

Your Neighbourhood Health Food Market



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



Gerolsteiner Carbonated Natural **Mineral Water**

750 mL Glass Bottle **Product of Germany**



Flora Flor-Antacid Heartburn Relief

Also On Sale: 90s & 180s

15% OFF



Thornloe Grass Fed Butter

250 g Salted or Unsalted





Always Organic

454 g

by Nature's Emporium arge Organic Eggs

Nature's Emporium

Almond Flour Meal

30 Pack



Tori's Bakeshop **Organic Pies**

1200 g Apple-Cranberry Crumble or Pecan Pie Vegan



Organic Green Beans

Product of Mexico

DOWGO SURE

Nature's Sustainable Selections

Organic Red Spring King Salmon Fillets

Product of BC Cut Fresh In-Store



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

\$**4**⁹⁹



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



Nuun Hydration Electrolyte Tablets

Assorted Varieties 10 Tabs \$899



Aromatherapist Essential Oil Roll-Ons

De-Stress, Headache or Sleep Well 10 mL

\$1499

All Good Body & Hand Cream

177 ml Assorted Varieties

> 20% OFF

New Year's Eve Celebration Essentials





Simply Cocktails Cocktail Mixers

480 ml Assorted Varieties

\$999



Singers Caesar Drink Mix

1 L Assorted Varieties

\$6⁹⁹



Nature's Emporium Artisan Cheese Tray

700 g

\$2499



Organic Vegetable Tray

950 g

\$17 99



Nature's Emporium 5 Layer Mexican Dip

600 g

\$1499



Töst Alcohol Free Sparkling

750 mL Assorted Varieties

Beverages

\$10⁹⁹



Kromba

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



MADE FRESH IN STORE - WITH ORGANIC INGREDIENTS



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

Family Size - 800-900 g



NATURE'S EMPORIUM Tiramisu

290 g



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



330 g

ALL ORGANIC & NATURAL DELI, CHEESE & BAKERY

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

70 g

Salami Trio **Antipasto Italiano**

100 g \$899





BEEMSTER Goat Gouda Cheese Non GMO



/100 g 250 g



CANTARELLI Organic Parmigiano 💸 Corganic Por Reggiano



ACE BAKERY Ciabatta Lunga **Cluster Baguette** Non GMO

400 g



ORGANIC & 100% GRASS FED MEAT & SUSTAINABLE SEAFOOD



Organic Boneless **Chicken Breast Cutlets** G.A.P. Animal Welfare Certified

Fresh - Family Pack



Chicken Meatballs

/100 g Frozen - 800 g



VALLEY FARMS Organic **Chicken Wings** G.A.P. Animal Welfare Certified Fresh



MARK'S MENNONITE MEATS Maple Smoked Black Forest Half Ham

(Average Weight 800 g)



WELLINGTON COUNTY FARMS Grass Fed & Grass Finished Beef Rolled

Brisket Fresh

100 g



Grass Fed, Pasture Raised, Free Range, French Lamb Racks Frozen

100 g | Fresh - 454 g



Organic Grass Fed **Lean Ground Beef** Halal Certified



GREEN OCEAN Wild Argentinian Shrimp Ring

Frozen - 425 g

One-Stop Shop For Holiday Celebrations







S	M	T	W	Т	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			

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



MIDDLETON'S Plant Based, Vegan Ribs & **Chicken Cutlets**

Assorted Varieties 280-400 g

FORNO de MINAS

Cheese Rolls

Gluten free snacks

Bazilian

400 g



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





EARTH'S OWN Natural Almond

Assorted Varieties

Beverages

1.89 L

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









BREMNER'S Organic Frozen Fruit Certified organic

premium fruit in recyclable packaging. Frozen

Selected Varieties 300 g



DAIYA Cheezecake Free of dairy, soy & gluten free.

> Frozen **Assorted Varieties** 400 g



UCATAN

SO DELICIOUS Frozen Dessert

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

Assorted Varieties 500 ml



ORGANIC MEADOW Organic Sour Cream

Picks

Assorted Varieties 500 ml



CARBONAUT **Plant Based Bread & Buns**

Assorted Varieties

Low carb & gluten free. 216-550 g

YUCATAN **Authentic** Guacamole

Assorted Varieties 227-454 g

Mars until : 14 6872 VUCATAN uacamol TREE ISLAND **Gourmet Yogurt** Using 100% British Columbia grass fed milk.

Assorted Varieties 325-1.5 Kg



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.



VILLA'S KITCHEN

Assorted Varieties

Un-Butter

250 ml



FONTAINE SANTÉ Cocktail Hummus

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

Assorted Varieties 227-255 g



LE GRAND Pesto

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

Assorted Varieties 170 g



RISE Kombucha

Classic or low sugar

Assorted Varieties





ORGANIC & NATURAL GROCERY

Back To Daily Routines

YOU NEED THIS **Plant Based** Tortilla Chips or **Veggie Straws**

Assorted Varieties 142-156 g



PRAIRIE GOODNESS Chipls **Baked Lentil Chips**

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

Assorted Varieties 120 g



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





CRUNCH MASTER Avocado Toast

Assorted Varieties 100 g



EAT LOVE Organic Peanut Butter, **Almond Butter** or Coconut Cups

Assorted Varieties 51-52 g



QUE PASA Organic Salsa

Assorted Varieties 454 ml

NATUR **Peanut Butter**

Creamy or Crunchy No sugar or salt added.

500 g



ST. DALFOUR **Fruit Spreads**

Made in the epicurean heart of the French countryside.

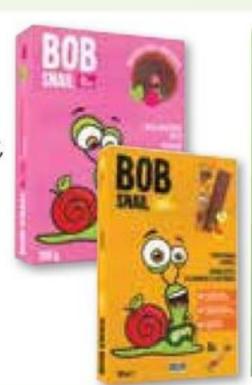
Assorted Varieties 225 ml



BOB SNAIL Fruit Rolls, Jellies or Stripes

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

Assorted Varieties 90-100 g/6x14 g



SAVOR Organic Sandwich Cookies

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

300-325 g



GREEN & BLACK'S Organic **Chocolate Bars**

Ethically sourced cocoa & no artificial ingredients.

Assorted Varieties 90 g



TRUBAR

Plant Based Bars

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

Assorted Varieties 50 g



FARM GIRL Cereal

High protein, low sugar

Assorted Varieties 280 g

from rescued apples, not bees.

BEE-MINDFUL Hunnie Vegan honey substitute that are crafted entirely

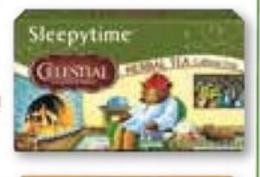
Assorted Varieties 460 g



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



KIJU **Organic Juice**

Assorted Varieties 1 L or 4x200 ml





KARMA **Probiotic Drinks** 2 Billion Cultures

Assorted Varieties 532 ml



FEVER TREE Premium Drinks & Mixers

Assorted Varieties 4x200 ml





ORGANIC & NATURAL GROCERY

A Healthy Outside Starts From The Inside

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GIVEAWAY!

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

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

Assorted Varieties 624 g-1.81 Kg

20% FF

WHOLESOME **SWEETENER**

- Brown Sugar
- Icing Sugar Organic & Fair Trade

454-680 g



EDWARD & SONS Rice Snaps Made with whole

Assorted Varieties 100 g

grain rice.



BROWN RICE SNAPS

LA SECCHIA **Balsamic Vinegars**

Assorted Varieties 250-500 ml

20% FF

NOW **Better Stevia**

Assorted Varieties 26-100 g/60 ml



DAN-D ORGANIC Chestnuts

100 g



SIMPLY ORGANIC Vanilla Extract

Organic or non alcoholic Madagascar

59-118 ml



20% OFF

SUZIE'S **Organic Crackers**

Thin Cakes or Flat Breads

Assorted Varieties 130-250 g

LIVIVA **Dried Shirataki** Noodles or **Instant Rice**

Assorted Varieties 120 g

NATURE'S EMPORIUM Organic Matcha Powder

70 g



LIVIVA LIVIVA SHIRATAKI

Great Lakes Wellness **IMAGINE** Organic Broth Awaken your taste buds Imagine.

with the exquisite flavours of organic ingredients enhanced with fresh herbs & delightful seasonings. Assorted Varieties

Great Lakes
Wellness

Collagen

Collagene



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

Assorted Varieties 21-36 g

NATURE'S EMPORIUM ORGANIC Cacao Butter or Drops Fair Trade

227 g





Assorted Varieties 198 - 227 g

lmagine

beeks

ALWAYS ORGANIC BY NATURE'S EMPORIUM Green or Black **Tapenades**

156 ml

NATURE'S EMPORIUM **ORGANIC** Beans In Glass Jar

Selected Varieties 370 ml











PROFESSIONAL & NATIONAL SUPPLEMENT BRANDS







Empower Mour Digestive Health

Helps support gastrointestinal health and promote a favourable gut flora





@gardenoflifecanada #gardenoflifecanada



60 veggie capsules

support naturally



WellBetX Berberine Blood Sugar & Cardiovascular Support 60 veggie capsules

ANDALOU

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

Assorted Varieties 340 ml



60-120 Liquid Gel Capsules

Biosil

PREFERRED NUTRITION

Helps in the formation

of collagen. Supports

hair, skin & nail health.

ORGANIC FORMULATIONS Premium Face Care Products Quality face care products

(AOR

Ortho Sleep

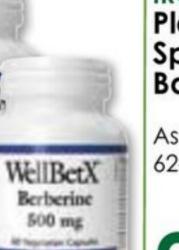
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NATURAL FACTORS

ATURACED/ INTO

formulated using organic ingredients, proudly manufactured in Australia.

Assorted Varieties 25-125 ml



(Carrivealith

ExtrAORdinary for

Your Health!

AOR

Cold & Flu

WellBeth

Berberi

IRON VEGAN Plant Based Sprouted Protein Bars

(AOR

C + Bioflavonoids

C + Bioflavonoïdes

Assorted Varieties 62-64 g



Marie Waller dames

15% OFF

AOR

Ortho Adapt



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





NATURE'S EMPORIUM Epsom Salts

100% natural mineral magnesium sulphate.

1 Kg



Pance

Pascoflair"

Pasc

DMEG/







Learn more at gardenoflifecanada.com



Pascoflair Night

Herbal medicine helps

you fall asleep & stay

PASCOE

AQUA OMEGA High DHA Omega-3 Wild caught fish

Liquid & Caps 60-240s 225-450 ml

anchovies.

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



HUMBLE **Assorted Varieties**

Deodorant Sticks Free of aluminum, parabens & fragrances.

70 g









BioSil









ACURE ORGANICS Face Care Products

Fairtrade, natural & biodegradable ingredients with recycled packaging.

Selected Varieties 7-130 ml/113 g



MAN BAR

MAN BAR

IN BAR

DERMA . E Hydrating **Facial Care**

Assorted Varieties

Foam & Mineral

Assorted Varieties

Bath Salts

71 g

DERMA-E Skydrating Night Crews 14 g-175 ml Créme Hydratante de Nu-2 AMEDS **AURA CACIA**

MINERAL FUSION **Natural Beauty** Eye & Lip Kit Limited-edition kit gives you lush lashes and nourishing, glossy lips.



GREEN BEAVER Lip Balms Moisturizing Shea butter-based lip balms.

Assorted Varieties 10 ml



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

GIOVANNI Men's Hair Products

Assorted Varieties 56 g-499 ml





2/\$5

JASON Body Wash

Assorted Varieties 887 ml



WELEDA Skin Food Body Wash & Body Lotion **Hand Cream**

Selected Varieties 10-200 ml

METHOD Holiday Foaming Hand Soap

Assorted Varieties 300 ml





INCREDIWEAR Ankle Braces Knee Sleeves Elbow Sleeve & More Pain relief, fast recovery, Injury prevention. Backed by scientific research.

Assorted Varieties



LUMIERE DE SEL Salt Lamps

Assorted Varieties





ENJOY THE SEASON WITHOUT THE SYMPTOMS





Immune support



Respiratory protection



Antioxidant defence





TORONTO & OAKVILLE

NEWMARKET I MAPLE I WOODBRIDGE I BURLINGTON







Proudly Local & Family Run SINCE 1993!









