



FLYER PRICES EFFECTIVE
December 1 to December 31, 2024



PRE-ORDER YOUR ORGANIC TURKEY

\$7.49/lb
14 to 17 lbs only

Sign up in-store
or Scan Here
Until December 19th, 2024



Pick up Dates: December 22nd-24th, 2024

HEALTHY HOLIDAYS, HAPPY FAMILIES

Embrace the warmth of the season
The Big Carrot way

ORGANIC PRODUCE

100% organic & wild-harvested



\$2.99
lb

SAVE
\$1.00

PFENNING'S
Organic Leeks



2 lb bag
\$2.99
each

SAVE
\$1.00

PFENNING'S
Organic Carrots

5 lb bag
\$7.99
each

SAVE
\$1.00



\$4.99
each

SAVE
\$1.00

PFENNING'S
Organic Rainbow Carrots 2 lb bag



\$1.99
lb

SAVE
\$1.00

PFENNING'S
Organic Red Beets Loose



\$6.99
each

SAVE
\$1.00

MIKE & MIKE'S
Organic Clementines
2 lb bag



\$4.99
each

SAVE
\$1.00

MIKE & MIKE'S
Organic Ambrosia Apples
2 lb bag
(Danforth Market Only)



\$2.99
lb

SAVE
.50¢

PARADISE FIELDS
Organic Ambrosia Apples
Loose
(Beach Market Only)

HOLIDAY BAKED TREATS

MADE IN-HOUSE

**DANFORTH
COMMUNITY MARKET**

(Available Dec. 6-24)

- Chocolate Almond Biscotti
- Cranberry Orange Biscotti
- Shortbread Cookies
- Rum Balls

(Available Dec. 9-24)

- Golden Fruit Cake
- Gingerbread Cookies

**BEACH
COMMUNITY MARKET**

(Available Dec. 15-24)

- Apple Crumble
- Chocolate Bourbon Pecan Pie
- Sugar Cookies
- Gingerbread Cookies
- Eggnog Rice Pudding
- Chocolate Almond Biscotti
- Cranberry Orange Biscotti



We are open Dec. 24th, 26th & 31st 9am-5pm. Closed December 25th & January 1st.



\$14.99
125 ml

SAVE \$4.00

VILLA VAINILLA Vanilla Pods & Extract

- Authentic pure vanilla from Mexico, birthplace of vanilla
- Free from gluten & coumarin
- 20% off select varieties



\$6.99
150 g

SAVE \$1.00

LE PAIN DES FLEURS Organic Buckwheat Toast

- Made in France
- Vegan, Kosher & gluten-free
- Over 10% off entire line



\$14.99
453 g

SAVE \$2.00

BOB'S RED MILL Super Fine Almond Flour

- Gluten-free
- 10% off select flour & baking mixes



\$7.99
184 g

SAVE \$1.00

MARY'S ORGANIC CRACKERS Organic Crackers

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



\$51.69
1L

SAVE \$9.30

ACROPOLIS ORGANICS Extra Virgin Olive Oil

- World Olive Oil Gold Award Winner 2021-2024
- Non-GMO
- Over 15% off entire line



\$4.99
85 g

SAVE \$1.00

ZAZUBEAN Organic Chocolate Bars

- Vegan, Kosher & Fair Trade
- Free from gluten & soy
- Entire line over 15% off



\$4.99
100 g

SAVE \$1.00

CAMINO Organic Chocolate Bars

- Canadian Co-op, Fair Trade
- Vegan, Kosher & gluten-free
- Over 15% off 100 g bars



\$5.49
946 ml

SAVE \$1.50

PACIFIC FOODS Organic Chicken Broth

- Made from low fat chicken
- Free from dairy, gluten, soy & yeast
- Over 20% off select 946 ml broths



\$16.99
500 ml

SAVE \$3.00

CANADIAN HERITAGE Organic Maple Syrup

- Made in Quebec, Kosher
- Medium, amber & dark grades available
- 15% off entire line



\$8.99
160 g

SAVE \$1.00

RAINCOAST TRADING Wild Sockeye Salmon

- BPA-free cans
- MSC-Certified, Ocean Wise-Endorsed
- 10% off select varieties



\$12.99
340 g

SAVE
\$2.00

CRANK COFFEE

Organic Coffee

- Locally-roasted
- Fair Trade & Kosher
- Over 10% off entire line



\$11.99
907 g

SAVE
\$2.00



LUNDBERG FAMILY FARMS

Organic Jasmine Rice

- Allergen-friendly
- Up to 15% off select varieties



\$7.19
946 ml

SAVE
.80¢



FILSINGER'S

Organic Apple Cider Vinegar

- Made in Canada
- No added sugar or preservatives
- 10% off apple cider vinegar & apple sauce

Freezer



\$2.99
355 ml

SAVE
.50¢

BULWARK CIDER

Non-Alcoholic Craft Cider

- Made in Halifax, Nova Scotia
- Vegan & gluten-free
- 0.5% Alc./Vol.



\$26.99
1.5 kg

SAVE
\$5.00

BREMNER'S

Organic Frozen Berries

- Canadian, Kosher & vegan
- Recyclable packaging
- 15% off entire line



\$6.99 - \$8.99
each (Select varieties)

SAVE
\$1.00



WHOLLY WHOLESOME

Frozen Pie Shells

- Bake at home, vegan & Kosher
- Gluten-free options available
- 10% off select varieties



\$6.99
544 g

SAVE
\$1.00



CARBONAUT

Keto Bread

- Kosher, vegan & Keto-certified
- 10% 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.

Magnesium

One mineral,
800 functions



ON
SALE



DŌMATCHA®

domatcha.ca
@domatcha
#domatcha



- TRY THE -
DōMatcha®
DIFFERENCE

On sale in
December!

10 x the antioxidants of steeped green tea



**sustainable farming.
simple ingredients.**



LEARN MORE AND DISCOVER RECIPES AT STAHLBUSH.COM



THE BIG CARROT®
— EST. 1983 —



Danforth
THE CARROT KITCHEN

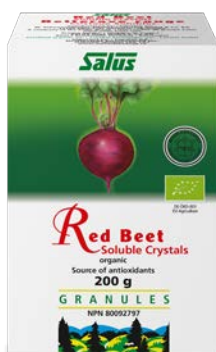
Holiday Meal for One \$13.99

Choose Chicken or Mapo Tofu,
accompanied with mixed vegetables,
gluten-free stuffing, vegan
mushroom gravy & cranberry sauce
(Available December 20th - 24th)

**Holiday Hot Bar
and Grab & Go**

(Available December 11th - 24th)





\$24.99
200 g

SALUS

Organic Red Beet Crystals

- 1 gram of crystals equal to 13.4 grams of fresh beets
- Mixes easily in water, juice & smoothies
- Vegan, Kosher, gluten free & non-GMO



UP TO 15% OFF

ALGONQUIN TEAS

Sacred Blend Tea

- Herbal tea crafted from medicinal, wild & sacred plants
- Organically-grown, hand-picked & naturally-dried
- No fertilizers, pesticides, fungicides or herbicides
- Entire line on sale



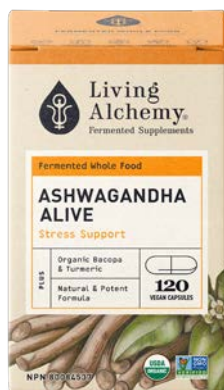
UP TO 15% OFF



A. VOGEL

Echinaforce Sore Throat Spray

- Antibacterial & anti-viral
- Backed by 30+ clinical studies
- All Echinaforce on sale



UP TO 15% OFF



LIVING ALCHEMY

Organic Ashwagandha Alive

- Whole food fermented & vegan
- Highly absorbable and easy to digest
- No fillers, binders or additives
- Entire line on sale



UP TO 20% OFF

BOIRON

Oscillococcinum

- Non-drowsy homeopathic medicine for day & night use
- No dye or preservatives
- All Oscillococcinum on sale



UP TO 20% OFF

ST. FRANCIS HERB FARM

Organic Canadian Bitters

- Organic, made in Canada
- Non-GMO, vegan & gluten-free
- All digestive tinctures on sale



\$23.79
60 tabs

SAVE \$4.20

NATURAL FACTORS

Stress Relax GABA

- 100 mg of 100% natural GABA in each tablet
- Vegan & non-GMO, non-habit forming
- Naturally-sweetened tropical fruit flavour
- All GABA products on sale



1,000 Bonus Points

\$48.39
30 cps

SAVE \$6.60

TRU NIAGEN

Tru Niagen

- Significantly increases NAD+ levels
- Supports cellular metabolism



\$52.99
280 g

SAVE \$9.00



WITHINUS

TruMarine Collagen

- Wild caught, sustainably sourced
- Bovine, fowl & swine free
- 15% off entire line



\$52.99
90 cps

UP TO 10% OFF



ENZYMEDICA

DigestGold

- Vegan & Kosher
- Free from gluten, soy & dairy
- Entire line on sale



1,000 Bonus Points

UP TO 20% OFF



PURE-LE

Organic Pre + Probiotic

- Made in Canada, GMP certified
- Vegan, Kosher & gluten-free
- Entire line on sale



1,000 Bonus Points
NEW
20% OFF

SKIN ESSENCE ORGANICS
Organic Glow Serum

- Made fresh in Ontario, vegan & gluten-free
- Nutrient rich formulas, cold pressed & unrefined
- Entire line on sale



1,000 Bonus Points
20% OFF

WELEDA
Plumping Night Cream

- Certified Climate Neutral, non-GMO
- Free from microplastics, phthalates, synthetic preservatives & fragrances
- Entire line on sale



20% OFF

GREEN BEAVER
Sensitive Aloe Day Cream

- 100% natural, vegan & non-GMO
- Free of artificial fragrances and silicones
- Entire line on sale



1,000 Bonus Points
15% OFF

ANNEMARIE BÖRLIND
LL Regeneration Blossom Dew Gel

- Organic plant-extract ingredients
- Free of mineral oil & animal derivatives
- Entire line on sale



15% OFF

DIVINE ESSENCE
Organic Black Spruce Essential Oil

- 100% vegan
- Chemotyped for authenticity & purity
- Entire line on sale



20% OFF

HONEY CANDLES
Beeswax Candles

- Canadian made & perfect gifts
- 100% pure Canadian beeswax
- Entire line on sale



1,000 Bonus Points
20% OFF

EVANHEALY
Blue Chamomile Moisturizer

- Non-GMO, vegan & gluten-free
- Entire line on sale



20% OFF

PLUMPP
Face Rollers & Gua Sha

- Soothe & rejuvenate your skin with a gentle massage
- Shaped for precise application of pressure
- All Face Rollers & Gua Sha on sale



20% OFF

MAD HIPPIE
Vitamin C Toning Mist

- Vegan, Leaping Bunny & PETA certified
- A 1% For The Planet company
- Entire line on sale

Danforth & Beach Community Market

Danforth Community Market

Featured this Month
Chaga Spice Latte

Chaga, Milk of choice,
Maple Syrup, Spice Blend

\$5
12oz



Featured this Month
Eggnog Latte

Vegan or Dairy Eggnog, Milk,
Cinnamon & Espresso

\$6
12oz



Beach Community Market

Featured this Month
Deep Blue Sea Healing Smoothie

Blueberries, Banana, Aloe Vera Juice,
Mango and Orange Juice,
Sea Moss Gel, Blue Majik,
Ocean Minerals

\$10
16 oz



Maximize Your Savings! See Website for Details.

**10X
Points**

on ALL Products in the
store, Mon. Dec. 9th,
Thurs. Dec. 26th,
& Sun. Dec. 29th

**SENIOR'S
DAY!**

Save 10% off your
purchases on
Wednesday December
4th & 18th.

**10%
Off**

Loose bulk items on
10X Points Days
every month.

THE CARROT KITCHEN



Beach
**Cranberry
Turkey Sandwich**

**15%
OFF**

THE PANTRY

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



\$10.99
454 g
**SAVE
\$1.00**

**Bard Valley
Organic Whole Medjool Dates**
(Danforth Market only)



\$3.99
kg
**SAVE
\$1.00**

Organic Quick Oats



\$4.99
kg
**SAVE
\$1.00**

Organic Light Spelt Flour
(Danforth Market only)



\$5.99
kg
**SAVE
\$1.00**

Organic Cranberry Beans
(Danforth Market only)



\$23.99
kg
**SAVE
\$3.00**

Organic Dried Cranberries (Apple juice-sweetened)
(Danforth Market only)



\$26.45
kg
**SAVE
\$3.50**

Organic Hemp Hearts
(Beach Market only)



\$21.99
kg
**SAVE
\$3.00**

Organic Crystallized Ginger Cubes
(Danforth Market only)

Advertised prices and discounts are valid from December 1 - December 31, 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.

Holiday Hours: Dec. 24, Dec. 26 & Dec. 31 9:00-5:00, Closed Dec. 25 & Jan. 1

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   



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this flyer