

The CO-OP logo is a red shield with the text 'CO-OP' in white.

table

2024 FESTIVE

EVENT ON NOW

DECEMBER 5 – JANUARY 1

Magical MEALS

The festive season is all about balancing the old with the new while infusing a little magic. For this year's menu, our chefs have taken a look at traditional recipes and reimagined them for today's holiday table.

TO GET THE RECIPES, PICK UP A FREE COPY OF TABLE MAGAZINE AT YOUR LOCAL CO-OP FOOD STORE OR [VIEW ONLINE](#) »



COCONUT & COFFEE FRENCH TOAST

CHEF DALE MACKAY | SASKATOON, SK



Unwrap the season's PRIZES



BONUS CODE

COFFEE295

HOW TO PLAY:

- 1 Visit co-op.crs
- 2 Enter your Bonus Codes
- 3 Unwrap your chances to win!

No purchase necessary. Starts Nov 7, 2024, ends Jan 3, 2025. Terms and conditions apply. See www.unwrapthisseason.crs for all details.

VIEW RECIPE >>

Lucky Dragon Coconut Milk
400 mL

2 FOR \$4



Co-op Gold Maple Syrup
375 mL

SALE 8⁹⁹ ea



Tim Hortons Coffee
930 g

SALE 19⁹⁹ ea



SHOP THE RECIPE >>



BACON-WRAPPED CHICKEN & WAFFLES

CHEF ANGIE QUAALE | LANGLEY, BC

SHOPPING LIST

- o CO-OP GOLD All-Purpose Flour
- o Baking powder
- o Eggs
- o Whole milk
- o Butter
- o ARMSTRONG Cheddar Cheese
- o Chives
- o Salt
- o Cooking spray
- o CO-OP Boneless Skinless Chicken Breasts
- o CO-OP GOLD Cream Cheese
- o Garlic powder
- o Onion powder
- o CO-OP GOLD Bacon
- o CO-OP GOLD Maple Syrup



SALE 10⁹⁹ ea

Armstrong Cheese
Block 600 - 750 g
Shreds 450 - 500 g
Natural Slices 500 g



3 FOR 9⁹⁹

Co-op Gold Cream Cheese
250 g

Co-op Gold Flour
5 kg

SALE 8⁹⁹ ea

made in WESTERN CANADA



SHOP THE RECIPE >>



HALF & HALF SHEET PANCAKES

CHEF DALE MACKAY | SASKATOON, SK

SHOPPING LIST

- Whipping cream
- Sugar
- Lemon
- CO-OP CENTSIBLES Eggs
- CO-OP CENTSIBLES Butter
- Milk
- Vanilla extract
- Salt
- CO-OP CENTSIBLES All-Purpose Flour
- CO-OP GOLD Baking Powder
- Strawberries
- CO-OP GOLD Chocolate Chips
- Pineapple
- Brown sugar
- Icing sugar
- Maple syrup

GREEN GODDESS SALMON WITH BEET, RADISH & CITRUS SALAD

CHEF NICOLE GOMES | VANCOUVER, BC

SHOPPING LIST: GREEN GODDESS SALMON

- Salmon fillet
- Lemon
- Sea salt
- Extra virgin olive oil
- Fresh basil
- Fresh dill
- Fresh cilantro
- Fresh mint
- Flat leaf parsley
- Green onions
- Whole garlic
- Anchovy fillets
- Red wine vinegar
- White sugar
- Plain Greek yogurt
- Sour cream

SHOP THE RECIPE >>



Co-op Gold Extra Virgin Olive Oil
1L



SALE
19⁹⁹
ea

Co-op Gold Honey
500 g



SALE
7⁹⁹
ea

made in
WESTERN
CANADA

Co-op Gold Greek Yogurt
700 g



SALE
5⁴⁹
ea



Candy Cane Beets



Watermelon Radish
Imported



Artichokes
Produce of U.S.A
Large Size

2 FOR
\$5



SPICED PORK ROAST WITH ARTICHOKE

CHEF DALE MACKAY | SASKATOON, SK

[VIEW RECIPE >>](#)

Nabob Coffee
300 - 340 g or
Pods Package
14 - 16

SALE
6⁹⁹
ea



BONUS CODE

DEALS287

LENTIL & TOFU SHEPHERD'S PIE

CHEF MARIA KOUTSOGIANNIS | CALGARY, AB

SHOPPING LIST

- Olive oil
- Sweet white onion
- Celery stalks
- Garlic cloves
- Dried rosemary
- Dried thyme
- Dried parsley
- Vegetable stock paste
- Tomato paste
- Green lentils
- Firm tofu
- Vegetable stock
- Salt
- Black pepper
- White potatoes
- Unsweetened oat beverage
- Fresh thyme

[VIEW RECIPE >>](#)

Co-op Gold Pure Oat Beverage
1 L or Creamer 500 mL

2 FOR
\$4

made in
WESTERN CANADA



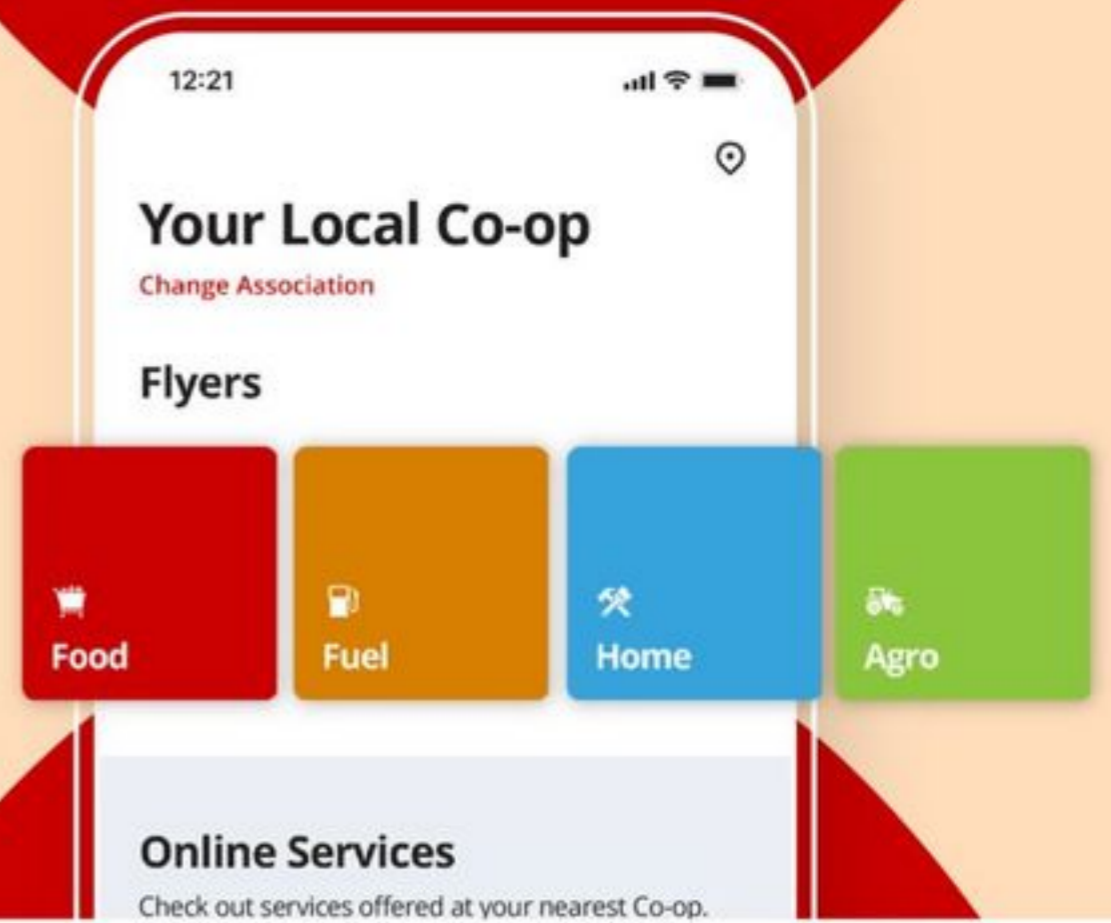
2 FOR
\$8

Co-op Gold Lentils
907 g



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VIEW RECIPE >>

TURKEY WITH APPLE SAUSAGE GRAVY

CHEF DALE MACKAY | SASKATOON, SK



Co-op Gold Broth
946 mL

2 FOR
3⁵⁰



Bothwell
Cheddar
Cheese
170 g

SALE
5⁹⁹ ea



IT'S TIME FOR TURKEY

You cooked this year's holiday dinner and now you have lots of leftover turkey. Lucky for you, we have ideas to help use it up.

EASY LEFTOVER IDEAS >>

Tim Hortons
Soup
540 mL

3 FOR
9⁹⁹

