



Bring on the berries

Put the best on your table—like these sweet, fresh berries. We are passionate about the quality of our produce, and proud to offer a full selection of the freshest fruits around.

Blueberries

Peru, 1 Pint

\$6.99



Raspberries

Mexico, 170g

\$3.99

Blackberries

Mexico, 170g

\$3.99

Strawberries

Mexico, 16 oz

\$6.99



Marinated Kabobs
Fresh, Selected Varieties

25% off



Atlantic Salmon Fillet
Fresh, Farmed

\$3.49/100g



Chicken Thighs

Fresh, Boneless, Skinless, Raised without Antibiotics, 18.72/kg

\$8.49/lb

 **CANADIAN owned and operated.**

Prices effective Thursday to Wednesday, January 29 to February 4, 2026. We reserve the right to limit quantities.
Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

Wk05

PRODUCE

FRESH
FRESH
FRESH

Mandarins \$5⁹⁹
USA, 907g



Gala Apples \$1⁹⁹/lb
BC, 4.39/kg



Organic
Romaine
Heart
USA \$5⁹⁹



Red Seedless Grapes \$4⁴⁹/lb
Peru or USA, 9.90/kg

Large Avocados
Mexico 2 for \$6



Coloured Peppers \$5⁹⁹
Canada, 2 lbs



FLORAL

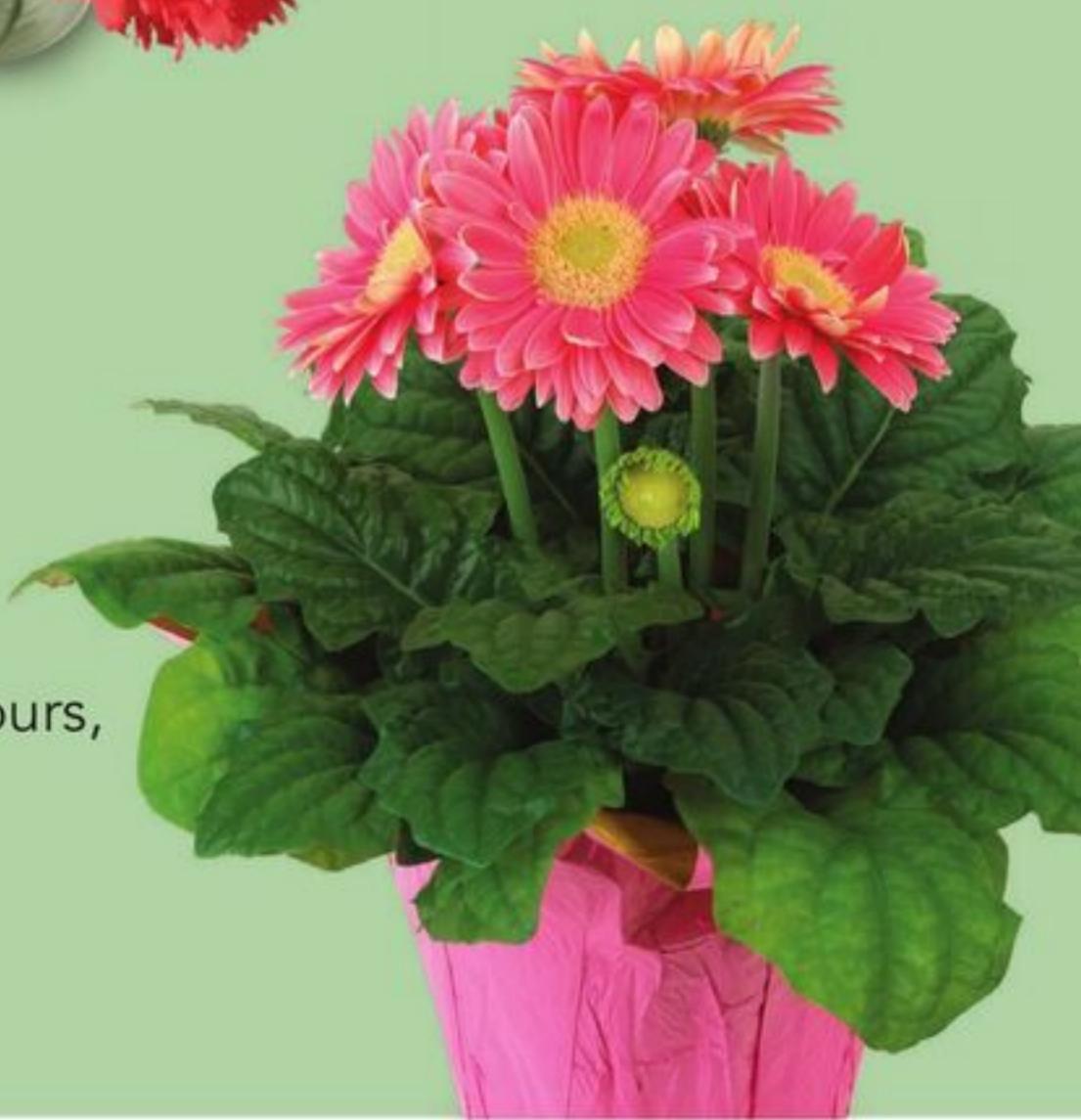
Rose &
Alstroemeria
Bouquet

\$14⁹⁹



Carnation
Bouquet
Assorted Colours,
Dozen

\$11⁹⁹



Gerbera
Daisy
Assorted Colours,
6 Inch
\$12⁴⁹

BAKERY



Homestyle Half Loaf
550g **\$4⁹⁹**



Chocolate Chunk Cookies
Selected Varieties, Pack of 5 **\$5⁴⁹**



Gourmet Cake Slices
Selected Varieties, Pack of 2 **\$8⁹⁹**

DELI



Le Pleine Lune
Brie Cheese **\$5⁹⁹**
/100g



Charcuterie Plate
Made in Store **\$8⁹⁹**

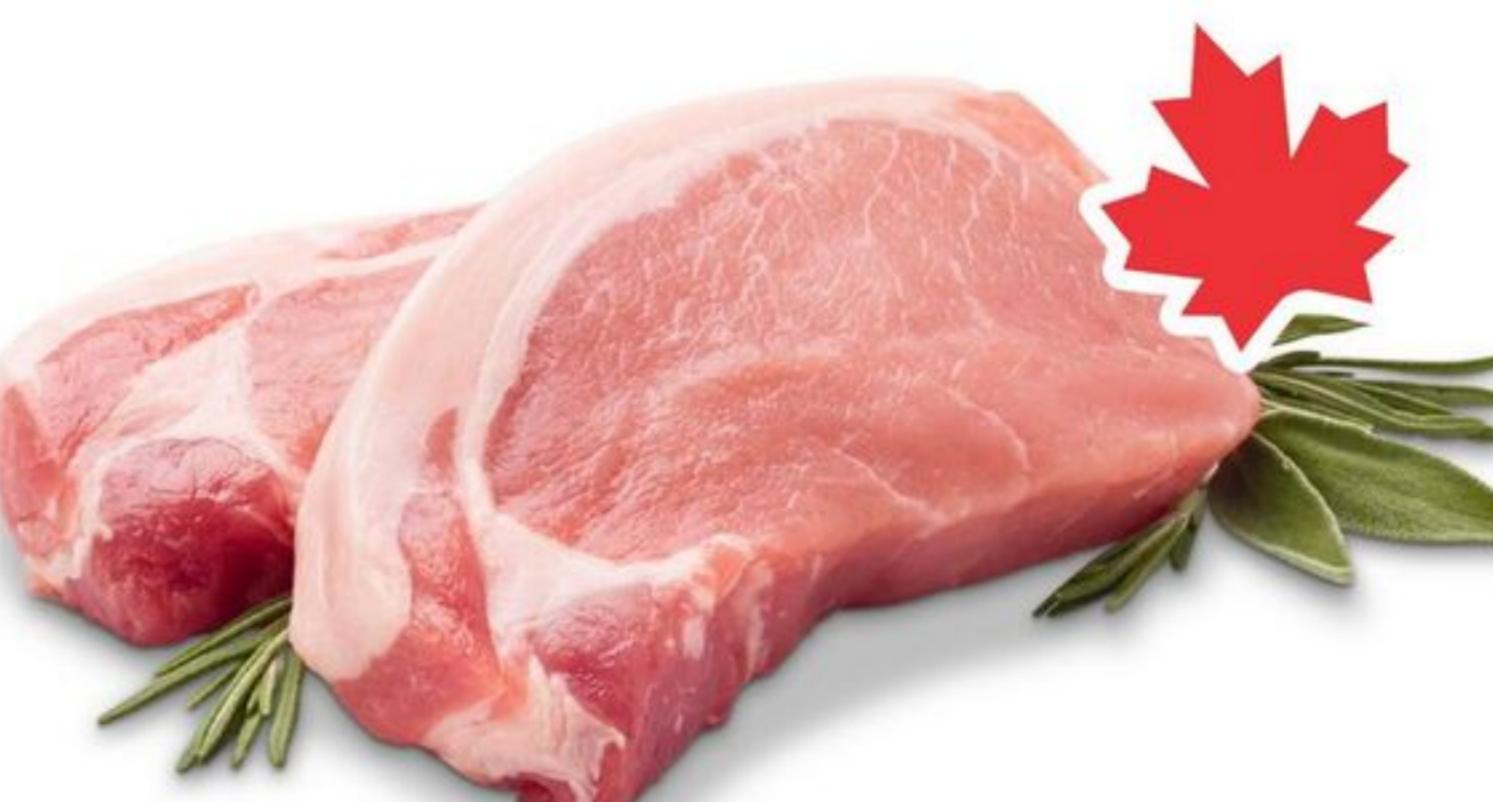


Mortadella
Italy **\$4⁴⁹**
/100g

MEATS



Ground Turkey Thigh
Fresh, 19.82/kg **\$8⁹⁹**
/lb



Signature Pork
Loin Chops
or Roast, Fresh, Premium
Natural, 17.61/kg **\$7⁹⁹**
/lb



Cod Fillet
Wild, Previously Frozen **\$3²⁹**
/100g



DAIRY



Burst of fiery umami

Enjoy a selection of Abokichi Chili Oils—a bold, umami-rich Japanese chili crisp made with organic miso, sesame oil, and chili. Perfect for dumplings, rice, ramen, burgers, and more.



new

Abokichi Chili Oil Condiment
Selected Varieties, 230 mL

\$9.99



Olympic Organic Yogurt
(1.75 kg) or
Kefir (2 Litres),
Selected Varieties

\$13.49



Maison Riviera Yogourt
Selected Varieties,
4 x 120g

\$6.99



Happy Planet Creamery Milk
(1.5 Litres) or
Chocolate (750 mL)

\$7.49



Western Family Eggs
Selected Varieties, Dozen

20% off



Dr. Oetker Suprema Pizza
Selected Varieties,
Frozen, 487g

\$9.99



Cavendish Farms Hash Brown Patties

Also Selected Varieties,
Frozen, 600g

\$3.99



Amy's Burrito
Selected Varieties,
Frozen, 156g or 170g

\$3.99



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

\$6.49



FROZEN

URBAN MARKET



Urban Fare Coffee

Whole Bean (340g) or Pourover (144g), Selected Varieties

\$15⁹⁹



Silk Non-Dairy Beverage

Selected Varieties, 946 mL

2 for \$7



Stash Herbal Tea

Selected Varieties, 18's or 20's

\$4⁹⁹



Favuzzi Pasta

Selected Varieties, 500g

\$6⁴⁹



Nonna Pia's Balsamic Vinegar Reduction

Selected Varieties, 250 mL

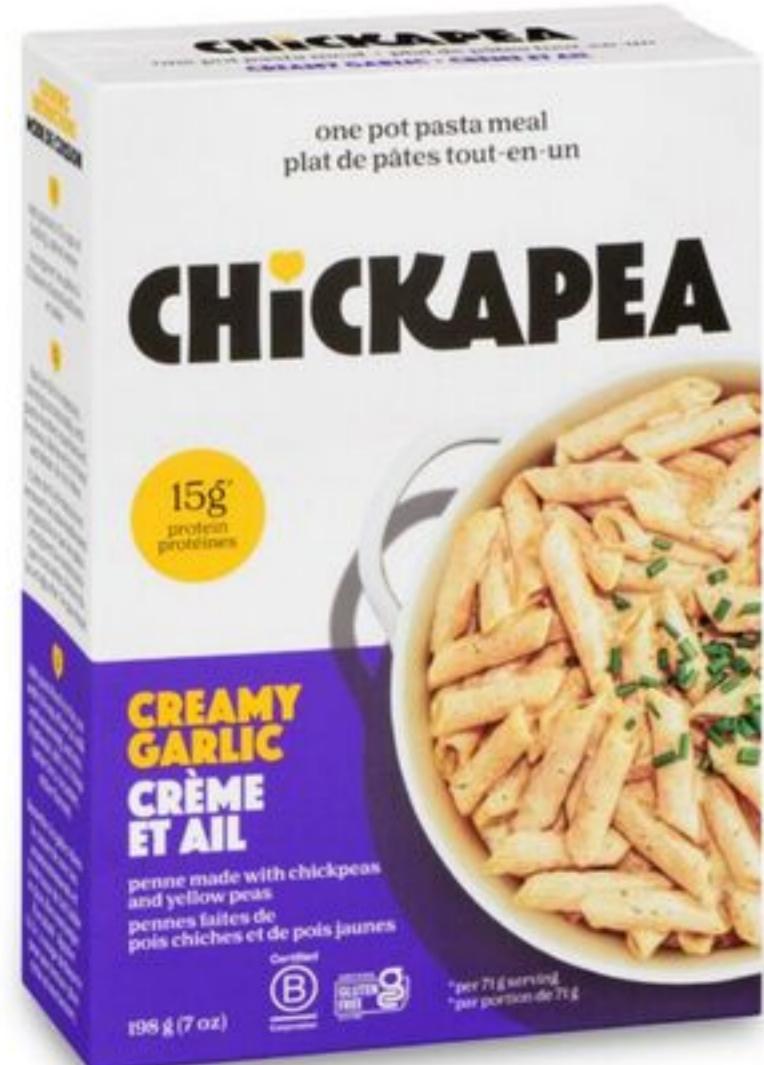
\$9⁹⁹



Favuzzi Pasta Sauce

(480 mL) or Pesto (180g), Selected Varieties

\$9⁹⁹



Chickapea One Pot Pasta

Selected Varieties, 198g

\$6⁹⁹



Chosen Foods Avocado Oil

750 mL

\$19⁹⁹



Annie's Pasta

Selected Varieties, 170g

2 for \$7

URBAN MARKET



Those
Pretzels
Original, 250g

\$7.49



Two Rivers
Meats Jerky
Selected Varieties,
70g

\$9.99



Miss Vickie's
Potato Chips
Kettle Cooked,
Selected Varieties,
200g

\$4.49



Rogers
Granola
Selected Varieties,
700g or 750g

\$5.99



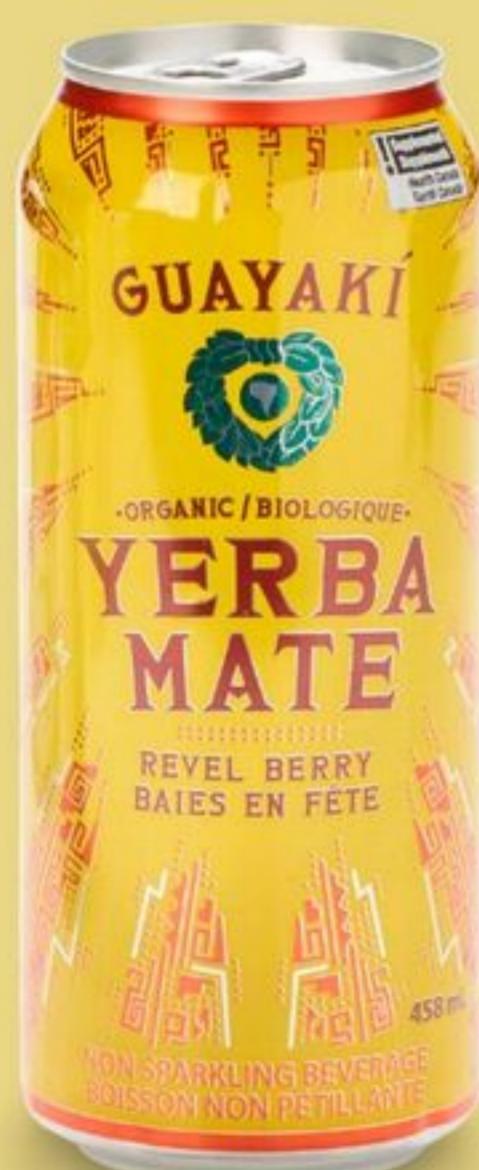
Made Good
Cookies
(120g) or Granola
Bars (5 x 24g),
Selected Varieties

\$4.49



Ceres Juice
Selected Varieties,
1 Litre

\$4.49



Guayaki
Yerba Mate
Selected Varieties,
458 mL

\$3.49



Bubly
Sparkling Water
Selected Varieties,
12 x 355 mL

\$6.99



Urban Fare
Sparkling
Mineral Water
750 mL

\$3.99

Happy Lunar New Year!

Celebrate the Lunar New Year with foods symbolizing good luck in the year ahead: red foods for luck, green for prosperity, and sticky rice for togetherness. Urban Fare has all the key ingredients you need to make your special dishes taste deliciously authentic.



2026

Pork Belly

Fresh, Skin On,
Quarter Cut,
14.31/kg

\$6.49
/lb



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

\$11.99



Me's Anh & Chi Sauce
Selected Varieties,
250 mL

\$14.99

**Premium Broccoli
Crowns**
USA, 7.69/kg

\$3.49/lb



**Lundberg
Organic Rice**
Selected Varieties, 907g

\$14.99



Cupfuls of comfort

Whether you're curling up with a good book or catching up with friends—we've got your cozy covered. Dive into the richest coffee, the boldest lattes, soothing teas, and delicious and unique hot chocolates that feels like a warm hug.



Fire Bean Yukon Roasted Coffee

Selected Varieties, 340g

\$19.99



Blume Superfood Latte

Selected Varieties, 100g

\$19.99



Caffè Umbria Rishi Tea Concentrate

Selected Varieties, 946 mL

\$9.99



Brew Tea Co

Selected Varieties, 50g

\$12.49



Domo Hot Chocolate

Selected Varieties, 130g

\$7.99

Feature Fare

Fizzy, tangy, and refreshing, the Cooler Co. Kombucha is a true treat for your taste buds. Each one is crafted with care—blending tea, cane sugar, and thoughtfully chosen herbs, spices, and fruits to create a variety of delicious, vibrant flavours.



Urban Fare Kombucha

Also Cooler Co.
Non-Alcoholic Beverage,
Selected Varieties, 355 mL

\$3.49



**Urban Fare
Overnight Oats**
Selected Varieties

\$6.99

**Urban Fare Cold
Pressed Juice**
Selected Varieties, 355 mL

\$6.49

Urban Fare Bar
Selected Varieties, 42g

2 for \$4

Relax, it's game time

Bring the tailgate feasting indoors and enjoy the game while we take care of the food. Our party platters are packed with flavour—and that's worth rooting for!

We have an amazing array of catering options to choose from. Visit our website or order in store.

Wing Platter Trio

Made in Store

\$29⁹⁹

Chef's Chicken Sampler Platter

Made in Store

\$24⁹⁹



Seven Layer Dip

Made in Store, 720g

\$9⁹⁹



Individual Fruit Tray

\$9⁹⁹



Graze Box

Made in Store, 400g

\$16⁹⁹



Crudité Tray with Dip

\$5⁹⁹