



Flyer Prices Effective
December 1st to 31st

THE BIG CARROT
COMMUNITY MARKET

PRE-ORDER YOUR HOLIDAY MEALS NOW!

PRE-ORDERS OPEN DEC 3 - 21 | PICK UP IN-STORE DEC 22 - 24



BIG DEALS

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

REG. \$5.99
SALE \$3.99
142 g

33%
OFF



LESSER EVIL
Organic Popcorn
• Select popcorn on sale

REG. \$9.39
SALE \$6.99
75g

25%
OFF



CHOCOSOL
Stone-Ground Chocolate
• All 75g chocolate bars on sale

REG. \$45.99
SALE \$33.99
Select sizes

26%
OFF



ACROPOLIS ORGANICS
Extra Virgin Olive Oil
• 25% off all other olive oil, olives & glazes

THE BIG CARROT BUTCHER

REG. \$18.99
SALE \$15.19
700 g

20%
OFF



YORKSHIRE VALLEY FARMS
Frozen Organic Chicken Pot Pie
• Product of Canada

REG. \$2.99/lb
SALE \$1.99/lb

33%
OFF



ORGANIC FUJI APPLES
• Product of Canada

REG. \$3.99/lb
SALE \$2.99/lb

25%
OFF



ORGANIC NAVEL ORANGES
• Product of USA

REG. \$59.99
SALE \$44.99
each

25%
OFF



SANTEVIA
Mina Water Pitcher
• White and black colours available

30%
OFF



NATURAL FACTORS
Organic Oil of Oregano
• All oil of oregano on sale

25%
OFF



REG. \$66.99
SALE \$49.99
15ml

EVANHEALY
Blue Cactus Beauty Elixir
• 20% off all other evanhealy products

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

GROCERY

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

REG. \$18.99
SALE \$14.99
Select varieties



VILLA VAINILLA
Vanilla Beans and Extract
• Select varieties on sale

REG. \$10.99
SALE \$8.69
1 L



RED CROWN
Organic Pomegranate Juice
• Select varieties on sale

REG. \$25.99
SALE \$19.99
225 g



PRASAD AYURVEDA
Organic Ghee
• 225g and 425g sizes on sale

REG. \$40.99
SALE \$31.99
750 ml



LA TOURANGELLE
Organic Extra Virgin Olive Oil
• 10% off all other La Tourangelle oils

REG. \$13.99
SALE \$11.99
365 g



NUTS TO YOU
Almond Butter
• 13% off select almond butters

REG. \$6.39
SALE \$4.99
300 g



NEAL BROTHERS
Organic Tortilla Chips
• Select Neal Brothers snacks & salsa on sale

REG. \$10.99
SALE \$8.99
Select varieties



WHOLESOME
Organic Sugar
• 14% off select sugars

REG. \$7.99
SALE \$6.69
150 g



LE PAIN DES FLEURS
Organic Buckwheat Crispbread
• 14% select varieties

REG. \$6.69
SALE \$4.99
946 ml



PACIFIC FOODS
Organic Broth
• Select varieties on sale

REG. \$9.99
SALE \$7.99
100 g



CAMINO
Organic Chocolate Bars
• All chocolate bars on sale

REG. \$6.69
SALE \$4.99
113 g



LUNDBERG FAMILY FARMS
Organic Rice Pouches
• Select varieties on sale



FILSINGER'S ORGANICS
Organic Apple Cider & Vinegar
• All Filsinger's apple cider, vinegar and apple sauce on sale

REG. \$6.99
SALE \$5.69
1 L



VITA COCO
Coconut Water
• 18% off select varieties

REG. \$16.99
SALE \$11.99
1 L



NATURE CLEAN
Laundry Detergent
• Select varieties on sale



IF YOU CARE
Kitchen Supplies
• All If You Care products on sale

REG. \$14.99
SALE \$10.49
6 pack



OGGI
Kitchen Cloths
• Select varieties on sale

Find More Deals In-Store Now



Shop Instacart at shop.thebigcarrot.ca

FRIDGE & FREEZER

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

REG. \$4.39
SALE \$2.50
355 ml

43% OFF



TONICA KOMBUCHA
Organic Kombucha
• While quantities last

REG. \$11.99
SALE \$5.99
Each

50% OFF



DAIYA
Dairy-free Pizza
• All pizzas on sale

REG. \$8.69
SALE \$6.69
170 g

23% OFF



LE GRAND
Plant-Based Pesto
• Select pesto and sauce on sale

REG. \$8.39
SALE \$5.99
567 g

28% OFF



LITTLE NORTHERN BAKEHOUSE
Gluten-Free Bread
• All Little Northern Bakehouse on sale

REG. \$4.49
SALE \$2.99
113 g

33% OFF



WOOLWICH DAIRY
Soft Fresh Goat Cheese
• Select varieties on sale

REG. \$11.99
SALE \$9.99
200 g



ROLLING MEADOW
Shredded Cheese
• 16% off select varieties

ORGANIC PRODUCE

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

REG. \$2.99/lb
SALE \$1.99/lb

33% OFF



ORGANIC SWEET POTATOES
• Product of Canada

REG. \$4.99
2 For \$5
2 lb bag

49% OFF



ORGANIC CARROTS 2 LB BAG
Pfenning's Organic Farm
• Product of Canada

33% OFF

REG. \$5.99/each
SALE \$3.99/each



ORGANIC APERO VINE TOMATOES
• Product of Canada

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

25% OFF



ORGANIC HONEYCRISP APPLES 3 LB BAG
• Product of Canada

THE PANTRY

Organic bulk staples and unique bulk products

25% OFF



Organic Wheat Flours
(Select Varieties)

REG. \$11.99
SALE \$9.99/kg



Organic Thompson Raisins

25% OFF



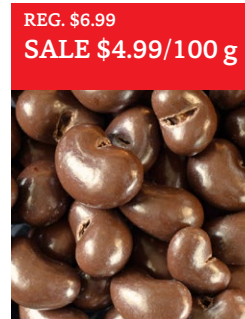
Organic Oats
(Select Varieties)

20% OFF



The Big Carrot Organic Coffee 2 lb Bag
(Select Varieties)
(Danforth Only)

REG. \$6.99
SALE \$4.99/100 g



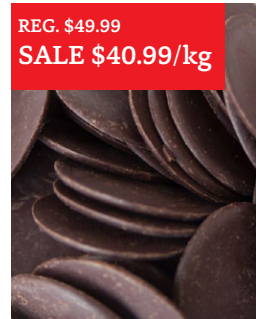
Organic Chocolate Cashews
(Danforth Only)

25% OFF



Amber Grade Maple Syrup
(1 L & 500 ml sizes)
(Danforth Only)

REG. \$49.99
SALE \$40.99/kg



Organic Vegan Chocolate Wafers
(Danforth Only)

Find More Deals In-Store Now



Shop Instacart at shop.thebigcarrot.ca



IGNITE YOUR IMMUNITY.

ON SALE



MAXIMIZE YOUR SAVINGS!

**10X
Points
Days**

Earn 10X Points
On All Products In-Store:

Monday, December 8
Friday, December 26
Sunday, December 28

**Senior's
Days**

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

**10% Off
Bulk Days***

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

Monday, December 8
Friday, December 26
Sunday, December 28

*Terms & Conditions Apply

PRE-ORDER YOUR HOLIDAY MEALS NOW!

PRE-ORDERS OPEN DEC 3 - 21 | PICK UP IN-STORE DEC 22 - 24



PRE-ORDER FROM THE BIG CARROT BUTCHER

Sign Up At Customer Service Desk
or Online Via QR Code Starting Dec 3

POULTRY

Yorkshire Valley Farms Organic Whole Turkey \$7.49/lb

Note: 14 lb - 17 lb whole turkeys available only

Yorkshire Valley Farms Organic Bone-in Turkey Breast \$22.99/kg

Yorkshire Valley Farms Organic Boneless Turkey Breast \$29.99/kg

Stuffed Turkey Breast \$27.99/kg

Stuffed Chicken Breast \$25.99/kg

Stuffed Cornish Hen \$18.99/kg

LAMB

Howick Community Farmers Pastured Bone-in Lamb Leg Roast \$42.99/kg

Howick Community Farmers Pastured Boneless Lamb Leg Roast \$44.99/kg



**PICK UP IN-STORE
DEC 22 - 24
FOR BUTCHER
PRE-ORDERS!**

PORK

Cumbræ's Mini Boneless Hams \$22.99/kg

Cumbræ's Pork Boneless Roast \$21.99/kg

Stuffed Pork Loin Roast \$20.99/kg

BEEF

Cumbræ's Beef Prime Rib Roast \$54.99/kg

Cumbræ's Beef Inside Round Roast \$29.99/kg

PRE-ORDER FROM THE CARROT KITCHEN

Sign Up At Customer Service Desk
or Online Via QR Code Starting Dec 3

ENTREES

Sliced Turkey Breast

- Small \$26.99 (serves 2-3)
- Large \$44.99 (serves 4-6)

SIDES (SERVES 4)

Vegan Stuffing \$22.99

Classic Mashed Potatoes \$25.99

Sweet Potato Mash \$22.99

Green Beans \$22.99

Traditional Stuffing \$22.99

Roasted Brussel Sprouts \$25.99

Maple Roasted Squash \$25.99

TURKEY MEAL FOR FOUR - \$120

- Fully-Cooked Turkey Breast
- Classic Mashed Potatoes
- Choice of Traditional or Vegan Stuffing (Made Without Gluten)
- Green Beans
- Vegan Mushroom Gravy
- Cranberry Sauce

HOLIDAY ENTERTAINING

Quiche \$25.99 (serves 6)

Broccoli & Cheese / Lorraine / Mushroom & Caramelized Onion

Salad Bowl \$22.99 (serves 6)

Garden Salad / Caesar Salad

Classic Artisan Cheese Platter \$20.99 (serves 6-10)

Balderson 2yr Cheddar, Red Fox, Gouda, Grapes

Signature Artisan Cheese Platter \$30.99 (serves 6-10)

Brie, Smoked Cheddar, BellaVitano, Salami, Walnut, Dried Apricots, Grapes, Fig

**PICK UP IN-STORE
DEC 22 - 24
FOR KITCHEN
PRE-ORDERS!**





THE BIG CARROT
COMMUNITY MARKET

HOLIDAY SPECIALS

THE CARROT KITCHEN GRAB & GO SECTION

Available at both locations
from December 17 - 24

Sliced Turkey Breast Small \$26.99 / Large \$44.99

Vegan Stuffing (Made Without Gluten) Small \$8.99 / Large \$11.99

Meal for One (Vegetarian or Turkey) \$13.99
Turkey or Ginger Tofu, Mashed Potato or Roasted Tricoloured Vegetables, Traditional Stuffing or Vegan Stuffing, Green Beans, Cranberry Sauce

Turkey Dinner for Two \$45.99
Turkey, Mashed Potato, Traditional Stuffing, Green Beans, Cranberry Sauce

Vegan Mushroom Gravy \$8.99

Cranberry Sauce \$6.99

Classic Mashed Potatoes \$13.99

Roasted Tricoloured Vegetables \$11.99

Sweet Potato Mash \$11.99

Assorted Quiches \$25.99

THE CARROT KITCHEN HOT BAR \$3.29 per 100 g

Available at both locations
from December 17 - 24

Sweet Potato Mash

Vegan Stuffing (Made Without Gluten)

Roasted Tricoloured Vegetables

Classic Mashed Potatoes

Ginger Tofu

Green Beans

HOLIDAY BAKED TREATS BY THE CARROT KITCHEN

Available at both locations
from December 5 - 24

Shortbread Cookies \$5.49

Rum Balls \$6.99

Gingerbread Cookies \$5.99

Almond Chocolate Biscotti \$5.99

Cranberry Orange Biscotti \$5.99

REG. \$9.99
SALE \$8.99
each



KENSINGTON BAKERY
Natural Vegan Fruit Cake
• 10% off select varieties

REG. \$18.99
SALE \$16.99
each



STICKLING'S BAKERY
Marzipan Stollen
• 10% off select varieties

\$4.99
227 g



SPRINGBROOK CRANBERRY
Organic Fresh Cranberries
• Available while quantities last

REG. \$13.99
SALE \$9.99
454 g



NATURAL DELIGHTS
Organic Whole Medjool Dates
• Select varieties on sale

THE DISPENSARY

Quality supplements, great prices and professional staff

REG. \$21.99
SALE \$17.99
60 gummies



PREFERRED NUTRITION
Ashwagandha Gummies
• All gummies on sale

REG. \$16.99
SALE \$13.99
30 ml



A. VOGEL
Echinaforce Sore Throat Spray
• All Echinaforce on sale



25% OFF

NO DAYS WASTED
DHM Blend
• All hydration products on sale

REG. \$49.99
SALE \$39.99
225 ml

20% OFF



AQUAOMEGA
High EPA Omega 3's
• All AquaOmega on sale

REG. \$28.99
SALE \$25.99
90 capsules



NEW ROOTS HERBAL
Strong Bones
• Select varieties on sale

REG. \$12.99
SALE \$9.99
120 g

23% OFF



WEDDERSPOON
Organic Manuka Honey Lozenges
• All Wedderspoon on sale

REG. \$37.99
SALE \$29.99
375 g

21% OFF



SUNWARRIOR
Organic Vegan Protein Powder
• All Sunwarrior protein on sale

REG. \$26.99
SALE \$22.99
30 tabs



PASCOE
Pascoflair
• All stress products on sale

REG. \$12.99
SALE \$10.99
16 bags



THE ALGONQUIN TEA CO.
Herbal Tea
• 15% off all teas

BEAUTY & WELLNESS

20% OFF



ANNEMARIE BÖRLIND
Facial Care
• All Annemarie Borlind on sale

REG. \$23.59
SALE \$18.79
10ml

20% OFF



MAROMA
Perfume
• All perfumes on sale

20% OFF



SKIN ESSENCE
Facial Care
• All Skin Essence on sale

Only Select Items Available At Beach Community Market



THE CARROT KITCHEN OLIVE BAR

Available at Danforth Community Market only.
Select varieties available pre-packaged at Beach Community Market's Grab & Go section.

REG. \$3.29/ 100 g
SALE \$2.99/ 100 g*

- Crushed Chili Marinated Greek Mix
- Mt Athos Green Olives Stuffed w/ Red Pepper
- Castelvetro, Pitted
- Mt Athos Green, Pitted
- Frescatrano, Pitted
- Kalamata, Pitted
- Kalamata, Whole
- Greek Ripe Olives
- Artichoke Hearts
- Cornichons
- Gigandes Beans
- Roasted Tomatoes
- Dolmas

*Sale price applies to The Carrot Kitchen Olive Bar items only. Excludes other Hot Bar and Cold Bar items. Sale ends December 31, 2025. Please only use the plastic containers provided for the Olive Bar. Selection rotates, not all Olive Bar items are available at once.

JUICE / SMOOTHIE & COFFEE BAR Both Locations



\$6
12oz

Peppermint Hot Chocolate

Cacao, Peppermint Extract, Maple Syrup (optional), Steamed Milk

JUICE / SMOOTHIE & COFFEE BAR Both Locations



\$6
12oz

Eggnog Latte

Espresso, Eggnog of Choice (dairy or dairy-free)

THE CARROT KITCHEN Both Locations



REG. \$10.99
SALE \$9.35

Mac & Cheese (Grab & Go section)

THE CARROT KITCHEN Both Locations



REG. \$11.99
SALE \$9.59

20% OFF

Chicken Pesto Wrap (Grab & Go section)

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

Both locations are open 9 am - 5 pm on December 24, 26 & 31. Both locations are closed on December 25 & January 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, more information on products, events, demo calendar, or nutrition facts.