



Wild Sockeye Salmon Fillet

Previously Frozen

\$4⁹⁹ /100g

A taste of the wild

Wild-caught sockeye salmon is a top choice for health-conscious food lovers. Its firm texture and rich flavour pairs exceptionally well with sautéed asparagus, lemon and herbs. Enjoy this easy, nutritious meal any day of the week.



Green Seedless Grapes
Mexico, 11.00/kg

\$4⁹⁹ /lb



Strawberries
Mexico, 16 oz

\$6⁹⁹



Avocado
Large, Ripe, Mexico

2 for \$5



Dabble Protein Donuts

Selected Varieties, Pack of 2

\$9⁹⁹



Chicken Thighs

Fresh, Boneless, Skinless,
Raised without Antibiotics,
19.82/kg

\$8⁹⁹ /lb



Graze Box

Made in Store, 400g

\$16⁹⁹

Feel good foods.

Check out our great selection of nutritious choices.

Prices effective Thursday to Wednesday, January 8 to 14, 2026. We reserve the right to limit quantities.
Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

Wk2

PRODUCE

FRESH
FRESH
FRESH



Long English Cucumber
BC **\$2⁴⁹**



Tomatoes on the Vine
BC, 6.59/kg

\$2⁹⁹/lb



Driscoll's Sweetest Batch Blueberries
USA, 312g

\$9⁹⁹



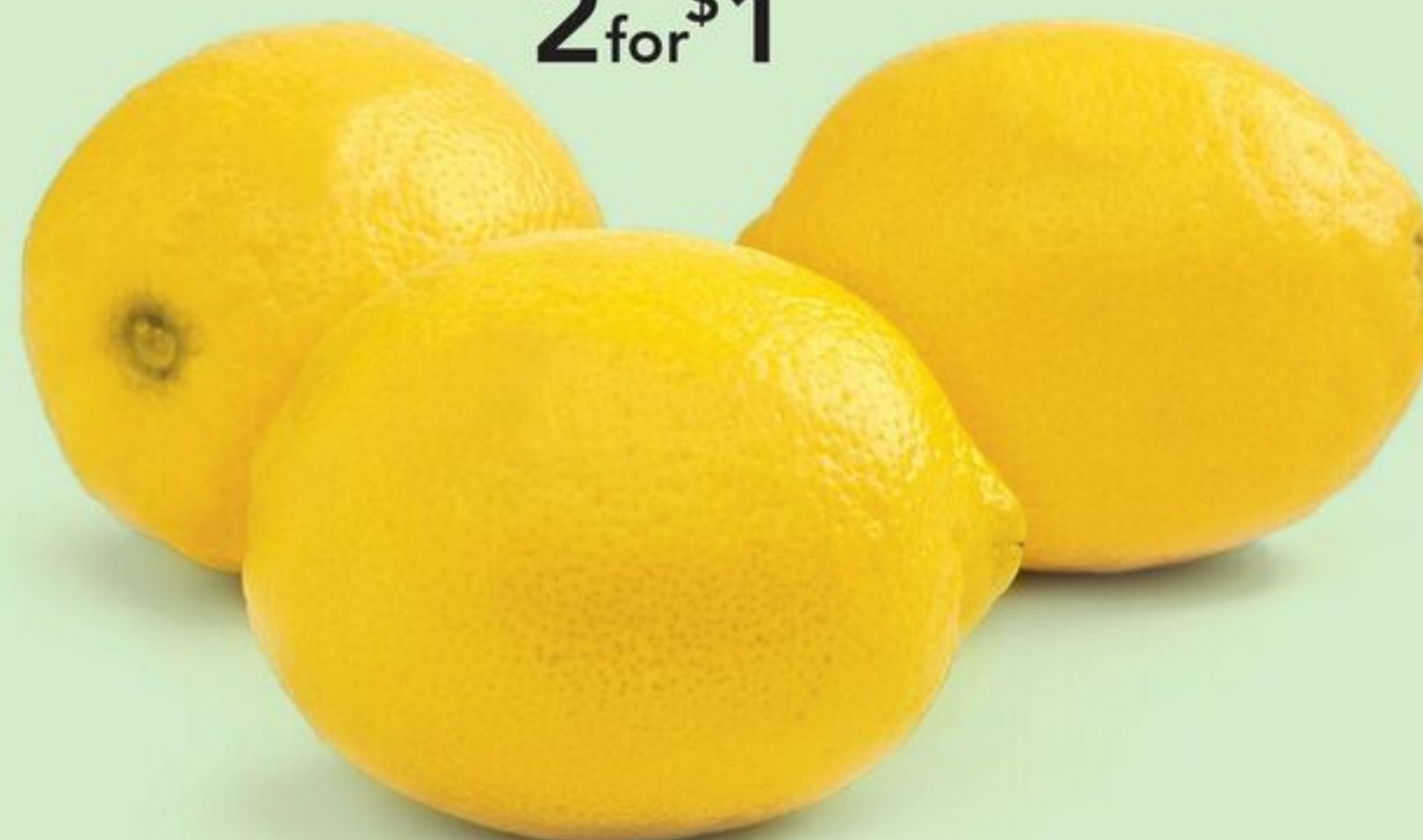
Coloured Peppers
BC, 8.80/kg

\$3⁹⁹/lb



Up Vertical Salad Kit
Canada, Selected Varieties, 142g

\$4⁹⁹



Lemons
or Limes, Costa Rica or Mexico

2 for \$1



FLORAL

Designer Choice Bouquet

\$44⁹⁹



Spray Mums
Selected Varieties, Bunch

\$10⁴⁹



Calla Lily
6 Inch

\$19⁹⁹



BAKERY



**Silver Hills
Squirrely
Bread**
Selected Varieties,
600g

\$5⁴⁹



Croissants
Baked in Store, Pack of 4

\$3⁴⁹



Vegan Cupcakes
Selected Varieties, Pack of 4

\$8⁹⁹

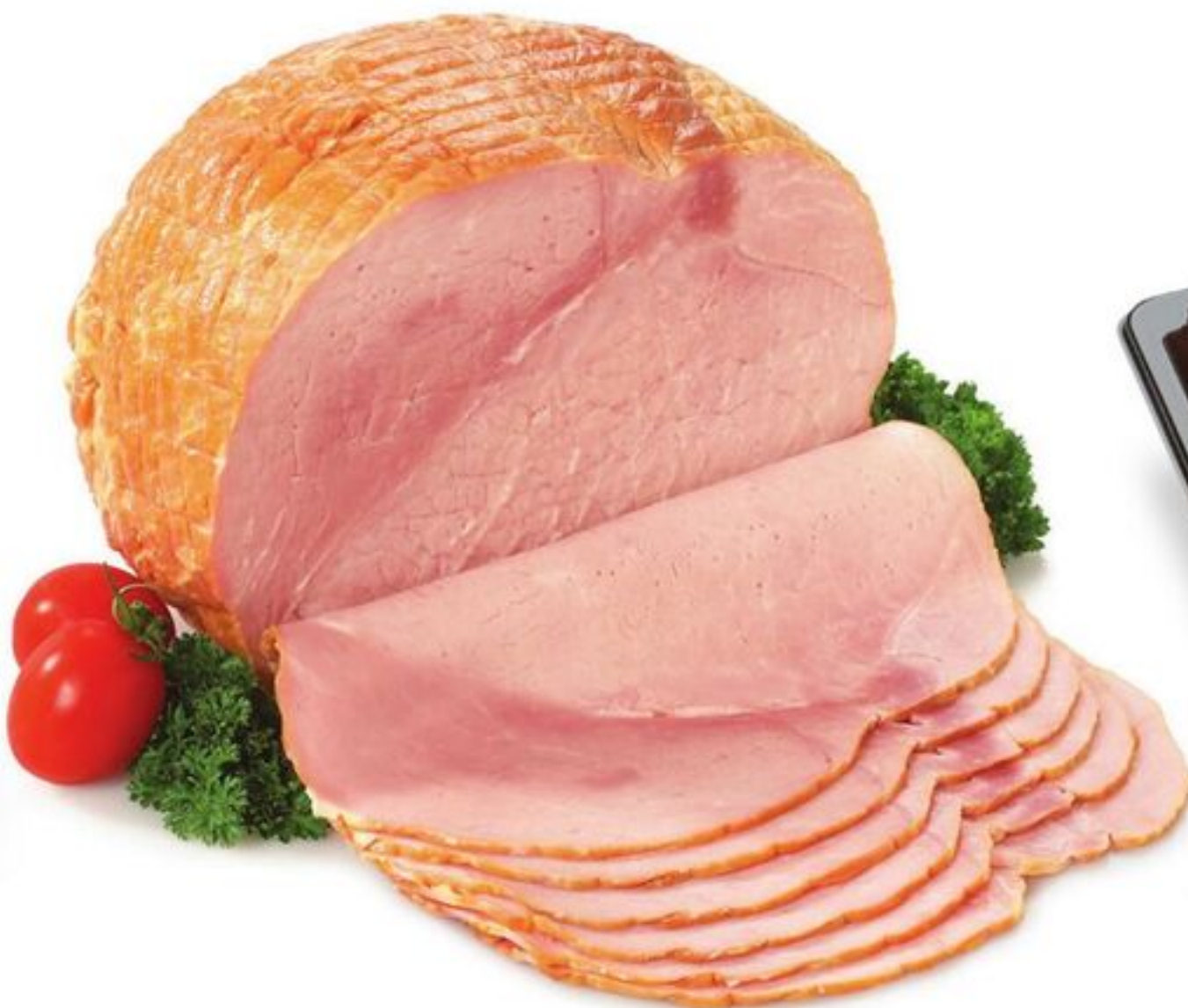
DELI



Manchego Cheese
Cut & Wrapped in Store, Spain

\$8⁴⁹

/100g



Old Fashioned Ham

\$2⁹⁹

/100g



Charcuterie for 2
with Signature Olives or
Almonds, Made in Store

\$10⁴⁹

MEATS



**Chef's Reserve
Top Sirloin**
Roast or Steak, 50.68/kg

\$22⁹⁹

/lb



**Signature Pork
Tenderloin**
Fresh, Premium Natural, 17.61/kg

\$7⁹⁹

/lb



**Western Family
Raw White Prawns**
Peeled & Deveined, 31 to 40
Count, Frozen, 340g

\$11⁹⁹



the power of protein

Legendary Foods re-builds your favourite snacks—using high quality proteins as the foundation.

So instead of eating more, you're feeling full and satiated from a snack that's loaded with protein.



Legendary Protein Snacks
Selected Varieties,
61g or 63g

\$3⁹⁹



Oasis Smoothies
(1.6 Litres) or
Juice (1.5 Litres),
Selected Varieties
\$5⁴⁹



Silk Creamer
(450 mL), Also
International Delight
(425 mL), Selected
Varieties
2 for \$7



Dr. Oetker Casa di Mama Pizza
Selected Varieties,
Frozen, 410g
\$5⁹⁹



Only Goodness Organic Vegetables
Also Western Family,
Selected Varieties,
Frozen, 500g
\$3⁴⁹

DAIRY



Siggis Yogurt
Selected Varieties,
750g
\$6⁹⁹



Western Family Shredded Cheese
or Cheese Slices,
Selected Varieties,
320g
\$5⁹⁹

FROZEN



Brightside Foods Burrito
(375g) or Pinto Pockets (300g),
Selected Varieties
\$8⁹⁹



Häagen-Dazs Ice Cream
(450 mL) or
Novelties (3 x 88 mL),
Selected Varieties
\$5⁹⁹

URBAN MARKET



Urban Fare Pourover Coffee
Selected Varieties, 144g

\$18⁹⁹



Only Goodness Oat Barista
946 mL

\$4⁹⁹



Urban Fare Whole Bean Coffee
Selected Varieties, 340g

\$15⁹⁹



Pacific Foods Organic Soup
Selected Varieties, 946 mL

\$6⁹⁹



Mary's Gourmet Organic Crackers
Selected Varieties, 142g

\$6⁹⁹



Chosen Foods Dressing
Selected Varieties, 237 mL

\$7⁴⁹



Favuzzi Pasta Sauce
(480 mL) or Pesto (180g),
Selected Varieties

\$9⁹⁹



Pastificio G. Di Martino Specialty Pasta
Selected Varieties, 500g

\$3⁹⁹



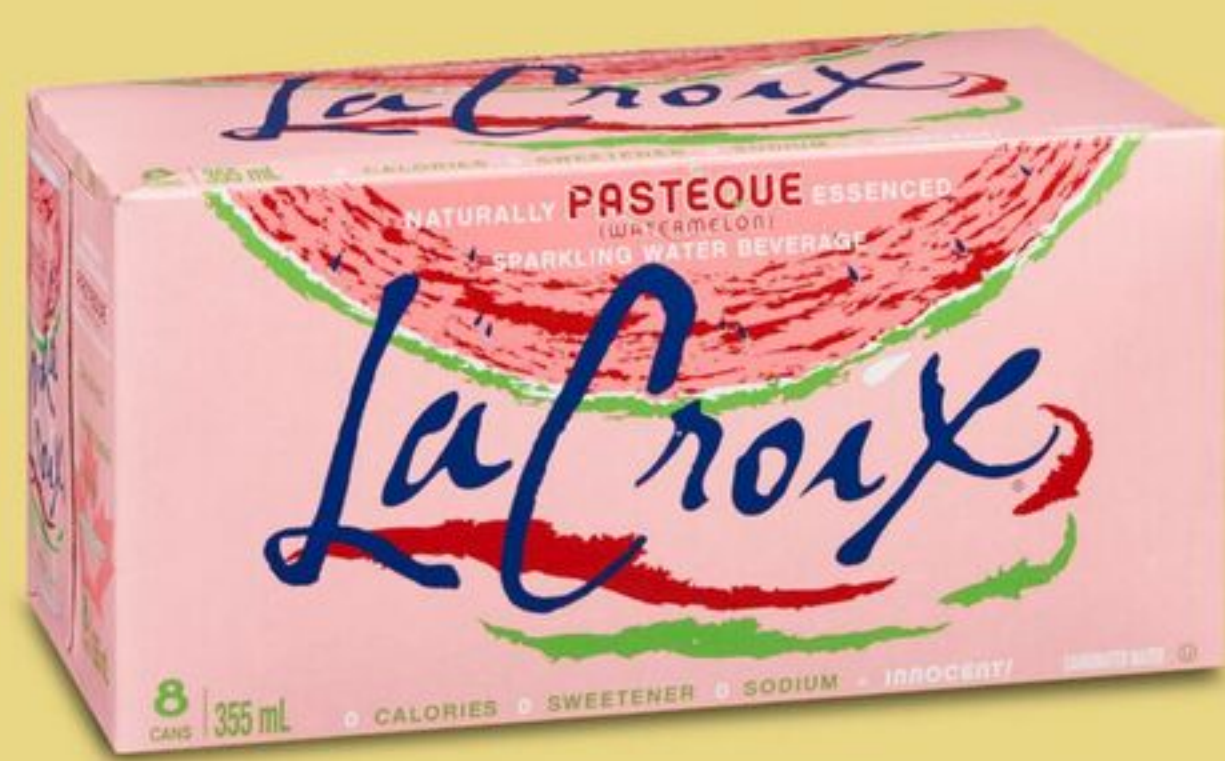
new Urban Fare Sphere with Balsamic Vinegar
75g **\$19⁹⁹**

URBAN MARKET



Montellier Sparkling Water
Selected Varieties,
1 Litre

\$1⁴⁹



LaCroix Sparkling Water
Selected Varieties, 8 x 355 mL

\$5⁹⁹



Urban Fare Sparkling Mineral Water
750 mL

\$3⁹⁹



Kettle Brand Potato Chips
Selected Varieties,
198g

2 for \$7



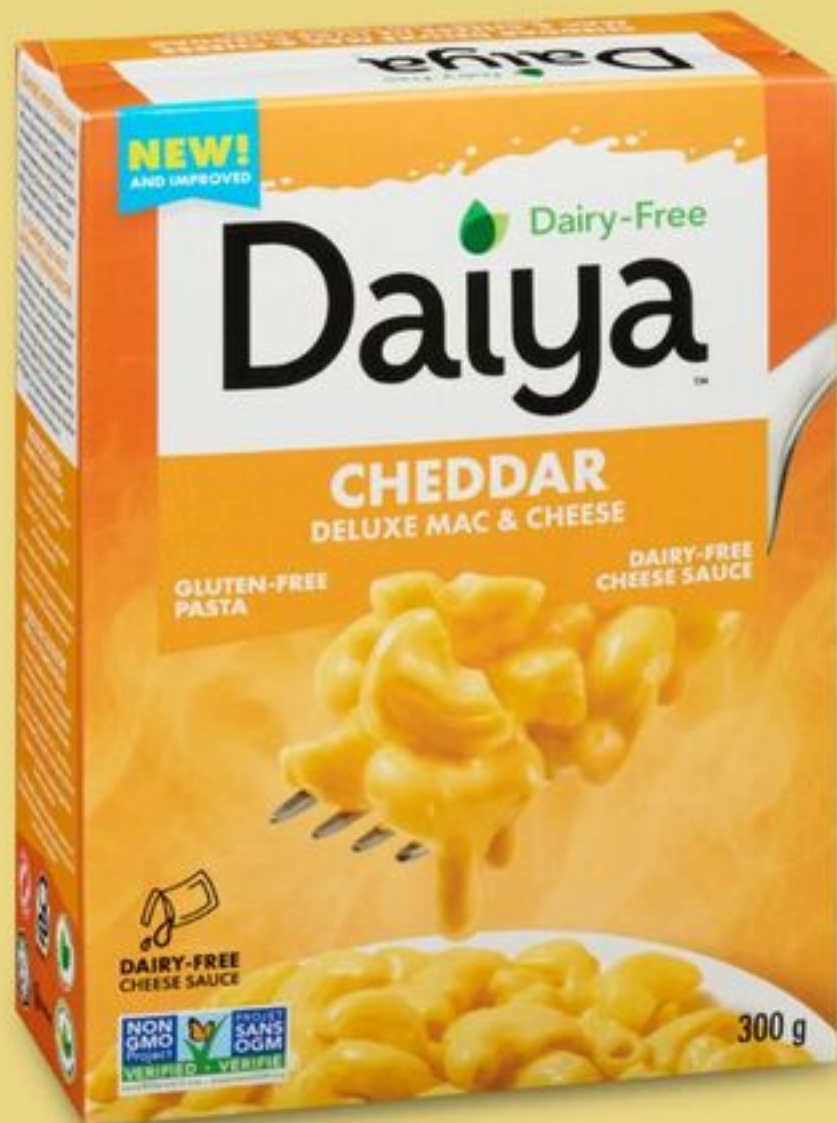
Smart Sweets Candy
Selected Varieties,
50g

\$3⁹⁹



Angie's Boom Chicka Pop Popcorn
(128g) or
Puffs (136g),
Selected Varieties

\$4⁹⁹



Daiya Deluxe Mac & Cheese
Selected Varieties,
300g

\$3⁹⁹



Partners Crackers
Selected Varieties,
124g or 184g

\$5⁹⁹



Pacific Foods Organic Soup
(440 mL) or
Chili (468 mL),
Selected Varieties

\$4⁹⁹

Squeeze the day

Sweet, zesty and oh, so delicious citrus adds sunny brightness to winter eating and is well-known for packing a potent dose of vitamin C. So juice 'em up or zest them to brighten up your smoothies, salads, desserts or mains.

Extra Large Navel Oranges

California, 3.28/kg

\$1⁴⁹/lb

Citrus is best kept in cool or cold temperatures



Raspberry Oranges

California, 2 lb Bag

\$4⁹⁹



Mandarins

USA, 907g

\$5⁹⁹



Ruby Red Grapefruit

USA

\$1⁴⁹



Cara Cara Navel Oranges

USA, 4.39/kg

\$1⁹⁹/lb

Good-for-you on the go

Sweet, juicy honeydew and cantaloupe, meet a zesty Tajín kick for a refreshing snack with a bold twist. Cool, crisp, and perfectly balanced between sweet and spicy—the perfect way to fuel up the day.

Fresh Cut Fruit
Made Fresh in Store

25% off

Discover a selection of healthier options—just grab and go



**Urban Fare Cold
Pressed Juice**

Selected Varieties, 355 mL

\$5⁹⁹



**Urban Fare
Shaker Cup Salad**

Selected Varieties, 350g

\$6⁹⁹



**Urban Fare
Overnight Oats**

Selected Varieties

\$6⁴⁹



Crudité Cup

\$4⁹⁹

Feature Fare

Sometimes we all need a little help to begin the day or wind it down. That's where vitamins and supplements can fill the gaps in our nutrition, boost energy, support immunity, and help keep our bodies balanced. Because feeling your best shouldn't be complicated.

Only Goodness Supplements

or Vitamins, Selected Varieties

25% off



Olly Vitamins
Selected Varieties,
50's or 60's

\$19⁹⁹



**Organika
Electrolyte Sachets**
Selected Varieties, 20's or 21's

\$24⁹⁹



One-A-Day Vitamins
Selected Varieties, 90's

\$12⁴⁹

Wholesome snacking

Choosing natural foods fosters simplicity and quality, ensuring each bite contains genuine flavours, nutrients, and goodness. Boost your well-being with a variety of convenient and nourishing snacking options.

Heavenly Hunks
Selected Varieties, 170g
\$6⁴⁹



**Clif Bar
Energy Bar**
Selected Varieties, 68g
\$2⁹⁹



Urban Fare Bar
Selected Varieties, 42g
2 for \$4



**Made with
Local Bar**
Selected Varieties, 53g
\$2⁹⁹



**Barebells
Protein Bar**
Selected Varieties, 55g
\$3⁴⁹