INVITED TO OUR
41ST ANNIVERSARY!

November 16th & 17th, 2024

**FREE Carrot Cake &
Tansy Farms Organic Apple Cider**

(Saturday 12pm - 2pm at both locations)

**10X the Points &
10% off Loose Bulk**

(Saturday the 16th & Sunday the 17th)

Gift Bags with Purchase

(Saturday only, while quantities last)

Spin the Wheel – Spend \$41+ for a chance to win BIG

(Danforth Market only)

Gift Basket Giveaways

(Enter at both locations)

Meet Our Mascot

(Saturday at Danforth, Sunday at Beach)

CELEBRATING 41 YEARS OF
Community, Care, and Fresh Choices
Thanks to you!

ORGANIC PRODUCE

100% organic & wild-harvested



\$1.99
lb

SAVE
\$1.00

PFENNING'S
Organic Potatoes Loose
(Red, russet & yellow)



\$4.99
each

SAVE
\$1.00

PFENNING'S
Organic Yellow Onion
3 lb Bag



\$2.99
lb

SAVE
\$1.00

PFENNING'S
Organic Gold Beets Loose



\$2.99
lb

SAVE
\$1.00

PFENNING'S
Organic Parsnips Loose
(While quantities last)



\$2.99
each

SAVE
\$1.00

PFENNING'S
Organic Carrots 2 lb Bag



\$4.99
each

SAVE
\$1.00

MIKE & MIKE'S
Organic Lemons 2 lb Bag



\$1.99
each

SAVE
\$1.00

MIKE & MIKE'S
Organic Green Kale

BIG CARROT BUTCHER

Local, free from Hormones
& Antibiotics

CUMBRAE'S
Whole Chicken

\$9.99
kg

SAVE
\$1.00



Bonus: 20% off Instacart orders over \$100 on November 16th & 17th!



Cane Sugar
\$5.59
 1 kg

Demerara Sugar
\$5.89
 1 kg

SAVE \$1.10



NATIVE

Organic Cane Sugar

- Carbon neutral, Fair Trade
- Gluten-free, biodiversity friendly
- Over 15% off select sugars



15% OFF

HERITAGE & PRASAD AYURVEDA

Organic Ghee

- Made in Canada organic butter
- Non-GMO, free from lactose & gluten
- Over 15% off entire line



\$6.49
 1L

SAVE \$1.50

BLACK RIVER

Sweet Apple Cider

- Canadian-owned & operated
- Cold-pressed & pasteurized
- Over 15% off



\$1.89
 5 g

SAVE .50¢



SEASNAX

Organic Roasted Seaweed Snack

- Vegan & gluten-free
- No trans fat, MSG or cholesterol
- 20% off select varieties



\$6.69
 283 g

SAVE \$1.30



ENJOY LIFE

Chocolate Chips

- Free from gluten & other common allergens
- School Safe
- Over 15% off select varieties



NEW
\$9.99
 400 g

SAVE \$3.00



MAISON ORPHÉE

Organic Deodorized Coconut Oil

- Montreal-based, Certified B-Corp
- Non-GMO, neutral smell & taste
- 20% off select varieties



\$7.49
 296 ml

SAVE \$1.50



SAN-J

Organic Tamari

- Kosher & vegan
- FODMAP-friendly
- Over 15% off select varieties



\$5.99
 16 bags

SAVE \$1.00



TRADITIONAL MEDICINALS

Organic Herbal Tea

- Certified B-Corp
- Naturally caffeine-free
- Over 10% off entire line



\$3.99
 200 g

SAVE \$1.00



MADEGOOD

Organic Crunchy Double Chocolate Cookies

- Made in Canada, Certified B-Corp
- Vegan & allergen-friendly
- 20% off select varieties



\$7.99
946 ml

SAVE
\$1.00



ELMHURST
Unsweetened Milked Cashews

- Vegan, Kosher
- Free from gluten & carrageenan
- Over 10% off entire line



\$3.29
946 ml

SAVE
.70¢



BLUE DIAMOND
Almond Breeze

- Free from lactose, soy & gluten
- Over 15% off entire line



\$5.99
20 bags

SAVE
\$1.00



STASH
Premium Tea

- Sustainable, unbleached fibre teabags
- Caffeinated & decaf options
- Over 10% off entire line

Freezer



\$8.99
450 g

SAVE
\$1.00

SIMPLA FOODS
Coconut Yogurt

- Made in Ontario, no dairy, gluten or refined sugar
- Certified plastic-neutral packaging, billions of probiotics
- 10% off select varieties



\$2.49
33 g

SAVE
.50¢



MID-DAY SQUARES
Chocolate Protein Squares

- Canadian, Kosher & Fair Trade
- Vegan, free from soy & gluten
- Over 15% off entire line



HOW IT WORKS:

If you find a lower advertised price from one of our direct competitors of exactly the same product at the time of purchase we will gladly match the price.

Terms and conditions apply.*

For complete program details please visit thebigcarrot.ca/price-match.

BUY 1 FOR YOURSELF & GET A FREE 1 FOR YOUR FRIEND

SLEEP-GREAT

SLEEP-GREAT is a complete formulation that:

- Helps you to fall asleep quickly
- Stay asleep
- Achieve a deep and restful sleep
- Works by enhancing the body's natural sleep hormone pattern so that you enter all five stages of a healthy sleep
- Non-habit forming

REDUCE CHOLESTEROL NATURALLY

**ON
SALE
NOW**

CHOLESTO-LESS

- Helps maintain and support Cardiovascular health
- Lowers total blood and LDL (bad) cholesterol
- Maintains healthy cholesterol levels
- Powerful antioxidant, Ubiquinol (active CoQ10) to support cardiovascular health



HEALTHOLOGY
BUILDING A HEALTHIER YOU

Made in Canada

LOWER STRESS & IMPROVE MENTAL HEALTH

STRESS-FX

- STRESS-FX is formulated to help us **alleviate stress by lowering cortisol levels**
- **Promotes relaxation** by boosting our calming hormone, GABA (Gamma- Aminobutyric Acid)



Master Herbalist
Since 1978

CLEF DES CHAMPS IMMUNO LINE

YOUR ARSENAL FOR WARDING OFF
WINTER INFECTIONS!



www.clefdeschamps.net



Amy's®



ORGANIC SOUPS On sale in November!



THE BIG CARROT
— EST. 1983 —

We're now available on





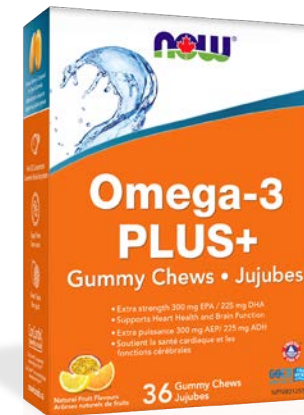
1,000 Bonus Points
\$23.39 30 tabs
 SAVE \$2.60

PASCOE
Pascoflair Night
 • No hormone disruption, non habit-forming
 • 10% off stress & mood
 • Danforth Market Only



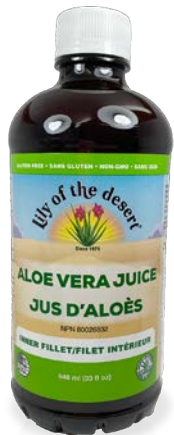
\$10.99 40 g
 SAVE \$2.00

PLUMPP
Irish Sea Moss
 • Vegan, nutrient-dense superfood
 • Sun-dried, rich in iodine
 • 10% off



NEW
15% OFF

NOW
Omega-3 Plus+ Gummy Chews
 • Extra strength 300mg EPA/225mg DHA
 • Sugar-free, natural fruit flavours



\$10.99 946 ml
 SAVE \$2.00

LILY OF THE DESERT
Organic Aloe Vera Juice
 • Vegan, Kosher & non-GMO
 • Up to 15% off entire line



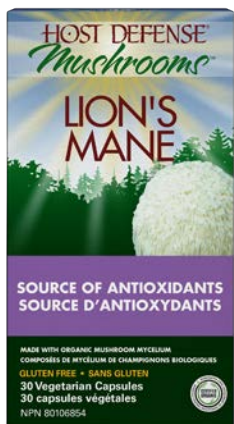
\$17.99 30 cps
 SAVE \$3.00

A. VOGEL
Echinaforce Extra-Strength
 • Antibacterial & anti-viral
 • Up to 15% off all Echinaforce



\$31.99 60 cps
 SAVE \$2.00

NEW ROOTS
Organic Black Cumin 1,000 mg
 • Non-GMO, made with cold-pressed, hexane free seeds
 • Entire line on sale



\$27.99 30 cps
 SAVE \$5.00

HOST DEFENSE
Lion's Mane
 • Vegan & gluten-free
 • 15% off entire line



15% OFF

PRAIRIE NATURALS
Tongkat Ali
 • Vegan, non-GMO, free from gluten & dairy
 • Up to 15% off all men's health products



\$13.59 250 ml
 SAVE \$3.40

ST. FRANCIS HERB FARM
Organic Castor Oil
 • Cold-pressed, extra-virgin & hexane-free
 • Up to 20% off all medicinal oils



\$10.99 250 ml
 Special pricing in-store

FLORA
Organic Flax Oil
 • Fresh-pressed, unrefined, virgin flaxseed oil
 • Vegan & gluten-free
 • All sizes of Flax Oil on sale



\$6.39
80 pk

SAVE
\$1.60

BOO BAMBOO

100% Bamboo Baby Wipes

- Made in Canada, vegan
- Gluten-free & biodegradable
- 20% off baby care



1,000
Bonus
Points

NEW

\$10.99
10 ml

SAVE
\$2.00

MINERAL FUSION

Little Black Dress Nail Polish

- Long-lasting & chip-resistant
- Vegan, gluten-free, 82% naturally-derived
- 15% off makeup & nail polish
- Danforth Market Only



1,000
Bonus
Points

\$34.39
30 ml

SAVE
\$8.60

WILDCRAFT

Revive Bio-Retinol Serum

- Made in Toronto, Leaping Bunny Certified
- A 1% For The Planet company
- 20% off entire line



1,000
Bonus
Points

\$55.59
50 g

SAVE
\$23.90

NEAL'S YARD REMEDIES

Wild Rose Beauty Balm

- Glow-giving and intensely nourishing
- Featuring rosehip oil, provitamin A, vitamin E
- 30% off entire line
- Danforth Market Only



\$3.29
4.4 ml

SAVE
\$1.20

BARE ENGLISH & CO.

Tea Infused Lip Balm

- Vegan, tea-infused
- Made with all natural & certified organic ingredients
- 25% off entire line
- Danforth Market Only



1,000
Bonus
Points

\$39.99
50 ml

SAVE
\$10.00

GRAYDON

Berry Rich Face + Eye Cream

- Dermatologist and clinically tested
- Hypoallergenic and formulated for sensitive skin
- 20% off entire line



\$7.99
9 g

SAVE
\$2.00

MORE THAN LIPS

Blood Orange Lip Balm

- Canadian, vegan & organic
- 20% off entire line
- Danforth Market only



1,000
Bonus
Points

\$17.59
10 ml

SAVE
\$4.40

THE AROMATHERAPIST

Forest Bath Essential Oil Blend

- Women-owned
- 20% off all aromatherapy
- Danforth Market only



1,000
Bonus
Points

20%
OFF

EARTH MAMA ORGANICS

Calming Lavender Baby Lotion

- No petroleum, mineral oil, artificial fragrance or preservatives
- Non-irritating, clinically-tested, Leaping Bunny Certified
- 20% off entire line

THE PANTRY

Get 10% off loose bulk items on 10X Points Days



\$29.49 each

SAVE \$3.00

ALTERNATIVE GROUND'S
Organic Coffee
2 lb Bag
(Danforth Market only)



\$10.99 kg

SAVE \$2.00

Organic Shredded Coconut
(Danforth Market only)



\$5.99 kg

SAVE \$1.00

Organic Brown Lentils
(Danforth Market only)



\$6.99 kg

SAVE \$1.00

Organic Long Grain Brown Rice
(Danforth Market only)



\$9.99 kg

SAVE \$2.00

Organic Thompson Raisins



\$3.99 kg

SAVE \$1.00

Organic Rolled Oats

Maximize Your Savings! See Website for Details.

10X Points

on ALL Products in the store, Monday Nov. 11th & Sunday Nov. 24th.

SENIOR'S DAY!

Save 10% off your purchases on Wednesday November 6th & 27th.

10% Off

Loose bulk items on 10X Points Days every month.



Danforth & Beach Community Market

Featured this Month
Tansy Farm Organic Hot Apple Cider

\$3.80Z

THE CARROT KITCHEN



Danforth
Three Cheese Lasagna

20% OFF



Beach
Organic Chipotle Chicken Avocado Melt
Grilled Chicken Breast, Avocado, Cheddar Cheese, Tomato, Chipotle, Thyme Mayo, Multi-Grain Bread
Made without gluten & dairy options available

15% OFF

Advertised prices and discounts are valid from November 1 - November 30, 2024

The Danforth Community Market, 348 Danforth Avenue., Toronto ON M4K 1N8

Store Hours: Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

Juice Bar Hours: Monday-Friday 8:30-6:00, Saturday & Sunday 9:00-6:00

Dispensary Hours, Beauty & Wellness Boutique Hours: Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

One block west of Chester subway. Three blocks east of Broadview Ave Metered parking available off of Jackman Ave.

The Beach Community Market, 125 Southwood Drive, Toronto, ON M4E 0B8

Store Hours: Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

Beach Smoothie Bar Hours: Monday-Sunday 8:00-6:00

Free Underground Parking

Located at the southeast corner of Main Street and Kingston Road, bus #64 from Main Station.



Please recycle this flyer

The Big Carrot continues to provide our customers with the finest quality and selection of natural foods, backed up by friendly service and up-to-date information. It is our intent to have every advertised item stocked, in rare occasions an item may not be available due to unforeseen circumstances. Quantities are limited. No rain checks. We reserve the right to correct printing errors. Visit www.Thebigcarrot.ca to sign up for your rewards card, e-newsletter, Free Speaker Series, more information on products, events, demo calendar, or nutrition facts.

Visit our website for more details: www.thebigcarrot.ca