



Nature's EMPORIUM

Your Neighbourhood
Health Food Market



Explore the honest goodness of 100% organic produce, including natural foods, supplements & whole-body care across 6 locations

Organic Red Spring King Salmon Fillets

Fresh
\$4⁰⁰ Regular \$5.70/100g
/100g
SAVE \$1⁷⁰/100g



Organic Red & Yellow Mini Potatoes

1.5 lb bag
Product of Canada

\$3⁹⁹ Regular \$5.99
SAVE \$2



Judi Mountain White Basmati Rice

4.54kg

\$12⁹⁹ Regular \$19.99
SAVE \$7



Bragg Organic Apple Cider Vinegar

946 ml

\$6⁹⁹ Regular \$10.99
SAVE \$4



Thomas Foods Organic Grass Fed Lean Ground Beef

Fresh
454g

\$9⁹⁹ Regular \$13.99
SAVE \$4



Always Natural By Nature's Emporium Avocado Oil

750 ml

\$12⁹⁹ Regular \$17.99
SAVE \$5



Yorkshire Valley Farms Organic Large Eggs

Dozen

\$6⁹⁹ Regular \$10.99
SAVE \$4



Organic Meadow Organic Milk

1%, 2% or Skim
4L Bag

\$8⁹⁹ Regular \$12.99
SAVE \$4

Eat Well, Live Better!

PRICES IN EFFECT FROM DECEMBER 4th TO DECEMBER 17th, 2025

MADE FRESH IN STORE - WITH ORGANIC INGREDIENTS



NATURE'S EMPORIUM
Organic Roasted Chicken
With Nature's Emporium
BBQ Seasoning
Hot & Ready - 800 g

\$17⁹⁹



SOMA
Organic Mushroom
No-Bone Broth
946 ml

\$15⁹⁹



NATURE'S EMPORIUM
Organic Cold Pressed
Liquid Gold Juice
410 ml

\$9⁹⁹



NATURE'S EMPORIUM
WELLNESS BAR
Dragon Fruit
Superfood Bowl
14 oz.

\$12⁹⁹

ALL ORGANIC & NATURAL DELI, CHEESE & BAKERY



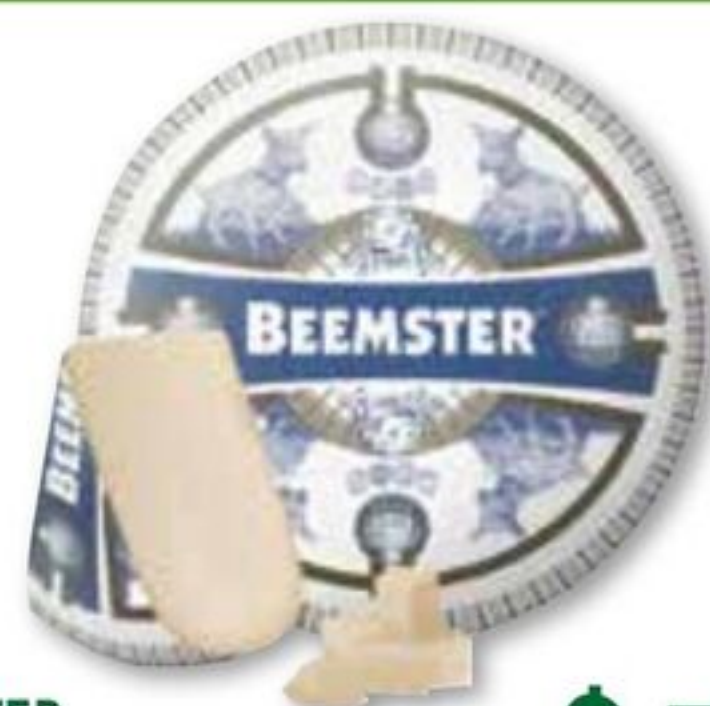
NATURE'S EMPORIUM
Signature Grass Fed
& Grass Finished
Roast Beef
Deli Served or Pre-Packaged

\$4⁵⁰
/100 g



COOMBE CASTLE
English Cheddars
Select Varieties
150-200 g

\$7⁹⁹



BEEMSTER
Goat Cheese
Cut Fresh In Store

\$5⁰⁰
/100 g

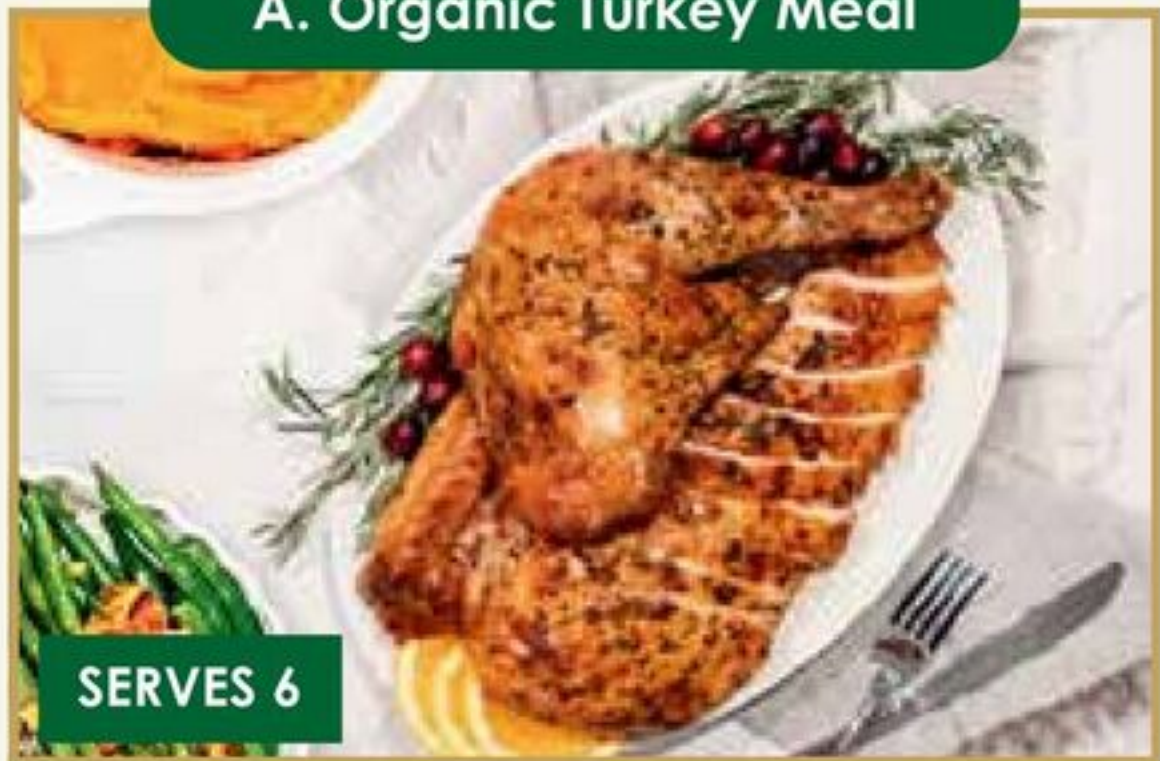


OUR FARMS
ORGANIC BAKERY
Organic Sliced
Sourdough Rye
Country Bread
550 g

\$8⁹⁹

LET NATURE'S EMPORIUM DO THE HEAVY LIFTING THIS HOLIDAY!

A. Organic Turkey Meal



SERVES 6

B. Grass Fed Braised Beef Meal



SERVES 10

C. Organic Salmon Meal



SERVES 6

1. Choice of 2 Sides

Kale & Butternut Squash Salad • Roasted Beet, Arugula & Goat Cheese Salad • Cranberry Walnut Salad • Roasted Garlic Mash Potato Maple Butter Sweet Potato Mash • Vegan Parmesan Roasted Broccoli & Cauliflower • Garlic Bacon French Beans • Roasted Butternut Squash

2. Stuffing

Traditional, Made Without Gluten

3. Gravy/Cranberry Sauce

- Organic Gravy, Made Without Gluten
- Organic Vegan Gravy, Made Without Gluten
- Cranberry sauce

4. Dessert

- Your choice of Tori's Organic Pies
- (Gluten free options available)

Order by December 19



Order Now!

naturesemporium.com/catering/

\$199⁹⁹
+TAX

ORGANIC & 100% GRASS FED MEAT & SUSTAINABLE SEAFOOD



**YORKSHIRE
VALLEY FARMS**
**Organic
Chicken Bites**

Frozen - 454 g

\$15⁹⁹



**YORKSHIRE
VALLEY FARMS**
**Organic Chicken
Wings or Drumsticks**

Fresh - Family Pack

\$1⁶⁰
/100 g



BERETTA
Beef Chili
100% Angus Beef, gluten free
& antibiotic free.

Frozen - 980 g

\$24⁹⁹



duBreton
**Organic
Pork Scallopini**

Fresh - 350 g

\$11⁹⁹



HEARTY
**Grass Fed & Grass
Finished Stewing Beef**

Fresh

\$3³⁰
/100 g



HEARTY
**Grass Fed & Grass
Finished Beef
Eye Of The Round**

Fresh

\$3⁰⁰
/100 g



DOM ORGANICS
**Organic
Smoked Salmon**

Frozen - 100 g

\$11⁹⁹



ORGANIC
Selva Shrimp
Blue You Organic Raw
Black Tiger Shrimp

Frozen - 340 g

\$16⁹⁹

From December 4 - 31, 2025 when you buy any Winter Warmer drink, \$1 of every purchase will go to help support our local food banks.

WINTER WARMERS ARE BACK!

AVAILABLE FOR A LIMITED TIME

**Orange
Hot Chocolate**

**Salted Caramel
Hot Chocolate**

**Peppermint
Hot Chocolate**

**Gingerbread
Latte**

**Eggnog
Latte**

**Hazelnut
Latte**



PRICES IN EFFECT FROM DECEMBER 4TH TO DECEMBER 17TH, 2025

Always 100% Organic Produce

✓ 365 Days A Year

**Organic
Bosc or Green
Anjou Pears**

2lb bag
Product of USA

\$5⁹⁹



**Organic
Kiwi**

1 lb Tray
Product of Italy

\$4⁹⁹



**Organic
Clementines**

2lb bag
Product of USA

\$5⁹⁹



**Organic
Broccollette**

Bunch
Product of Mexico

\$3⁹⁹



**Organic
Green Zucchini**

Product of Mexico

**\$2⁹⁹
/lb**



**Organic
Mini Cucumbers**

Tray
Product of Canada

2/\$5



**Bard Valley
Organic Medjool Dates**

340g - 454g
Pitted or Whole
Product of USA

\$11⁹⁹



**Bard Valley
Organic Deglett Noor Dates**

340g
Pitted
Product of USA

\$6⁹⁹



**Fresh
Gourmet
Organic
Croutons**

128g
Cheese & Garlic
or Caesar
Product of USA

\$4⁹⁹



HOLIDAY BASKETS

Celebrate the season with our holiday gift baskets! Packed with gourmet goodies, savoury delights, and sweet surprises, these baskets are the perfect gift for food lovers.



\$99⁹⁹



\$99⁹⁹



\$129⁹⁹



Schär
Gluten Free
Panettone
420 g
\$19⁹⁹



Stickling's Bakery
Stollen Cake
450g
Assorted Varieties
\$18⁹⁹



Truffettes
De France
Organic
Chocolate
Truffles
150g
\$8⁹⁹

Alter Eco
Organic
& Fair Trade
Chocolate
Bars

80g
Assorted Varieties

\$4⁹⁹



Nature's Emporium
Holiday Dessert Platter

Made Without Gluten

\$19⁹⁹



Kensington Natural
Bakery
Mini Fruit
Cake Loafs
280g
Spelt or Made without Gluten

\$9⁹⁹



Nature's
Emporium
Holiday
Pasta

Frozen

10% OFF

Nature's Emporium
Topped Bries

\$9⁹⁹



Mt Vikos
Spreads

207-218g
Assorted Varieties

2/\$8

new!



Nature's Emporium
Vegan
Entertaining
Platter

Made Without Gluten

\$16⁹⁹



Nature's
Emporium
Artisan
Cheese
Platter

700 g

\$19⁹⁹



ORGANIC & NATURAL FROZEN, REFRIGERATED GROCERY



SENIOR'S DAY EVERY WEDNESDAY!

NATURE'S EMPORIUM

Organic Artisan Pizza

Hand-stretched and stone-baked. Available in organic wheat or organic gluten free crusts.

Product of Italy
Assorted Varieties
380 g

\$6.99



TONICA

Organic Kombucha

Discover the vibrant taste of raw, small-batch kombucha brewed in Toronto. Made with organic ingredients, it's a refreshing, sparkling sip crafted for your wellness journey.

Assorted Varieties
1.1 L

\$7.99



INDIAN LIFE

Frozen Vegetarian Entrees

Non GMO certified.

Assorted Varieties
342 g

\$8.99



TOFURKY

Plant Based Roasts

Smokey Vegan ham-style or Savoury roast filled with flavourful wild rice stuffing.

536-737 g

\$19.99



GREEN ORGANIC

Frozen Vegetables

Selected Varieties
300-500 g

\$4.99



SILVER HILLS

Organic or All Natural Sprouted Bread

Sprouting unlocks whole grains to deliver better-for-you nutrition & easier digestion.

Assorted Varieties
460-680 g

20% OFF



HIBERNA

Frozen Blueberries

Source of fibre & antioxidants.

2 Kg

\$19.99



COPPA

Gelato

Italian-style Gelato made with Canadian dairy & natural ingredients.

Assorted Varieties
500 ml

\$8.99



DAIYA

Cheezecake

Free of dairy, soy & gluten free.

Frozen
Assorted Varieties
400 g

\$8.99



ORGANIC MEADOW

Organic Yogurts

Lactose free, 2% or 3.8%

750 g

\$5.99



SUNFLOWER KITCHEN

Hummus & Baba-Ghanouj

Assorted Varieties
227 g

2/\$7



EARTH BALANCE

Dairy Free Traditional Spreads

Vegan & Non-GMO, with a rich, buttery flavour, perfect for baking or spreading.

368-425 g

15% OFF



VIVA PURE

Cold Pressed Juice

Berry Breeze or Golden Hour

330 ml

\$3.99



NICK'S STICKS

Grass Fed Beef Stick

Assorted Varieties
48 g

\$4.99



ORGANIC & NATURAL GROCERY

Daily Routines Made Easier

BOB'S RED MILL
All Purpose or 1:1 Baking Flour
Gluten free baking made easy.

Assorted Varieties
624 g-1.81 Kg

15% OFF



ONE DEGREE
Sprouted Flours
Clean organic Ingredients from sustainable farms.

Assorted Varieties
510-907 g

15% OFF



SIMPLY ORGANIC
Extract
Pure ingredients, true flavour from real botanicals.

Assorted Varieties
59-118 ml

15% OFF



CUISINE SOLEIL
Organic All Purpose & Gluten Free Flours

700 g - 2 Kg

15% OFF



NATIVE
Organic Instant Coffee
Freeze Dried. Carmelized flavour, medium acidity & a balanced body.

90 g

999



ALWAYS ORGANIC
BY NATURE'S EMPORIUM
Raw Cane Sugar

907 g

\$5.99



NATURE'S EMPORIUM
ORGANIC Coconut Milk

400 ml

\$2.99



ANITA'S
Pancake & Waffle Mix
Multigrain or gluten free.

800 g-1 Kg

15% OFF



DUTCHMAN'S GOLD
Pure Canadian Maple Syrup

500 ml

\$14.99



49TH PARALLEL
Organic Coffee Beans
Available in full caf, half caf, or decaf. Enjoy anytime.

Assorted Varieties
340 g

\$14.99



ORGANIC TRADITIONS
Organic Cacao Powder, Cacao Nibs or Cacao Butter
Rich chocolate flavour, high in fibre & magnesium.

Assorted Varieties
227-454 g

15% OFF



TRADITIONAL MEDICINALS
Organic Tea
High quality organic herbal teas.

Assorted Varieties
16 Tea Bags

\$4.99



YUMI
Probiotic Morning Oats

Assorted Varieties
5x50 g

\$5.99



ALWAYS ORGANIC
BY NATURE'S EMPORIUM
Chocolate Covered Fruits & Nuts

Selected Varieties
91 g

\$5.99



DAN-D
Organic Chestnuts

100 g

2/\$5



WILD MOUNTAIN
Dark Chocolate
Artisanal organic chocolate made from small batches of beans.

Assorted Varieties
85 g

\$6.99



NATURA
Oat Barista

Assorted Varieties
946 ml

\$3.99



ORGANIC & NATURAL GROCERY

A Healthy Outside Starts From The Inside

SENSIBLE PORTIONS

- Veggie Straws
- Veggie Chips
- Veggie Puffs

Assorted Varieties
106-142 g

\$2⁹⁹



TERRA

Vegetable Chips
Wholesome gourmet snack foods.

Assorted Varieties
141-170 g

\$4⁹⁹



HUMBLE

Organic Rumbles
Potato Chips

Made with organic, high-quality potatoes, cooked to golden perfection. Their thick, ridged texture delivers a satisfying crunch in every bite, making them the perfect snack for any occasion.

Selected Varieties
135 g

\$2⁹⁹



YUM EARTH

Organic Fruit Pops
Or Candy Bites

142-241 g

20% OFF



PURPLEFUL

SNACKING
Popcorn

Made with non-GMO ancient grain purple corn. Air-popped to perfection!

Assorted Varieties

\$3⁹⁹



TASTE OF NATURE
Granola Bars

Assorted Varieties
5 pks.

\$4⁹⁹



MORE GRANOLA
Snackable Granola

Assorted Varieties
250 g

\$10⁹⁹



CELESTIAL SEASONINGS
Organic & Natural
Teas

The perfect tea blend for any occasion - from soothing herbal to invigorating black & green teas.

Assorted Varieties
18-40 Packs

15% OFF



NATURE'S EMPORIUM
ORGANIC
Coconut Water

1 L

\$3⁹⁹



AWAKE
Caffeinated
Chocolate

Milk or Caramel

108 g

\$7⁹⁹



BLUE MONKEY
Sparkling Juice

No sugar added.

Assorted Varieties
330 ml

\$1⁹⁹



NATURE'S EMPORIUM
Organic
Fruit Juices

Selected Varieties
750 ml

\$7⁹⁹



RED CROWN
Organic
Pomegranate Juice

1 L

\$9⁹⁹



NATURE'S CLEAN
Dishwashing Liquid
Gentle on the skin,
tough on grease.

Assorted Varieties
740 ml

\$3⁹⁹



CABOO
Bamboo
Bath Tissue

24 Rolls

\$17⁹⁹



CABOO
Bamboo
Paper Towels

6 pk

\$11⁹⁹



GREENLID
Party Pack
Compostable plates
& utensils.

\$9⁹⁹



EnzymeHealth

prairienaturals®

15% OFF

Digest, Absorb Assimilate

- Better digestion starts here
- Full-spectrum vegetarian enzyme blend
- Optimal digestion of proteins, carbohydrates, fats & fibre
- Prevent gas & bloating
- Enhance nutrient absorption
- Absorb & utilize fats



prairienaturals.ca
f i n

LIVE THE HEALTHY LIFE®

PROGRESSIVE Multivitamins

Men, Women or Kids

Assorted Varieties
60-120 Capsules



15% OFF

PASCOE Lymphdiaral Drops

50 ml



\$42.99

FREE 40 g Pascoe
Lymphdiaral Cream
With Purchase Of
Lymphdiaral Drops

HARMONIC ARTS Concentrated Mushroom Powders & Tinctures & Mixed Herbal Tinctures & Teas

Organic, high-potency,
sustainably sourced, proudly
Canadian & B Corp Certified.

100-480 g/50 ml

15% OFF



NUTRIPUR Digest-T Herbal Tea

A unique combination
of herbs to help relieve
digestive disturbances.

20 Tea Bags

\$10.99



NEW ROOTS Probiotics

High-potency,
broad spectrum formulas.

Assorted Varieties
30-75 Caps

20% OFF



RADIUS Sustainable Toothbrushes

Eco-friendly toothbrushes,
for kids and families.

Assorted Varieties

20% OFF



Discover the power of nature's best defenders.

ORGANIKA® Boost Your Immunity, Naturally.

Stay strong this season with Organika —
your trusted partner in immune support.

20%
OFF
ALL ITEMS



NEW Bone Broth Flavour
Nourish your body from within with a comforting source of protein,
collagen, and minerals to support gut and immune health.



Bee Propolis Throat Sprays & Extracts —
Naturally defend against seasonal threats
with antioxidant-rich propolis.

GENUINE HEALTH

20% OFF*

all fermented organic vegan proteins+, saffron, collagen,
and selected advanced gut health probiotic (mood, immune, high potency, and gentle care)



20g fermented organic
vegan protein

Reduces stress
and irritability,
improves sleep

Helps support your
immune system

Supports healthy skin,
joints, nails and hair!

PROUDLY CANADIAN

extr**AOR**dinary supplements



15% OFF

for Canadian winters.



@aorhealth



SOMETIMES LIFE CAN BE **STRESSFUL**

19⁹⁹
60 chewable tablets

19⁹⁹
60 chewable tablets

21⁹⁹
60 chewable tablets

19⁹⁹
60 vegetarian capsules



NEW



NEW to the Stress-Relax® family!
KSM-66 ASHWAGANDHA® Increase resistance to stress, calm your mind, and rejuvenate your body. Studies have shown that Ashwagandha can also support sleep, memory, and physical performance.



ELEVATE YOUR DEFENCE
WITH ZINC.

A cornerstone of immune health, this foundational trace mineral helps activate the enzymes your body uses to defend, repair and recover.

15% OFF



HOLIDAY WELLNESS MUST-HAVES

 Clean Beauty & Wellness

Give the Gift of Good Health
with a Nature's Emporium Gift Card!



now
solutions

Breath of
Holiday Scents

**20%
OFF**

All NOW Essential
Oils, Kits, Roll-ons
and Diffusers



THOUGHTFUL GIFT IDEAS

**Annemarie Borlind
Premium Make Up Line**
Natural Cosmetics with proven efficacy
Assorted Varieties

**15%
OFF**



**Weleda
Skin Food Body
Glow duo**

**15%
OFF**



**Suncoat
Holiday Kits**

Water Based Non
Toxic Nailpolish
Assorted Varieties

**10%
OFF**



**Dr Hauschka
Face & Body Care**

100% certified natural
cosmetics made from
medicinal plant
extracts, botanical oils
Assorted Varieties

**15%
OFF**



Cheeky Bee
Beeswax
Candles

Assorted Varieties
**10%
OFF**



**evanhealy
Skincare & Bodycare**

Certified Organic & Holistic Therapeutic products
Assorted Varieties

evanhealy
the skin breathes

**15%
OFF**



PRICES IN EFFECT FROM DECEMBER 4TH TO DECEMBER 17TH, 2025

Celebrate with us every Saturday in December
at your local Nature's Emporium!

Join Our Snap & Sip Holiday Market!



DECEMBER

SAT

6

SAT

13

SAT

20

SAT

27

Time: 11 am - 3 pm

- Holiday-inspired food & drink samples
- Gift giving ideas & discounts!
- Fun For the Family: Free Hot chocolate, Colouring Pages & more!
- Enter our IG Photo Contest



Warm Up Give Back

This season, every cozy cup makes a difference. From now until December 31, we're donating \$1 from every Winter Warmer drink sold to our local food bank—helping families in our community enjoy a brighter holiday season. Sip something warm. Spread some warmth too.



Instagram Photo Contest
December 4 - 31, 2025

Win a \$1000



Nature's Emporium Gift Card

Snap festive moments at our holiday backdrop at your local Nature's Emporium! Post it on Instagram, Follow & Tag @naturesemporium and use #SnapandSip for a chance to win a \$1000 Gift Card



Follow us @naturescanada for all event updates and daily giveaways or visit us at [Naturesemporium.com/events](https://www.naturesemporium.com/events)

Eat Well,
Live Better!

www.naturesemporium.com



Scan for Store Hours
and Directions

- NEWMARKET (16655 YONGE STREET)
- MAPLE (2535 MAJOR MACKENZIE DRIVE W.)
- BURLINGTON (2180 ITABASHI WAY)
- WOODBRIDGE (8401 WESTON RD)
- TORONTO (110 HARBOUR ST, 2ND LEVEL)
- OAKVILLE (210 NORTH SERVICE RD W)



Proudly Local & Family Run SINCE 1993



Follow us on Instagram
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For Flash Sales & More!

