



Explore the Simple, Honest Goodness of Always Organic Produce, Natural & Organic Foods, Supplements, Whole Body Care, all waiting for you inside one of our 6 locations!



Nature's Emporium
Organic
Coconut Water

1 L

\$2⁹⁹



Gerolsteiner
Carbonated
Natural
Mineral Water

750 mL
Glass Bottle
Product of Germany

\$1⁹⁹



Flora
Flor-Antacid
Heartburn
Relief

30 s

\$8⁹⁹

Also On Sale:
90s & 180s

15% OFF



Thornloe
Grass Fed Butter

250 g
Salted or Unsalted

\$5⁹⁹



Organic
Carrots

5 Lb Bag
Product of Canada

\$5⁹⁹



Organic
Green Beans

Product of Mexico
Bulk

\$4⁹⁹
/lb



Nature's Emporium
Natural
Almond Flour Meal

454 g

\$9⁹⁹



Always Organic
by Nature's Emporium
Large Organic Eggs

30 Pack

\$18⁹⁹



Nature's Sustainable
Selections
Organic Red Spring
King Salmon Fillets

Product of BC
Cut Fresh In-Store

\$4⁵⁰
/100 g



Tori's Bakeshop
Organic Pies

1200 g
Apple-Cranberry Crumble
or Pecan Pie
Vegan

\$29⁹⁹



Holiday Must-Haves



Organic Fruit Tray

1200 g

\$22⁹⁹



Nature's Emporium Organic Grass Fed Cheddar

\$2⁵⁰ /100 g



Earth's Own Dairy Free Oat Nog

946 mL

\$3⁹⁹



Zazubean Organic & Fairtrade Chocolate Bars

Assorted Varieties
85 g

\$4⁹⁹



Kensington Natural Bakery Fruit Cakes

Spelt or Gluten Free
No Sugar or Dairy Added
280 g

\$9⁹⁹



Nature's Emporium Organic Cold Press Apple Cider

946 mL

\$9⁹⁹



Evvivo or Valentino Panettone

Organic, Vegan or
Gluten Free
Assorted Varieties
500 g

10% OFF



Cheeky Bee Beeswax Taper Candles

Assorted Varieties

10% OFF



All Good Body & Hand Cream

177 ml
Assorted Varieties

20% OFF



Nuun Hydration Electrolyte Tablets

Assorted Varieties
10 Tabs

\$8⁹⁹



Aromatherapist Essential Oil Roll-Ons

De-Stress,
Headache or
Sleep Well
10 mL

\$14⁹⁹

New Year's Eve Celebration Essentials



**Ace Bakery
Rosemary
Focaccia**

Non-Gmo
560 g

\$5⁹⁹



**Nature's Emporium
Artisan Cheese Tray**

700 g

\$24⁹⁹

**Organic
Vegetable
Tray**

950 g

\$17⁹⁹



**Simply Cocktails
Cocktail Mixers**

480 ml
Assorted Varieties

\$9⁹⁹



**Nature's Emporium
5 Layer
Mexican Dip**

600 g

\$14⁹⁹



**Singers
Caesar
Drink Mix**

1 L
Assorted Varieties

\$6⁹⁹



**Töst
Alcohol Free
Sparkling
Beverages**

750 mL
Assorted Varieties

\$10⁹⁹



**Krombacher
Non-Alcoholic Beer**

6 x 330 ml

\$9⁹⁹



**New Roots
Digestive Enzymes**

Helps to digest protein,
carbohydrates & fats.

100 Caps

20% OFF



**St Francis Herb Farm
Canadian Bitters**

Natural digestive
support for heartburn,
bloating, & indigestion.

50-250 mL

10% OFF



**Himalaya
Party Smart**

Supports the liver & a
better morning.

6 Pack

\$14⁹⁹

Gift Giving Made Easy



Fresh Holiday Floral Bouquets

Medium Bunch

\$19⁹⁹

Give the Gift Of Good Health With A Nature's Emporium Gift Card!



Holiday Baskets
\$99⁹⁹
Assorted Varieties



Nature's Emporium Organic

Holiday Mingle or Crunch Mix Trays

545-575 g Assorted Varieties

\$19⁹⁹



**The selection of products may differ; please visit in-store for full availability.

MADE FRESH IN STORE - WITH ORGANIC INGREDIENTS



NATURE'S EMPORIUM
Chicken & Turkey
Pot Pie or Grass Fed
Beef Tourtiere

Family Size - 800-900 g

\$22⁹⁹



NATURE'S EMPORIUM
Tiramisu

290 g

\$11⁹⁹



NATURE'S EMPORIUM
Holiday Meals

Your choice of organic turkey breast, grass fed & grass finished lamb shank, grass fed & grass finished beef brisket, organic vegan lentil loaf. All come with 2 organic sides, sauce & gravy.

920 g - 1.2 Kg

Organic Vegan Lentil Loaf 900 g....\$39.99

\$49⁹⁹



NATURE'S EMPORIUM
Cranberry
Walnut Salad

330 g

\$14⁹⁹

ALL ORGANIC & NATURAL DELI, CHEESE & BAKERY

VITALE
All Natural
Charcuterie Meats
 Prosciutto Crudo, Salami Milano,
 Coppa Emiliana or Spianata
 Romana

70 g

\$5⁹⁹

Salami Trio
Antipasto Italiano

100 g

\$8⁹⁹



BEEMSTER
Goat Gouda Cheese
 Non GMO

\$5⁵⁰
 /100 g

250 g



CANTARELLI
Organic Parmigiano
Reggiano

\$12⁹⁹



ACE BAKERY
Ciabatta Longa
Cluster Baguette
 Non GMO

400 g

2/\$6

ORGANIC & 100% GRASS FED MEAT & SUSTAINABLE SEAFOOD



YORKSHIRE
VALLEY FARMS
Organic Boneless
Chicken Breast Cutlets

G.A.P. Animal Welfare Certified

Fresh - Family Pack

\$4¹⁰
 /100 g



YORKSHIRE
VALLEY FARMS
Organic
Chicken Meatballs

Frozen - 800 g

\$14⁹⁹



YORKSHIRE
VALLEY FARMS
Organic
Chicken Wings

G.A.P. Animal Welfare Certified

Fresh

\$1⁷⁰
 /100 g



MARK'S MENNONITE MEATS
Maple Smoked
Black Forest Half Ham

(Average Weight 800 g)

\$3⁷⁰
 /100 g



WELLINGTON COUNTY
FARMS
Grass Fed & Grass
Finished Beef Rolled
Brisket

Fresh

\$3⁷⁰
 /100 g



THOMAS FARMS
Grass Fed, Pasture
Raised, Free Range,
French Lamb Racks

Frozen

\$5⁰⁰
 /100 g



THOMAS FARMS
Organic Grass Fed
Lean Ground Beef

Halal Certified
 Fresh - 454 g

\$9⁹⁹



GREEN OCEAN
Wild Argentinian
Shrimp Ring

Frozen - 425 g

\$14⁹⁹

One-Stop Shop For Holiday Celebrations



**Applesnax
Organic
Apple Sauce**
620 ml
Assorted Varieties

\$3⁹⁹



**Blue Collar Bakery
Organic Twisted
Challah Bread**

450 g

\$10⁹⁹



**Blue Collar Bakery
Organic
Cinnamon Babka**

380 g

\$10⁹⁹



**Green Ocean
Argentinian
Pink Shrimp**

Easy Peel
300 g
Frozen

\$8⁹⁹



**Bob's Red Mill
Gluten Free &
Grain Free
Cassava Flour**

567 g
Assorted Varieties

\$12⁹⁹



**Always Organic
by Nature's Emporium
Organic
Marinades**

245 ml
Select Varieties

\$7⁹⁹



December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 CLOSED	26 CLOSED	27	28
29	30	31	1 Jan CLOSED			

EAT WELL, HOST BETTER

STOP BY DURING OUR EAT WELL, HOST BETTER DEMO DAYS FOR EASY ENTERTAINING IDEAS, RECIPE TASTINGS, AND MORE!

- Wednesday, December 11 - 11am - 2pm
- Wednesday, December 18 - 11am - 2pm
- Saturday, December 14 - 11am - 2pm
- Saturday, December 21 - 11am - 2pm

EAT WELL, HOLIDAY BETTER

Last Day for Speciality Meat Orders: Dec 20th

- Organic Whole Turkey
- Lamb Leg
- Organic Pork Crown Roast
- Grass-Fed Beef Prime Rib
- Grass-Fed Beef Tenderloin
- Grass-Fed Rolled Beef Brisket
- Whole Capon
- Whole Rabbit
- Organic Turkey Parts
- Cornish Hens
- Organic Salmon (Cut or Whole Side)
- Organic Half Turkey



Last Day for Holiday Catering

ORDER BY: DECEMBER 19TH



HOLIDAY HOURS

- Christmas Eve 9am - 6pm
- Christmas Day - Closed
- Boxing Day - Closed
- New Years Eve 9am - 6pm
- New Year's Day - Closed

ORGANIC & NATURAL FROZEN, REFRIGERATED GROCERY



SENIOR'S DAY EVERY WEDNESDAY!

RIPE Grass Fed Beef, Pasture Raised Chicken or Vegan Broth

Highest quality, locally sourced ingredients, made in small batches, no preservatives.

Frozen
Assorted Varieties
650/750 ml

\$13⁹⁹



MIDDLETON'S Plant Based, Vegan Ribs & Chicken Cutlets

Assorted Varieties
280-400 g

\$10⁹⁹



NATURE'S EMPORIUM ORGANIC Frozen Wild Blueberries

Organically grown & pesticide-free, these wild blueberries are a powerhouse of antioxidants to boost your health all year round.

1.5 Kg

\$16⁹⁹



STAHLBUSH ISLAND FARMS Frozen Vegetables

Vegetables are picked at the peak of freshness, then individually quick frozen to preserve taste & nutrition content.

Assorted Varieties
198-350 g

15% OFF



FORNO de MINAS Bazilian Cheese Rolls

Gluten free snacks

400 g

\$4⁹⁹



EARTH'S OWN Natural Almond Beverages

Assorted Varieties
1.89 L

2/\$7

BREMNER'S Organic Frozen Fruit

Certified organic premium fruit in recyclable packaging.

Frozen
Selected Varieties
300 g

\$6⁹⁹



DAIYA Cheezecake

Free of dairy, soy & gluten free.

Frozen
Assorted Varieties
400 g

\$7⁹⁹



SO DELICIOUS Frozen Dessert

Indulge in creamy, cashew-based frozen treats. Dairy-free, Non-GMO & vegan-certified.

Assorted Varieties
500 ml

\$7⁹⁹



ORGANIC MEADOW Organic Sour Cream

Assorted Varieties
500 ml

\$6⁹⁹



CARBONAUT Plant Based Bread & Buns

Low carb & gluten free.

Assorted Varieties
216-550 g

15% OFF



YUCATAN Authentic Guacamole

Assorted Varieties
227-454 g

15% OFF



TREE ISLAND Gourmet Yogurt

Using 100% British Columbia grass fed milk.

Assorted Varieties
325-1.5 Kg

15% OFF



HARMONY ORGANIC Organic Half & Half 10% Cream

Indulge in the perfect pairing for your favourite hot drink with this premium organic 10% half & half cream.

1 L

\$5⁹⁹



VILLA'S KITCHEN Un-Butter

Assorted Varieties
250 ml

\$8⁹⁹



FONTAINE SANTÉ Cocktail Hummus

No added preservatives, non-GMO, vegan & kosher.

Assorted Varieties
227-255 g

2/\$7



LE GRAND Pesto

A delectable blend of freshly grated Romano cheese, four types of nuts, & aromatic fresh basil.

Assorted Varieties
170 g

\$6⁹⁹



RISE Kombucha

Classic or low sugar

Assorted Varieties
1 L

\$8⁹⁹



ORGANIC & NATURAL GROCERY

Back To Daily Routines

YOU NEED THIS Plant Based Tortilla Chips or Veggie Straws

Assorted Varieties
142-156 g

\$3⁹⁹



PRAIRIE GOODNESS Chips Baked Lentil Chips

A crispy, crunchy, mouth watering baked snack made in Canada with Canadian lentils grown by Canadian farmers.

Assorted Varieties
120 g

\$4⁹⁹



QUE PASA Organic Tortilla

Every Que Pasa chip is crafted simply from whole grain organic corn that's ground between hand-cut Mexican volcanic lava millstones into a fine masa, much like the dough you'd find in Mexico's heartland centuries ago

Assorted Varieties
300-350 g

\$3⁹⁹



CRUNCH MASTER Avocado Toast

Assorted Varieties
100 g

\$4⁹⁹



EAT LOVE Organic Peanut Butter, Almond Butter or Coconut Cups

Assorted Varieties
51-52 g

\$3⁹⁹



QUE PASA Organic Salsa

Assorted Varieties
454 ml

\$4⁹⁹

NATUR Peanut Butter Creamy or Crunchy No sugar or salt added.

500 g

\$5⁹⁹



ST. DALFOUR Fruit Spreads

Made in the epicurean heart of the French countryside.

Assorted Varieties
225 ml

\$5⁹⁹



BOB SNAIL Fruit Rolls, Jellies or Stripes

Made from fruit & contains no added sugar, colourants or additives.

Assorted Varieties
90-100 g/6x14 g

15% OFF



SAVOR Organic Sandwich Cookies

These decadent cream cookies are crafted with premium ingredients like organic cocoa powder & organic vanilla extract.

300-325 g

\$4⁹⁹



GREEN & BLACK'S Organic Chocolate Bars

Ethically sourced cocoa & no artificial ingredients.

Assorted Varieties
90 g

\$3⁹⁹



TRUBAR Plant Based Bars

The best tasting vegan protein bars that are soy free, whey free & non-GMO certified.

Assorted Varieties
50 g

2/\$6



FARM GIRL Cereal

High protein, low sugar

Assorted Varieties
280 g

\$10⁹⁹



BEE-MINDFUL Hunnie

Vegan honey substitute that are crafted entirely from rescued apples, not bees.

Assorted Varieties
460 g

\$9⁹⁹



CELESTIAL SEASONINGS Organic & Natural Teas

The perfect tea blend for any occasion - from soothing herbal to invigorating black & green teas.

Assorted Varieties
18-40 Packs

15% OFF



KIJU Organic Juice

Assorted Varieties
1 L or 4x200 ml

\$2⁹⁹



KARMA Probiotic Drinks

2 Billion Cultures

Assorted Varieties
532 ml

2/\$7



FEVER TREE Premium Drinks & Mixers

Assorted Varieties
4x200 ml

\$6⁹⁹



ORGANIC & NATURAL GROCERY

A Healthy Outside Starts From The Inside

BOB'S RED MILL
All Purpose or 1:1 Baking Flour
Gluten free baking made easy.

Assorted Varieties
624 g-1.81 Kg



20% OFF

DAN-D ORGANIC
Chestnuts

100 g



2/\$5

WHOLESOME SWEETENER
• Brown Sugar
• Icing Sugar
Organic & Fair Trade

454-680 g



\$7.99

SIMPLY ORGANIC
Vanilla Extract
Organic or non alcoholic Madagascar

59-118 ml



20% OFF

EDWARD & SONS
Rice Snaps
Made with whole grain rice.

Assorted Varieties
100 g



\$4.99

SUZIE'S
Organic Crackers
Thin Cakes or Flat Breads

Assorted Varieties
130-250 g



20% OFF

LA SECCHIA
Balsamic Vinegars

Assorted Varieties
250-500 ml



20% OFF

LIVIVA
Dried Shirataki Noodles or Instant Rice

Assorted Varieties
120 g



\$4.99

NOW
Better Stevia
Zero calorie sweetener

Assorted Varieties
26-100 g/60 ml



20% OFF

NATURE'S EMPORIUM
Organic Matcha Powder

70 g



\$16.99

NATURE'S EMPORIUM
ORGANIC Cacao Butter or Drops
Fair Trade

227 g



\$9.99

CHICKAPEA
Organic Lentil Pasta or One Pot Meals

Assorted Varieties
198 - 227 g



\$5.99

IMAGINE
Organic Broth
Awaken your taste buds with the exquisite flavours of organic ingredients enhanced with fresh herbs & delightful seasonings.

Assorted Varieties
1 L



\$4.99

BECK'S
Broth
Infused with coffee, matcha or hot chocolate.

Assorted Varieties
21-36 g



\$8.99

ALWAYS ORGANIC
BY NATURE'S EMPORIUM
Green or Black Tapenades

156 ml



\$2.99

NATURE'S EMPORIUM
ORGANIC Beans In Glass Jar

Selected Varieties
370 ml



\$2.99

GIVEAWAY!
Enter to win a SMEG coffee maker (valued at \$345)

20% OFF

\$9.99

Great Lakes Wellness
CRANK COFFEE CO.



20% OFF



Empower Your Digestive Health

Helps support gastrointestinal health and promote a favourable gut flora



Learn more at gardenoflifecanada.com
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 These products may not be right for you. Always read and follow the label.

ExtraAORdinary for Your Health!

15% OFF



@aorhealth



PASCOE Pascoflair Night
 Herbal medicine helps you fall asleep & stay asleep.

15-90 tabs

15% OFF



BELL LIFESTYLE Blood Sugar Metabolism
 Glucose Metabolism support naturally

60 veggie capsules

25% OFF



NATURAL FACTORS WellBetX Berberine
 Blood Sugar & Cardiovascular Support

60 veggie capsules

25% OFF



IRON VEGAN Plant Based Sprouted Protein Bars

Assorted Varieties
 62-64 g

2/\$5



AQUA OMEGA High DHA Omega-3
 Wild caught fish anchovies.

Liquid & Caps
 60-240s
 225-450 ml

20% OFF



ANDALOU Shampoo & Conditioners
 All natural shampoo & conditioner for all hair types

Assorted Varieties
 340 ml

\$9.99



PREFERRED NUTRITION Biosil
 Helps in the formation of collagen. Supports hair, skin & nail health.

60-120 Liquid Gel Capsules

15% OFF



BACH Rescue Remedy
 A blend of five unique Bach flower remedies that aid in managing stress, & supports you during trauma or crises.

20 ml Spray/Drops

\$14.99



EARTH MAMA ORGANICS Organic & Natural Herbal
 Designed for pregnancy, postpartum, breastfeeding, & newborn care, a curated selection that offers safe personal care essentials for mom & baby.

30 ml-1L/75-227 g

15% OFF



HUMBLE Deodorant Sticks
 Free of aluminum, parabens & fragrances.

Assorted Varieties
 70 g

\$10.99



ORGANIC FORMULATIONS Premium Face Care Products
 Quality face care products formulated using organic ingredients, proudly manufactured in Australia.

Assorted Varieties
 25-125 ml

15% OFF



NATURE'S EMPORIUM Epsom Salts
 100% natural mineral magnesium sulphate.

1 Kg

\$6.99



WHOLE BODY

✓ Love Your Skin Naturally

now[®]
essential oils

Essential Oils and Skin Care Oils of **uncompromising quality to help replenish, balance and revitalize** your Mind and Body

20% off!

cruelty free and vegan

All NOW Essential Oils are purity tested, quality assured.

Visit nowfoods.ca

SOMETIMES LIFE CAN BE **STRESSFUL**

20% Off 60 chewable tablets
20% Off 60 chewable tablets
20% Off 60 chewable tablets
20% Off 60 vegetarian capsules

NEW

NEW to the Stress-Relax® family!
KSM-66 ASHWAGANDHA® Increase resistance to stress, calm your mind, and rejuvenate your body. Studies have shown that Ashwagandha can also support sleep, memory, and physical performance.

isura
VERIFIED CLEAN | TESTED NON-GMO

ACURE ORGANICS
Face Care Products

Fairtrade, natural & biodegradable ingredients with recycled packaging.

Selected Varieties
7-130 ml/113 g

15% OFF

DERMA•E
Hydrating Facial Care

Assorted Varieties
14 g-175 ml

15% OFF

MINERAL FUSION
Natural Beauty Eye & Lip Kit

Limited-edition kit gives you lush lashes and nourishing, glossy lips.

10% OFF

GREEN BEAVER
Lip Balms

Moisturizing Shea butter-based lip balms.

Assorted Varieties
10 ml

\$3.99

MAN BAR
Premium Double Milled Soap Bar

Blend the finest ingredients and a variety of masculine fragrances to provide top-quality men's personal care products.

Assorted Varieties
283 g

\$11.99

AURA CACIA
Foam & Mineral Bath Salts

Assorted Varieties
71 g

2/\$5

WELEDA
Skin Food Body Wash & Body Lotion Hand Cream

Selected Varieties
10-200 ml

20% OFF

INCREDIWEAR
Ankle Braces Knee Sleeves Elbow Sleeve & More

Pain relief, fast recovery, injury prevention. Backed by scientific research.

Assorted Varieties

10% OFF

GIOVANNI
Men's Hair Products

Assorted Varieties
56 g-499 ml

15% OFF

JASON
Body Wash

Assorted Varieties
887 ml

\$11.99

METHOD
Holiday Foaming Hand Soap

Assorted Varieties
300 ml

\$4.99

LUMIERE DE SEL
Salt Lamps

Assorted Varieties

10% OFF

PRICES IN EFFECT FROM DECEMBER 12TH TO DECEMBER 31ST, 2024

ENJOY THE SEASON WITHOUT THE SYMPTOMS



Immune support



Respiratory protection



Antioxidant defence



Now Open

TORONTO & OAKVILLE

NEWMARKET | MAPLE |
WOODBRIDGE | BURLINGTON

natureemporium.com/locations



Proudly Local & Family Run SINCE 1993!



Follow us on Instagram
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For Flash Sales & More!



PRICES IN EFFECT FROM DECEMBER 12th TO DECEMBER 31st, 2024

*We reserve the right to limit quantities. Products may not appear exactly as depicted. Sorry, no rain-checks.