



Flyer Prices Effective  
November 1st to 30th

**CELEBRATE OUR 42<sup>ND</sup> ANNIVERSARY WITH US!**

**FROM NOVEMBER 15-16**

**SEE BACK PAGE FOR FULL EVENT DETAILS**



## BIG DEALS

Committed to organic, non-GMO, local & sustainable food systems

**25%  
OFF**

REG. \$11.99  
SALE \$8.99  
120 g



**UNREAL SNACKS**  
Chocolate Snacks  
• 25% off all Unreal Snacks

REG. \$7.69  
SALE \$5.00  
680ml

**34%  
OFF**



**MEDITERRANEAN GARDEN**  
Pasta Sauce  
• 34% off select varieties

REG. \$5.69  
SALE \$4.00  
100 g

**29%  
OFF**



**NEW**

**TRUE DATES**  
Flavoured Dates  
• 29% off select varieties

## THE BIG CARROT BUTCHER

REG. \$14.99/kg  
SALE \$11.99/kg  
Sizes 300 g - 454 g



**20%  
OFF**

**CUMBRAE'S**  
Bone-in Chicken Breast  
• Product of Canada

REG. \$319.99  
SALE \$255.99  
each

**20%  
OFF**



**SANTEVIA**  
Glass Water System

REG. \$3.99/lb  
SALE \$1.99/lb



**50%  
OFF**

**ORGANIC AMBROSIA APPLES**  
• Product of Canada

REG. \$8.99  
SALE \$5.99  
5 lb bag

**33%  
OFF**



**ORGANIC CARROTS 5LB BAG**  
Pfenning's Organic Farm  
• Product of Canada

**30%  
OFF**

Special Pricing  
In-Store



**NATURAL FACTORS**  
Creatine Monohydrate 300 g  
• All Natural Factors on sale

REG. \$29.99  
SALE \$21.99  
500 ml

**26%  
OFF**



**ST. FRANCIS HERB FARM**  
Organic Castor Oil  
• All Therapeutic topicals on sale

REG. \$55.99  
SALE \$38.99  
each

**30%  
OFF**



**SPADENT NATURALS**  
Teeth Whitening Kit  
• 25% off all SpaDent Naturals

**SPEAK TO OUR STAFF NUTRITIONISTS - A CANADIAN WORKER-OWNED STORE SINCE 1983**



# GROCERY

Committed to organic, non-GMO, local & sustainable food systems

REG. \$17.99  
SALE \$13.99  
365 g



22% OFF

**NUTS TO YOU**  
Macadamia Butter  
• Select nut butters on sale

REG. \$4.69  
SALE \$3.69  
66 g



21% OFF

**GOBIO**  
Organic Bouillon Cubes  
• All GoBio bouillon cubes on sale

REG. \$6.69  
SALE \$4.99  
Each



25% OFF

**MADEGOOD**  
Organic Snacks  
• All MadeGood on sale

25% OFF

REG. \$6.69  
SALE \$4.99  
400 g



**SILVER HILLS**  
Organic Sprouted Bagels  
• 25% off select varieties

REG. \$19.99  
SALE \$16.99  
500 ml



**MAISON ORPHÉE**  
Extra-Virgin Olive Oil  
• 12% off select oils

REG. \$2.99  
SALE \$1.50  
5 g



49% OFF

**SEASNAX**  
Organic Roasted Seaweed Snacks  
• All SeaSnax on sale

REG. \$11.99  
SALE \$9.39  
336 g



21% OFF

**CAMINO**  
Organic Hot Chocolate  
• Select hot chocolate on sale

REG. \$11.99  
SALE \$9.99  
255 g



**ENJOY LIFE**  
Baking Chocolate  
• 16% off select baking chocolate

REG. \$5.39  
SALE \$3.99  
200 g



25% OFF

**SNACK FACTORY**  
Pretzel Crisps  
• 25% off select varieties

REG. \$38.99  
SALE \$31.19  
100 scoops



20% OFF

**NELLIE'S**  
Oxygen Brightener  
• Select Nellie's products on sale

REG. \$9.99  
SALE \$7.99  
680 g



20% OFF

**ONE DEGREE**  
Organic Sprouted Oats  
• 20% off select oats

REG. \$9.99  
SALE \$8.99  
1.5 L



**NATURE CLEAN**  
Dish Soap  
• Select dish & laundry soap on sale

REG. \$6.99  
SALE \$5.69  
1 kg



**NATIVE**  
Organic Cane Sugar  
• Select sugar, coffee & cocoa on sale

REG. \$5.99  
SALE \$4.99  
358 ml



**BIOITALIA**  
Organic Pasta Sauce  
• 14% off all BioItalia

REG. \$16.99  
SALE \$12.99  
210 g



23% OFF

**OG GHEE**  
Clarified Butter  
• Select OG Ghee on sale

REG. \$55.99  
SALE \$44.99  
800 g



**CAPRICARE**  
Infant Formula  
• 19% off select varieties



27% OFF



**HENRY'S TEMPEH**  
Organic Tempeh  
• Select varieties on sale

Find More Deals In-Store Now



Shop Instacart at [shop.thebigcarrot.ca](https://shop.thebigcarrot.ca)

## FRIDGE & FREEZER

Committed to organic, non-GMO, local & sustainable food systems

REG. \$5.39  
SALE \$2.99  
473 ml

44%  
OFF



A2  
Half & Half Cream

REG. \$23.99  
SALE \$18.99  
500 ml

20%  
OFF



MOONSHINE MAMA'S  
Turmeric Elixirs  
• 20% off select varieties

REG. \$9.69  
SALE \$7.69  
450 g



20%  
OFF

YOGGU!  
Plant-Based Yogurt  
• Select varieties on sale

REG. \$6.89  
SALE \$5.39  
300 ml

21%  
OFF



GREENHOUSE JUICE CO.  
Organic Juice  
• Select varieties on sale

REG. \$8.39  
SALE \$6.99  
2 L



ROLLING MEADOW  
Grass-Fed Milk  
• 16% off select 2L cartons

## ORGANIC PRODUCE

Committed to organic, non-GMO, local & sustainable food systems

REG. \$4.99/lb  
SALE \$2.99/lb



40%  
OFF

ORGANIC VINE TOMATO  
• Product of Canada

REG. \$7.99  
SALE \$5.99  
3 lb bag



25%  
OFF

ORGANIC GRANNY SMITH APPLE 3 LB BAG  
3 lb bag  
• Product of Canada

REG. \$3.99/lb  
SALE \$2.49/lb



37%  
OFF

ORGANIC ANJOU PEAR  
• Product of Canada

REG. \$5.99  
SALE \$3.99  
2 lb bag



33%  
OFF

ORGANIC VALENCIA ORANGE 2 LB BAG  
2 lb bag  
• Product of South Africa

REG. \$2.49/each  
SALE \$1.50/each



39%  
OFF

ORGANIC AVOCADO  
• Product of Mexico

## THE PANTRY

Organic bulk staples and unique bulk products

REG. \$45.99  
SALE \$39.99/kg



Organic Raw Pecans

25%  
OFF



Organic Couscous  
(Select Varieties)  
(Danforth Only)

25%  
OFF



Organic Whole Grains  
& Kernels  
(Select Varieties)  
(Danforth Only)

REG. \$29.99  
SALE \$25.99/kg



Organic Raw  
Styrian Pumpkin Seeds  
(Danforth Only)

REG. \$4.99  
SALE \$3.99/kg



Organic Cane Sugar  
(Danforth Only)

REG. \$22.99  
SALE \$18.99/kg



Organic Dried Apricots  
(Danforth Only)

Find More Deals In-Store Now



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**Amy's**

THICK CRUST WITH MOZZARELLA & BASH  
CROUTES PLUS SAUCE & TOMATOES & BASIL  
CONTAINS 74% ORGANIC INGREDIENTS  
CONTIENT 74% D'INGRÉDIENTS BIOLOGIQUES

**PIZZA MARGHERITA**

CONTAINS 80% ORGANIC INGREDIENTS  
CONTIENT 80% D'INGRÉDIENTS BIOLOGIQUES

**SOUPS**

BROCCOLI & CHEDDAR  
BROCOLI ET CHEDDAR

**ON SALE**

**SO RICH & CREAMY,  
YOU WON'T BELIEVE  
IT'S DAIRY FREE.**



## MAXIMIZE YOUR SAVINGS!

### 10X Points

Earn 10X Points On All Products In-Store:

Monday, November 10    Saturday, November 15  
Sunday, November 30    Sunday, November 16

### Senior's Days

Save 10% Off Your Purchase\*  
Every Wednesday  
for customers 65+

### 10% Off Bulk

Save 10% Off Loose Bulk Items In-Store\*:

Monday, November 10    Saturday, November 15  
Sunday, November 30    Sunday, November 16





A few herbs to cope with stress  
To ease from one season to the next



[www.clefdeschamps.net](http://www.clefdeschamps.net)



# Magnesium

One mineral,  
800 functions.



ON  
SALE



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\*Terms & Conditions Apply



# COMFORTS FROM THE HIVE

- Pure beeswax candles for a warm natural glow.
- Local Canadian unpasteurized honey to sweeten every season.
- Propolis superfoods to soothe sore throats.



BEESWAX CANDLES

PROPOLIS SPRAYS AND GUMMIES

**30 YEARS** | **Bio-K<sup>+</sup> PLUS**  
Inspiring well+being

**Your #1 Partner for digestive well+being**

Stock Up on Bio-K+ Drinkables and Save!



Gluten-free



Clinically Proven



Unique Formula



Made in Canada



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# THE DISPENSARY

Quality supplements, great prices and professional staff



Special Pricing  
In-Store

**FLORA**  
Organic Flax Oil  
• All oils on sale



REG. \$29.99  
SALE \$23.99  
90 capsules

20%  
OFF



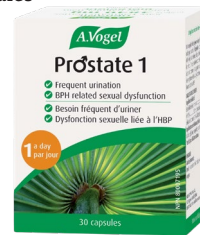
**NOW**  
Super Enzymes  
• Select sizes on sale

Special Pricing  
In-Store



**TRU NIAGEN**  
Tru Niagen  
• 10% off all sizes

REG. \$35.99  
SALE \$29.59  
30 capsules



**A. VOGEL**  
Prostate 1  
• 15% off select sizes

REG. \$34.99  
SALE \$29.99  
30 g



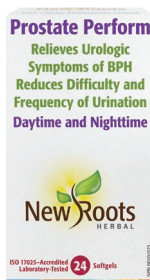
**DOMATCHA**  
Organic Ceremonial Matcha  
• All DoMatcha on sale

Special Pricing  
In-Store



**NUTRASEA**  
High EPA Omega-3  
• All NutraSea products on sale

Special Pricing  
In-Store



**NEW ROOTS HERBAL**  
Prostate Perform  
• All prostate products on sale

REG. \$24.99  
SALE \$17.49  
120 capsules

30%  
OFF



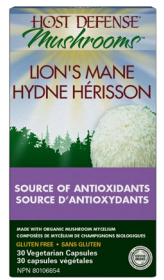
**ITL HEALTH**  
MAGTrio  
• All ITL Health on sale

REG. \$61.99  
SALE \$47.99  
280 g



22%  
OFF

**WITHINUS**  
Tru Marine Collagen  
• Select sizes on sale



Special Pricing  
In-Store

**HOST DEFENSE**  
Organic Lion's Mane  
• 15% off all Host Defense

## BEAUTY & WELLNESS

REG. \$12.99  
SALE \$10.99  
Each



**ANDALOU NATURALS**  
Sunflower Citrus Hair Care  
• 15% off all Andalou Naturals

20%  
OFF



**BOO BAMBOO**  
Baby Care  
• 20% off all Boo Bamboo

REG. \$12.99  
SALE \$10.99  
125 ml



**SUKIN**  
Facial Care  
• 15% off all Sukin

20%  
OFF



**THE AROMATHERAPIST**  
Essential Oils  
• All The Aromatherapist on sale

25%  
OFF



**DIVINE ESSENCE**  
Essential Oils  
• All Divine Essence on sale

20%  
OFF



**THREE SHIPS**  
Facial Care  
• 20% off all Three Ships

20%  
OFF



**GRAYDON**  
Moon Boost & Supermoon  
Serum  
• All Graydon on sale

Only Select Items Available At Beach Community Market





# COME CELEBRATE OUR 42<sup>ND</sup> ANNIVERSARY WITH US! FROM NOVEMBER 15 - 16

EVENT DETAILS	NOV 15	NOV 15-16	LOCATION
FREE Carrot Cake (Baked In-House) + FREE Sweet Apple Cider SATURDAY 12 - 2 PM	✓ 12-2 PM		BOTH LOCATIONS
FREE Gift Bag With Purchase* <small>*While quantities last</small> SATURDAY ONLY	✓		BOTH LOCATIONS
Meet The Big Carrot Mascot SATURDAY 12 - 2 PM	✓ 12-2 PM		DANFORTH ONLY
10X Points Day + 10% Off Bulk Day ALL WEEKEND LONG		✓	BOTH LOCATIONS
Gift Basket Giveaways ALL WEEKEND LONG		✓	BOTH LOCATIONS

THE CARROT KITCHEN  
Both Locations

REG. \$6.39  
SALE \$5.10

20%  
OFF

Indianlife® Wraps

THE CARROT KITCHEN  
Both Locations

REG. \$6.99  
SALE \$5.59

20%  
OFF

Curried Potato Salad

THE CARROT KITCHEN  
Both Locations

Morning Glory Muffins  
(Made Without Gluten)

REG. \$13.99/4 pack  
SALE \$11.90/4 pack

JUICE / SMOOTHIE & COFFEE BAR  
Both Locations

Chaga Spice Latte  
Chaga, Spices, Vanilla, Maple Syrup,  
Steamed Coconut Milk

\$5  
12oz

**Advertised prices and discounts are valid from November 1 - November 30, 2025.**

**Danforth Community Market**, 348 Danforth Avenue, Toronto ON M4K 1N8  
**Store Hours:** Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00  
**Danforth 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. Parking lot accessible off of Jackman Ave.

**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** (45 Minutes Maximum)  
Located at the southeast corner of Main Street and Kingston Road, bus #64 from Main Station.

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](http://www.Thebigcarrot.ca) to sign up for your rewards card, e-newsletter, more information on products, events, demo calendar, or nutrition facts.