



Love Starts with a Healthy Heart



Organic Produce

ORGANIC PEPPERS - YELLOW, ORANGE, RED
\$5.99 / lb



ORGANIC BEETS - RED | 2 LBS
\$3.49 ea



ORGANIC CELERY
\$3.49 ea



GROWN IN ONTARIO



ORGANIC ONIONS - YELLOW | 2 LBS
\$2.99 ea

ORGANIC CABBAGE - GREEN
\$1.29 / lb



GROWN IN ONTARIO




MCLEAN MEATS®
Organic Mini Ham | 750 g
\$15.99 ea




craig seafood
Virginia Wild Caught Dry Scallops U10 | 227 g
✓ Wild Caught
✓ All Natural with No Moisture Added
\$24.99 ea

Flyer Valid January 29 - February 4 2025 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



While Quantities Last

Organic Produce

ORGANIC
APPLES - GRANNY SMITH | 3 LBS
\$6.99 ea



ORGANIC
KALE - GREEN &
BLACK
\$2.49 ea



Everyday Low Prices

ORGANIC
YAMS | 3 LBS
\$6.99 ea



ORGANIC
BANANAS
\$1.29/lb



ORGANIC
APPLES - GALA &
AMBROSIA | 3 LBS
\$5.99 ea



EST. 2005
ROWE BEEF
Inside Round Roast
Canada AAA
\$17.23/lb



norpac
BRAND
Beef Marrow
Bones | 2-2.5"
\$7.26/lb

The good kitchen

Good food, made by good people, and mindful of the earth.

Prepared Salads

SAVE \$0.50



House Salad



Greek Salad



Chef Salad

The good kitchen

Offering healthier meals with a focus on fresh, nutritious ingredients, organically grown fruits & vegetables, and humanely raised meats.

Specialty Diet Options



Try Our New Menu

Bulk Buying Value



10% OFF

QUEEN STREET
Superfood Bagel Chia & Flax | 464 g



10% OFF

QUEEN STREET
Superfood Bagel Cinnamon Raisin | 464 g



10% OFF

QUEEN STREET
Superfood Bagels - Everything | 464 g



10% OFF

QUEEN STREET
Superfood English Muffins | 480 g



Fresh from the Fridge or Freezer



10% OFF DAIYA FOODS
Italian Blend Shreds | 200 g



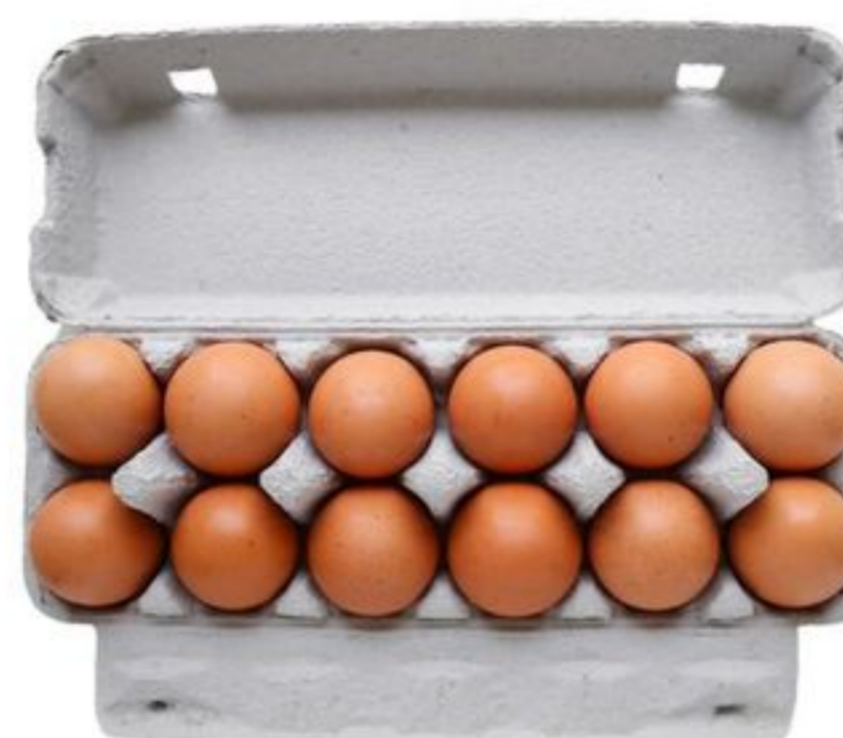
10% OFF DAIYA FOODS
Parmesan Shreds | 200 g



10% OFF DAIYA FOODS
Mexican 4 Cheese Shreds | 200 g



10% OFF HOMESTEAD FARMS
Free Run Duck Eggs | 6 Count



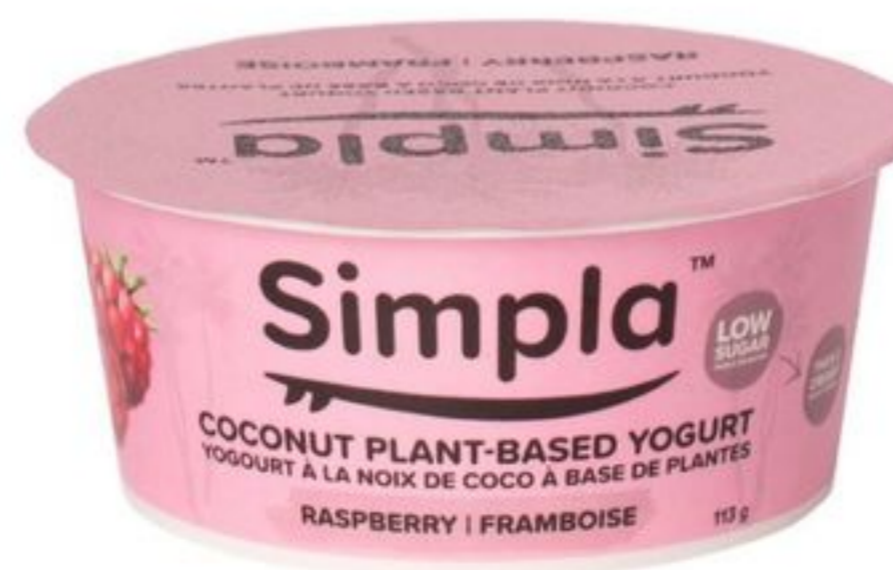
10% OFF HOMESTEAD FARMS
Large Brown Free Run Eggs | 12 Count



10% OFF RIVIERA
Goat Cheese Spread - Plain | 125 g



10% OFF RIVIERA
Goat Cheese Spread Basil Chives | 125 g



10% OFF SIMPLA
Raspberry Coconut Yogurt | 113 g



10% OFF SIMPLA
Coconut Yogurt - Original | 450 g

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

NAKED AND SAUCY

Vegan Sauces - Selected Varieties & Sizes



10% OFF

ZAZUBEAN ORGANIC CHOCOLATE

Vegan Organic Chocolate - Selected Varieties & Sizes



10% OFF



CAPE HERB & SPICE COMPANY
Atlantic Sea Salt
Grinder | 105 g

10% OFF

On Sale For \$6.74
Save \$0.75



LOVE GOOD FATS
Lemon Mousse Snack
Bar | 4x39 g

15% OFF

On Sale For \$9.77
Save \$1.72



MOONSHINE MAMA'S
Original Turmeric
Elixir | 500 mL

10% OFF

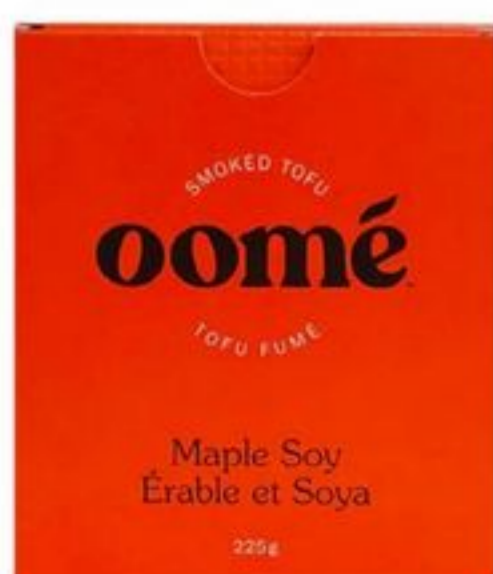
On Sale For \$19.79
Save \$2.20



STUSH
Beef Patties | 115 g

10% OFF

On Sale For \$4.31
Save \$0.48



OOME
Maple Soy Smoked
Tofu | 220 g

10% OFF

On Sale For \$7.64
Save \$0.85



RVIITA ENERGY TEA
Energy Tea Speechless
Peach | 355 mL

20% OFF

On Sale For \$3.99
Save \$1.00



SPIRIT BEAR
Eagle - Medium Roast
| 400 g

10% OFF

On Sale For \$15.29
Save \$1.70



SWEETMONK
Liquid Monk Fruit |
50 mL

15% OFF

On Sale For \$16.99
Save \$3.00

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

CHICKAPEA PASTA

Organic Chickpea Pasta and Meal Kits
- Selected Varieties & Sizes



15% OFF



TEECCINO CAFFE INC

Org French Roast Chicory Coffee | 300 g

15% OFF

On Sale For \$14.44
Save \$2.55



TRADITIONAL MEDICINALS

Org Dandelion Root Tea | 16 Count

10% OFF

On Sale For \$5.39
Save \$0.60



CASA FIESTA

Chipotle Peppers | 212 mL

15% OFF

On Sale For \$3.39
Save \$0.60



TRADITIONAL MEDICINALS

Org Spearmint Tea | 16 Count

10% OFF

On Sale For \$5.39
Save \$0.60



TWO BEARS

Barista Oat Milk - Unsweetened | 946 mL

20% OFF

On Sale For \$3.99
Save \$1.00



URBAN REMEDY

Square Coffee & Lion's Mane | 28 g

10% OFF

On Sale For \$2.96
Save \$0.33



XO BAKING

XO GfFudge Brownie Mix | 481 g

10% OFF

On Sale For \$12.86
Save \$1.43



YORKSHIRE VALLEY

Organic Chicken Noodle Soup | 398 mL

10% OFF

On Sale For \$5.39
Save \$0.60



PERFECT CHEF

Org Hot Pepper Jelly | 250 mL

10% OFF

On Sale For \$7.19
Save \$0.80

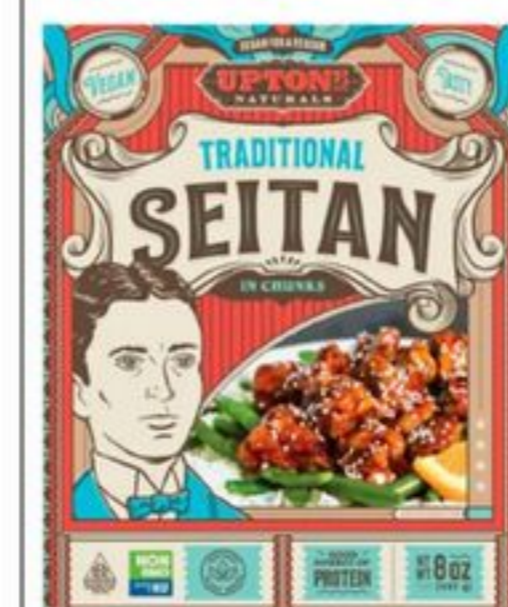


WILD ROOT

Snackables - Everything Bagel | 170 g

10% OFF

On Sale For \$9.89
Save \$1.10



UPTON'S

Traditional Seitan Vegan Chunks | 227 g

15% OFF

On Sale For \$6.79
Save \$1.20



UNBUN

Uncrust | 200 g

15% OFF

On Sale For \$10.19
Save \$1.80

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

COVE

Zero Sugar Soda - Selected Varieties & Sizes



20% OFF

GIMME

Seaweed Snacks and Wraps - Selected Varieties & Sizes



15% OFF

GOOD VIBES

Wellness Shots - Selected Varieties & Sizes



10% OFF

GUSTA

Plant-Based Pizzaroni and Seitan Kebab



15% OFF

HEALX FOODS

Cauliflower French Fries - Selected Varieties & Sizes



15% OFF

HUMBLE

Organic Potato Chips - Selected Varieties & Sizes



10% OFF

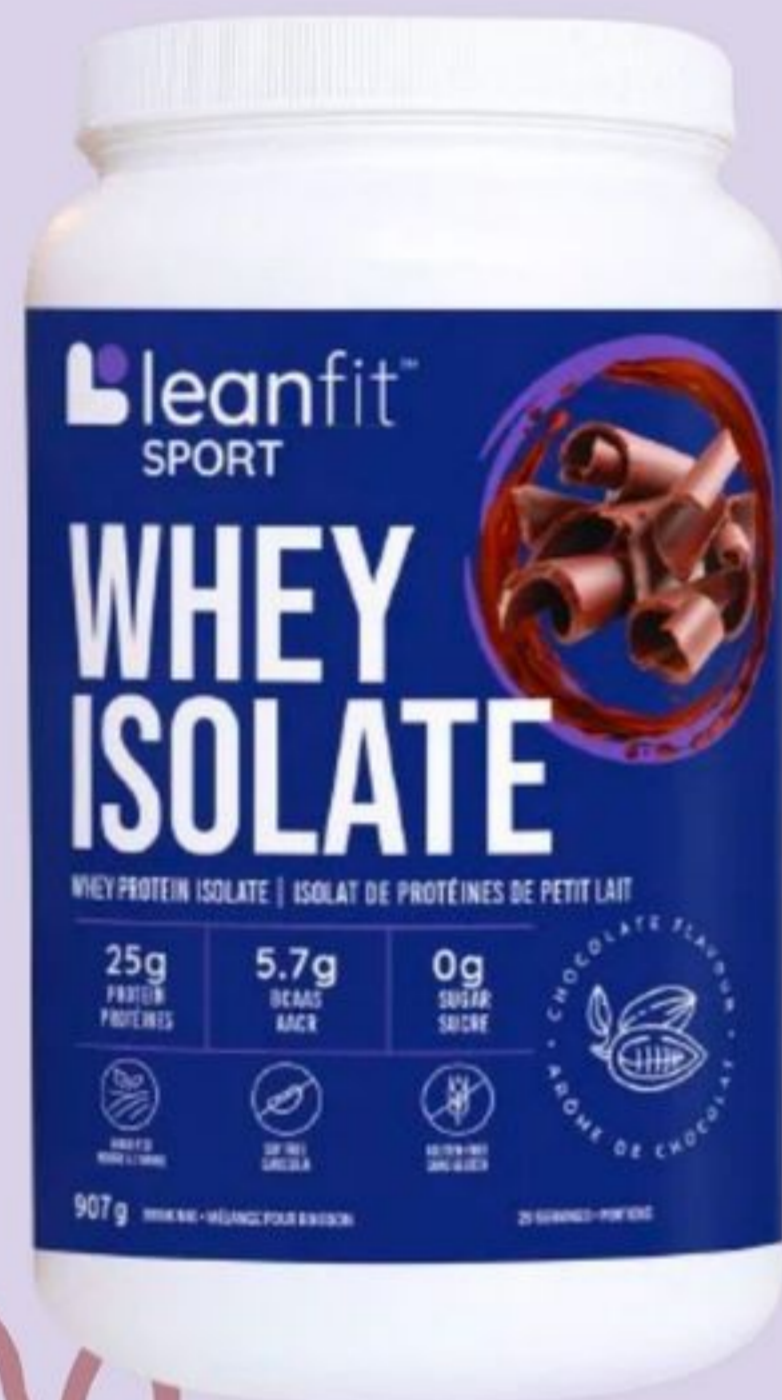
While Quantities Last

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

LEANFIT

Sports Nutrition - Selected Varieties & Sizes



10% OFF

NATURE'S WAY

Fish and Plant-Based Oils - Select Softgels Varieties



15% OFF

SUN WARRIOR

Plant-Based Proteins - Entire Line



10% OFF

PLATINUM NATURALS

Natural Supplements - Selected Varieties & Sizes



15% OFF

While Quantities Last

Super Supplements

Herbs & Supplements
to support your
everyday health



**CERTIFIED
NATURALS**
Natural
Supplements -
Selected Varieties

20% OFF



ENEREX
Natural
Supplements -
Selected Varieties
& Sizes

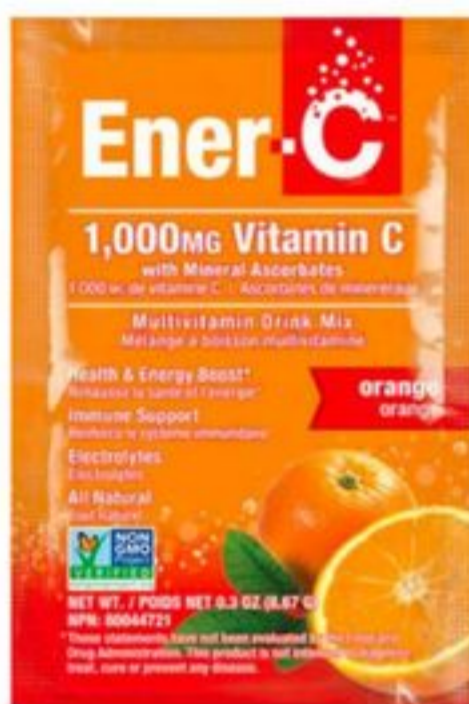
10% OFF

PURE-LE NATURAL

Liquid Greens Chlorophyll - Selected Varieties & Sizes



15% OFF



ENER-LIFE
Multivitamin Drink
Mix - Entire Line

10% OFF



FLORA
Detox & Cleansing
Supplements -
Selected Varieties &
Sizes

15% OFF

GENUINE HEALTH

Natural Supplements - Selected Varieties & Sizes



15% OFF



ST. FRANCIS
Detox & Cleansing
Supplements -
Selected Varieties &
Sizes

15% OFF



KI
Cold & Flu
Supplements -
Selected Varieties &
Sizes

15% OFF



AOR
Natural Supplements
- Selected Varieties &
Sizes

10% OFF



NATURAL CALM
Magnesium Powder
- Selected Varieties &
Sizes

10% OFF

While Quantities Last

Home, Life AND Clean Beauty

ANTIPODES

Personal Care - Selected Varieties & Sizes



15% OFF

LIQUID EARTH

Natural Cleaning Products - Selected Varieties & Sizes



15% OFF



QUEEN OF THRONES
Organic Golden Castor Oil | 500 mL

10% OFF



HERBATINT
Chestnut | 135 mL

10% OFF



AROMAFORCE
Peppermint | 30 mL

10% OFF



WAX + FIRE
Vanilla Vibes Soy Candle | 227 g

10% OFF

Don't Miss
A Week!



ANDALOU NATURALS
Shampoo - Argan Oil & Shea | 340 mL

15% OFF



GREEN BEAVER
Toothpaste - Frosty Mint | 75 mL

15% OFF



HERBAN COWBOY
Deodorant - Forest | 80 g

10% OFF

While Quantities Last

Who We Are:

Food is not just about satisfying our hunger; it holds the power to nourish our bodies, uplift our spirits, and bring people together in a shared experience of joy and connection.

The impact of food plays a vital role in our overall health and well-being. By understanding the nutritional value of different foods and making mindful choices, we can fuel our bodies with the energy and nutrients they need to thrive.

Exploring the power of food involves recognizing the diverse array of ingredients available to us and learning how they can support our health goals.

From colorful fruits and vegetables packed with vitamins and antioxidants to whole grains and lean

proteins that provide essential nutrients, each food group offers unique benefits. By incorporating a variety of foods into our diet and experimenting with new recipes, we can create delicious and nutritious meals that nourish both our bodies and our souls.

Embracing the power of food also means being mindful of how our food choices impact the environment and our communities. By supporting local farmers, choosing sustainably sourced ingredients, and minimizing food waste, we can contribute to a more sustainable food system that benefits both present and future generations. Through education, exploration, and a spirit of curiosity, we can unlock the full potential of food as a source of health, happiness, and unity.

9 Locations in Ontario

Hamilton Mountain
1000 Upper Gage Ave.

Hamilton West
176 Locke St. S.

Burlington
2300 Fairview St.

Waterdown
74 Hamilton St. N.

Brantford
605 West St.

Guelph
36 Wellington St. W.

Waterloo
668 Erb St. W

London
1735 Richmond St.

Barrie
79 Park Place Blvd.



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Canadian Business

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