



## Wild Sockeye Salmon Fillet

Previously Frozen

\$4.49/100g

# 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

**\$4.99/lb**



**Strawberries**  
Mexico, 16 oz

**\$6.99**



**Avocado**  
Large, Ripe, Mexico

**2 for \$5**



**Dabble Protein Donuts**  
Selected Varieties, Pack of 2  
**\$9.99**



**Chicken Thighs**  
Fresh, Boneless, Skinless,  
Raised without Antibiotics,  
19.82/kg  
**\$8.99/lb**



**Graze Box**  
Made in Store, 400g  
**\$16.99**

## Feel good foods.

Check out our great selection of nutritious choices.

# PRODUCE

FRESH  
FRESH  
FRESH



Long English  
Cucumber  
BC \$2.49



Coloured Peppers  
BC, 8.80/kg  
\$3.99/lb



Up Vertical  
Salad Kit  
Canada, Selected  
Varieties, 142g  
\$4.99



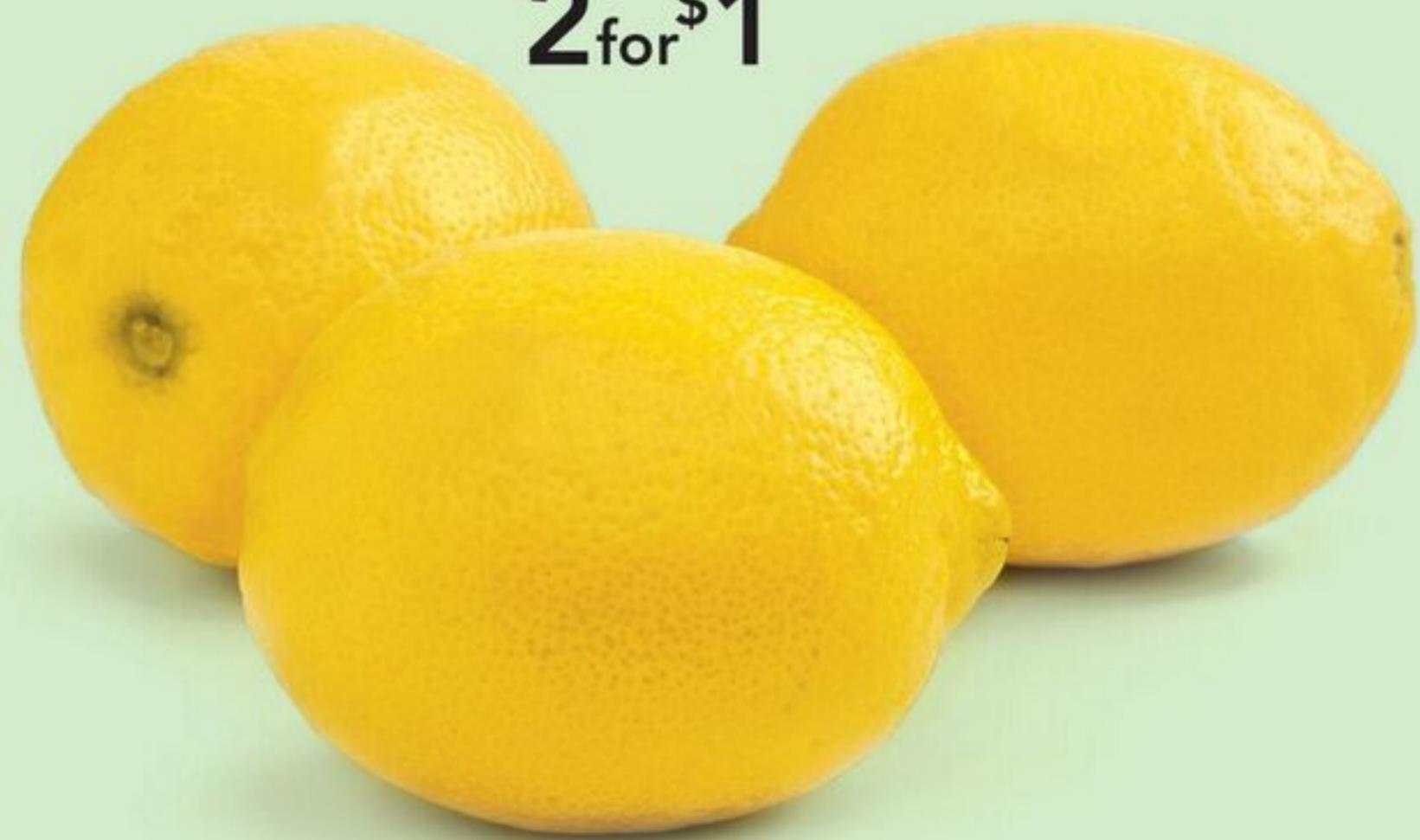
Tomatoes  
on the Vine  
BC, 6.59/kg

\$2.99/lb



Driscoll's Sweetest  
Batch Blueberries  
USA, 312g

\$9.99



Lemons  
or Limes, Costa Rica or Mexico

2 for \$1



# FLORAL

Designer  
Choice  
Bouquet  
\$44.99



Spray Mums  
Selected Varieties,  
Bunch  
\$10.49



Calla Lily  
6 Inch  
\$19.99

# BAKERY



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

**\$5.49**



**Croissants**  
Baked in Store, Pack of 4

**\$3.49**



**Vegan Cupcakes**  
Selected Varieties, Pack of 4

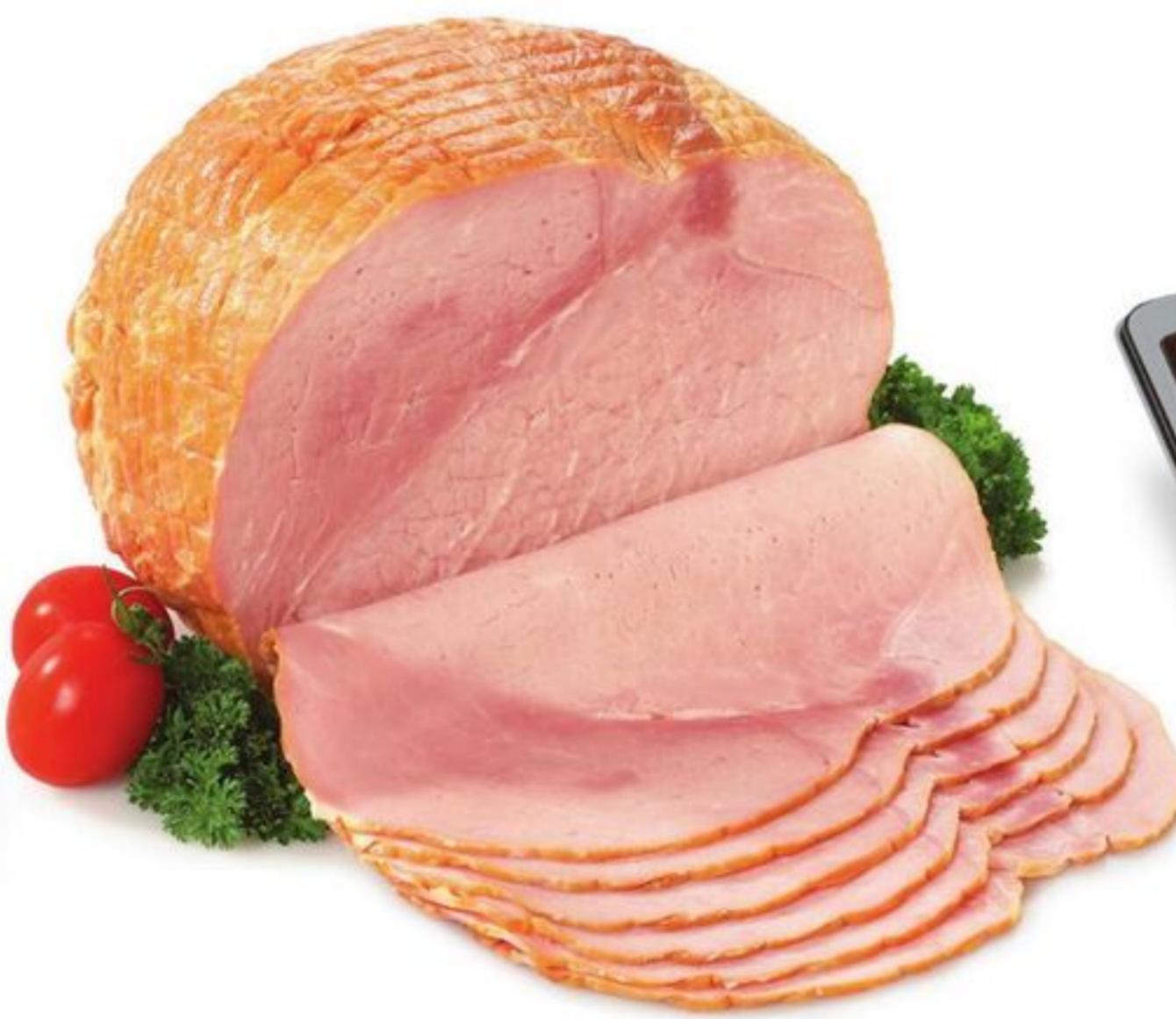
**\$8.99**

# DELI



**Manchego Cheese**  
Cut & Wrapped in Store, Spain

**\$8.49**  
/100g



**Old Fashioned Ham**

**\$2.99**  
/100g



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

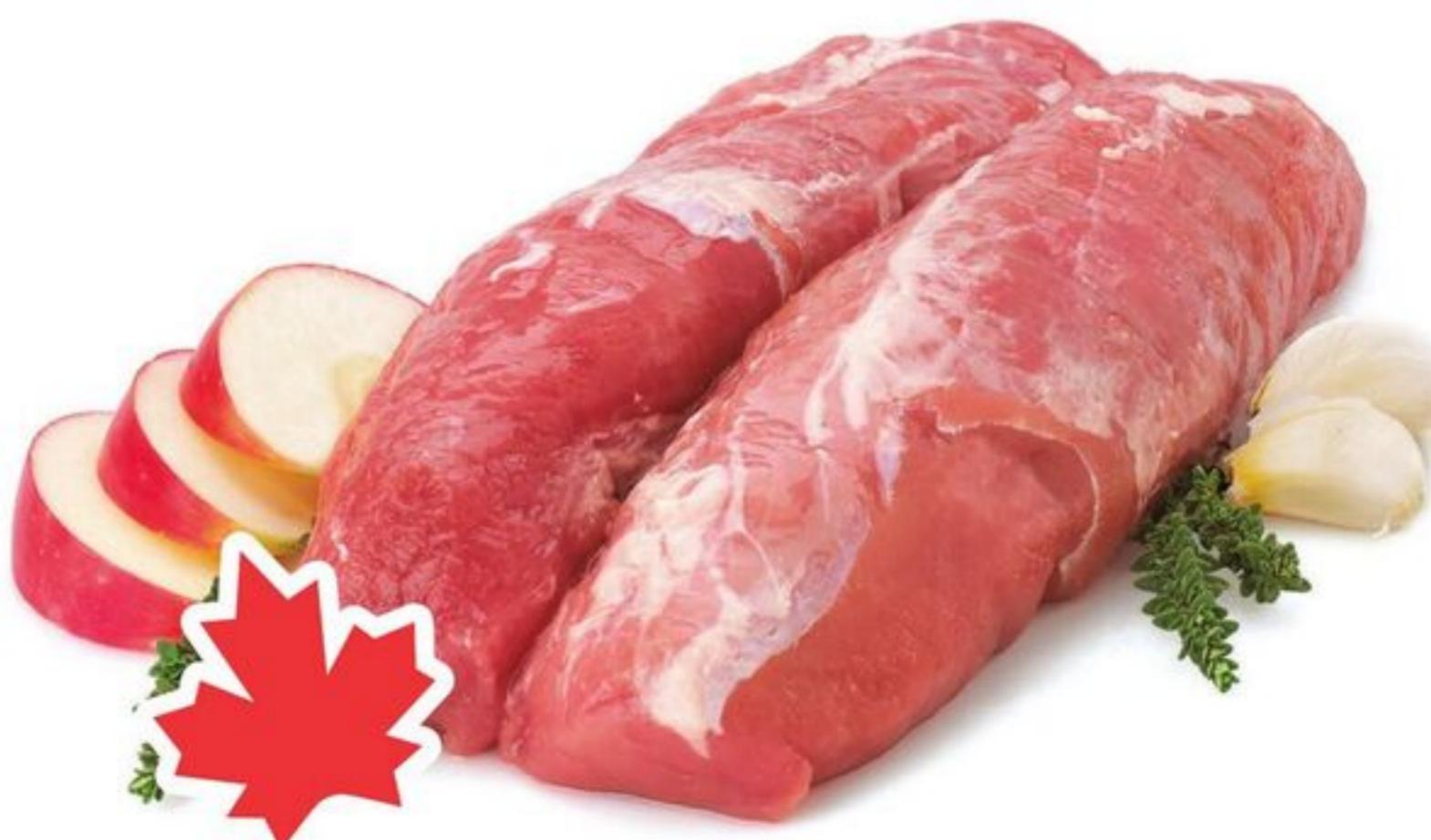
**\$10.49**

# MEATS



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

**\$22.99**  
/lb



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

**\$7.99**  
/lb



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

**\$11.99**

# DAIRY



## 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

**\$3.99**



**Oasis Smoothies**  
(1.6 Litres) or  
Juice (1.5 Litres),  
Selected Varieties

**\$5.49**



**Silk Creamer**  
(450 mL), Also  
International Delight  
(425 mL), Selected  
Varieties

**2 for \$7**



**Siggi's Yogurt**  
Selected Varieties,  
750g

**\$6.99**



**Western Family Shredded Cheese**  
or Cheese Slices,  
Selected Varieties,  
320g

**\$5.99**

# FROZEN



**Dr. Oetker Casa di Mama Pizza**  
Selected Varieties,  
Frozen, 410g

**\$5.99**



**Brightside Foods Burrito**  
(375g) or Pinto Pockets (300g),  
Selected Varieties

**\$8.99**



**Only Goodness Organic Vegetables**  
Also Western Family,  
Selected Varieties,  
Frozen, 500g

**\$3.49**



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

**\$5.99**

# URBAN MARKET



**Urban Fare  
Pourover Coffee**  
Selected Varieties, 144g

**\$18<sup>99</sup>**



**Only Goodness  
Oat Barista**  
946 mL

**\$4<sup>99</sup>**



**Urban Fare  
Whole Bean  
Coffee**  
Selected Varieties,  
340g

**\$15<sup>99</sup>**



**Pacific Foods  
Organic Soup**  
Selected Varieties,  
946 mL

**\$6<sup>99</sup>**



**Mary's Gourmet  
Organic Crackers**  
Selected Varieties, 142g

**\$6<sup>99</sup>**



**Chosen Foods  
Dressing**  
Selected Varieties,  
237 mL

**\$7<sup>49</sup>**



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

**\$9<sup>99</sup>**



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

**\$3<sup>99</sup>**



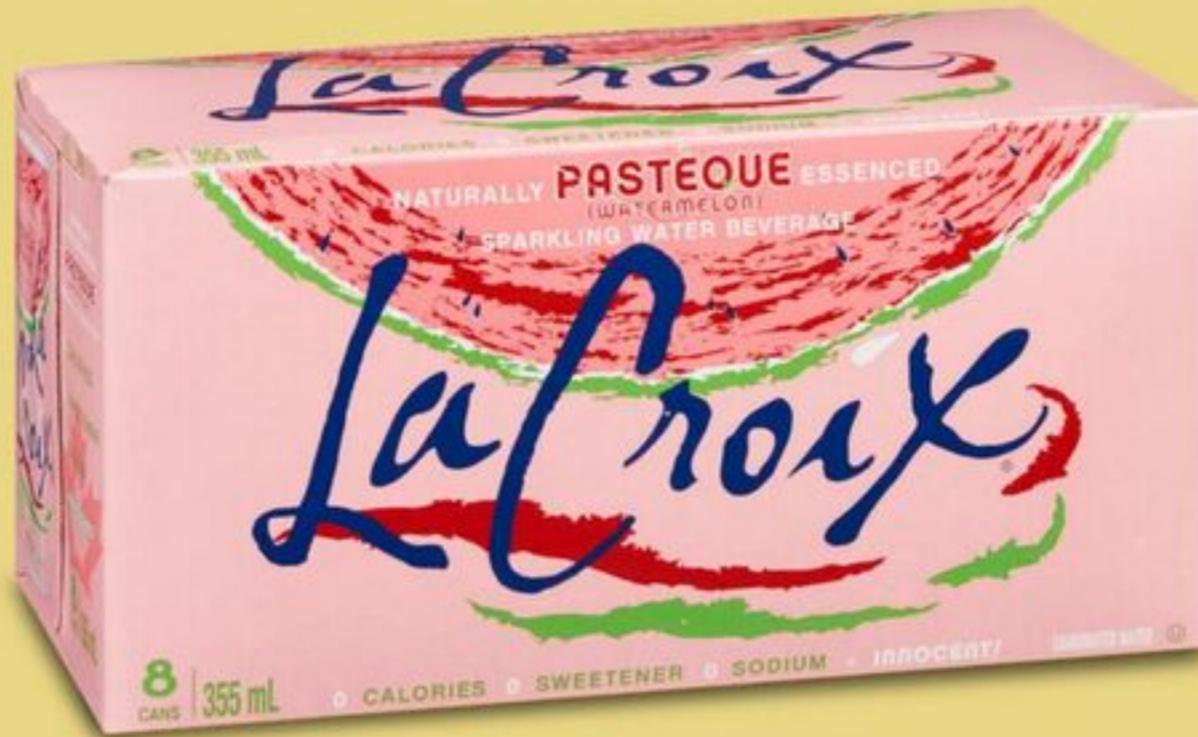
**new  
Urban Fare Sphere with  
Balsamic Vinegar** **\$19<sup>99</sup>**  
75g

# URBAN MARKET



**Montellier  
Sparkling  
Water**  
Selected Varieties,  
1 Litre

**\$1.49**



**LaCroix  
Sparkling Water**  
Selected Varieties, 8 x 355 mL

**\$5.99**



**Urban Fare  
Sparkling  
Mineral Water**  
750 mL

**\$3.99**



**Kettle Brand  
Potato Chips**  
Selected Varieties,  
198g

**2 for \$7**



**Smart Sweets  
Candy**  
Selected Varieties,  
50g

**\$3.99**



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

**\$4.99**



**Daiya  
Deluxe Mac  
& Cheese**  
Selected Varieties,  
300g

**\$3.99**



**Partners  
Crackers**  
Selected Varieties,  
124g or 184g

**\$5.99**



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

**\$4.99**

# 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*

**Mandarins**  
USA, 907g

**\$5<sup>99</sup>**

**Raspberry Oranges**  
California, 2 lb Bag

**\$4<sup>99</sup>**

**Ruby Red Grapefruit**  
USA

**\$149**

**Cara Cara Navel Oranges**  
USA, 4.39/kg

**\$1<sup>99</sup>**  
/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**      **\$5.99**  
Selected Varieties, 355 mL

**Urban Fare  
Shaker Cup Salad**      **\$6.99**  
Selected Varieties, 350g

**Urban Fare  
Overnight Oats**      **\$6.49**  
Selected Varieties

**Crudité Cup**      **\$4.99**

# 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

**\$19.99**

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

**\$24.99**

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

**\$12.49**

# 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

**\$6.49**



**Clif Bar  
Energy Bar**  
Selected Varieties, 68g

**\$2.99**



**Urban Fare Bar**  
Selected Varieties, 42g

**2 for \$4**



**Made with  
Local Bar**  
Selected Varieties, 53g

**\$2.99**



**Barebells  
Protein Bar**  
Selected Varieties, 55g

**\$3.49**