



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

\$6⁹⁹



Raspberries
Mexico, 170g

\$3⁹⁹



Blackberries
Mexico, 170g

\$3⁹⁹



Strawberries
Mexico, 16 oz

\$6⁹⁹



Marinated Kabobs
Fresh, Selected Varieties

25% off



Atlantic Salmon Fillet
Fresh, Farmed

\$3⁴⁹/100g



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

\$8⁴⁹/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.

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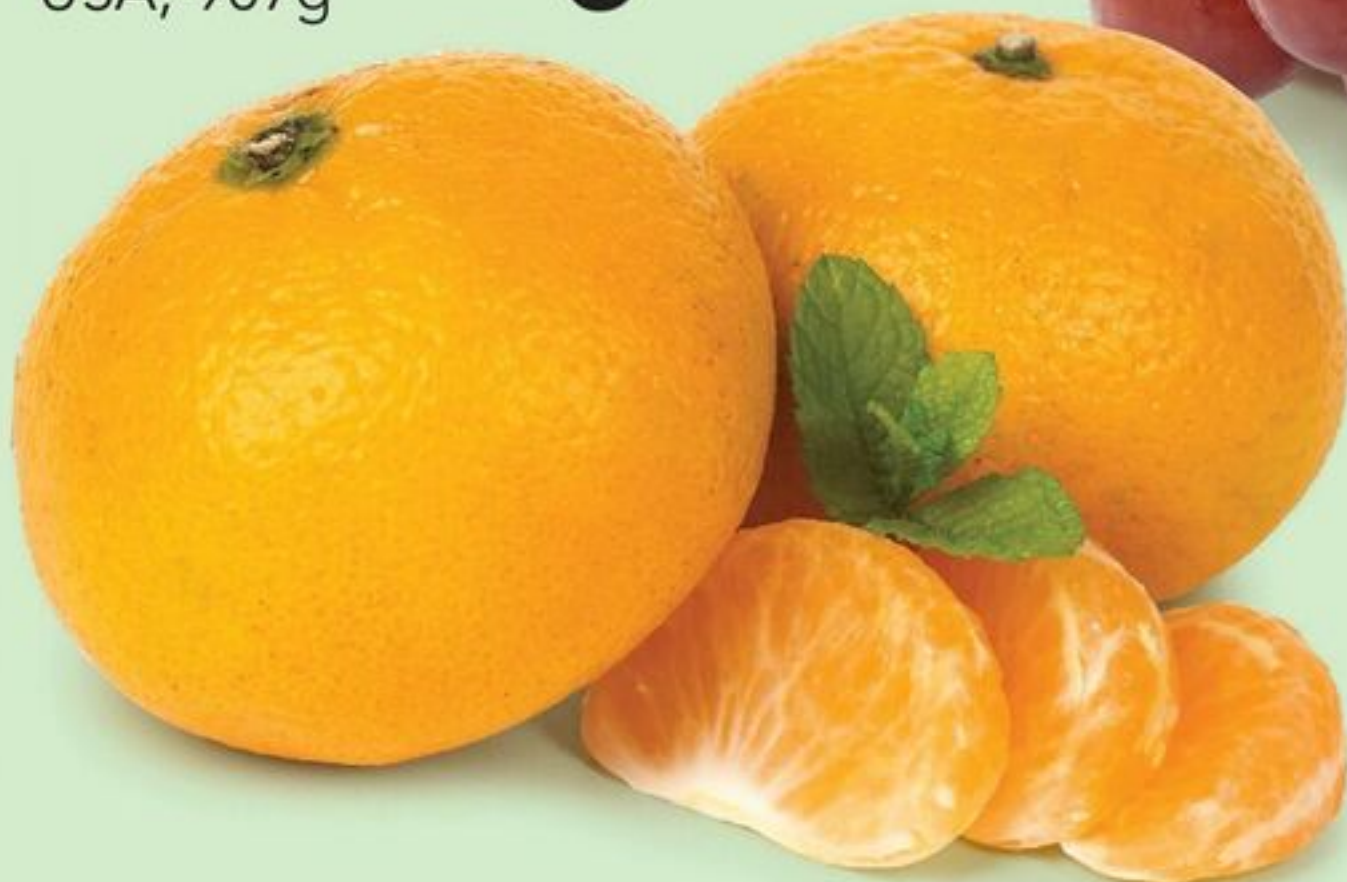
PRODUCE

FRESH
FRESH
FRESH

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



Mandarins \$5⁹⁹
USA, 907g



Gala Apples \$1⁹⁹/lb
BC, 4.39/kg



Large Avocados 2 for \$6
Mexico



Coloured Peppers \$5⁹⁹
Canada, 2 lbs



Organic Romaine Heart \$5⁹⁹
USA



FLORAL

Rose & Alstroemeria Bouquet

\$14⁹⁹



Carnation Bouquet
Assorted Colours, Dozen

\$11⁹⁹



Gerbera Daisy
Assorted Colours, 6 Inch

\$12⁴⁹



BAKERY



Homestyle Half Loaf **\$4⁹⁹**
550g



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



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

DELI



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



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



Mortadella **\$4⁴⁹** /100g
Italy

MEATS



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



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



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



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 **\$9⁹⁹**



Olympic Organic Yogurt
(1.75 kg) or Kefir (2 Litres),
Selected Varieties
\$13⁴⁹



Happy Planet Creamery Milk
(1.5 Litres) or Chocolate (750 mL)
\$7⁴⁹



Dr. Oetker Suprema Pizza
Selected Varieties,
Frozen, 487g
\$9⁹⁹



Cavendish Farms Hash Brown Patties
Also Selected Varieties,
Frozen, 600g **\$3⁹⁹**

DAIRY

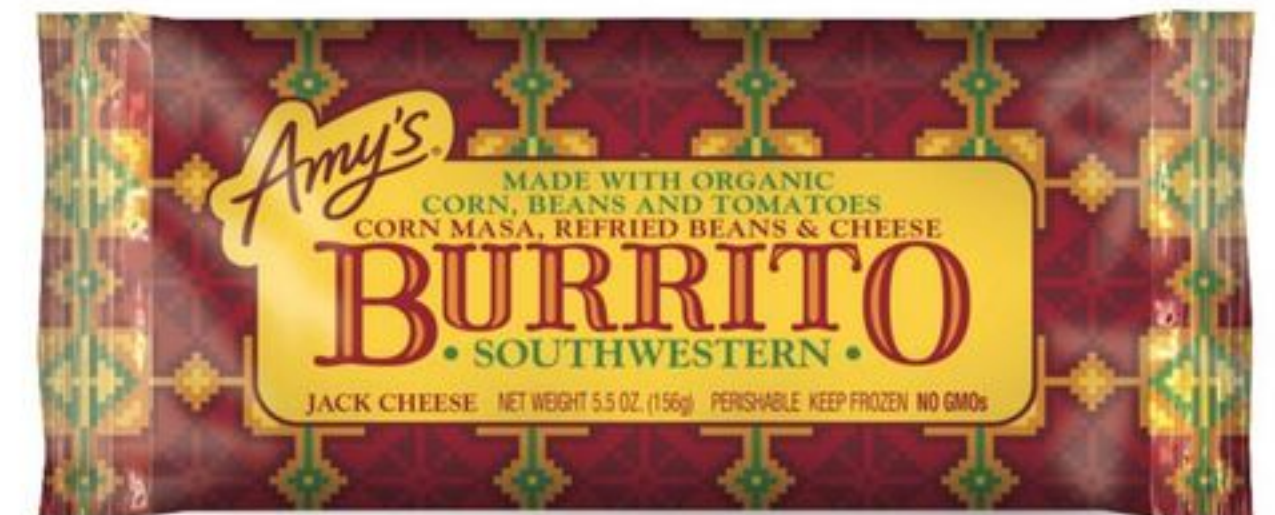


Maison Riviera Yogourt
Selected Varieties,
4 x 120g
\$6⁹⁹



Western Family Eggs
Selected Varieties, Dozen **20% off**

FROZEN



Amy's Burrito
Selected Varieties,
Frozen, 156g or 170g **\$3⁹⁹**



Häagen-Dazs Ice Cream
(450 mL) or Novelties (3 x 88 mL),
Selected Varieties
\$6⁴⁹

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
\$7⁴⁹



Two Rivers Meats Jerky
Selected Varieties, 70g
\$9⁹⁹



Miss Vickie's Potato Chips
Kettle Cooked, Selected Varieties, 200g
\$4⁴⁹



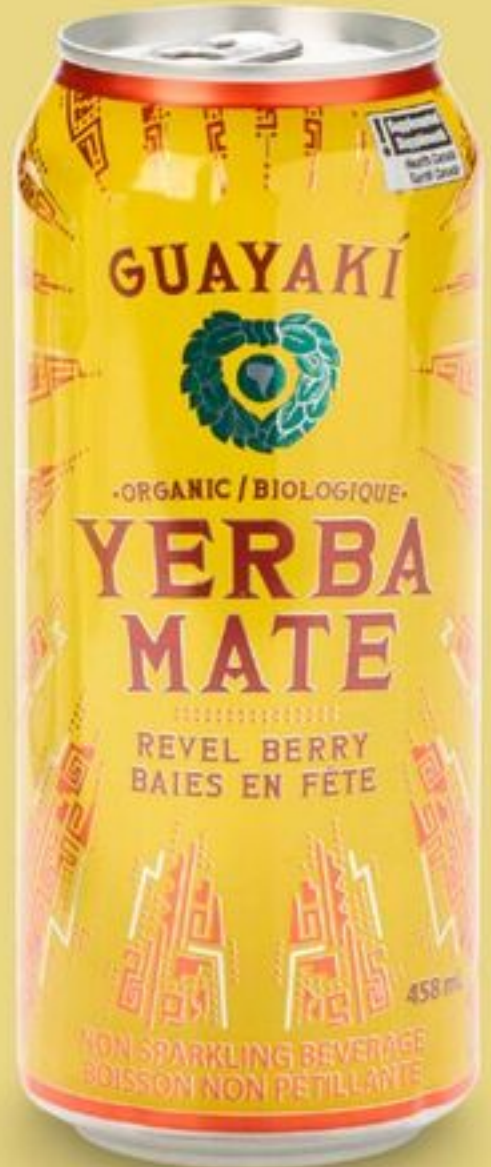
Rogers Granola
Selected Varieties, 700g or 750g
\$5⁹⁹



Made Good Cookies
(120g) or Granola Bars (5 x 24g), Selected Varieties
\$4⁴⁹



Ceres Juice
Selected Varieties, 1 Litre
\$4⁴⁹



Guayaki Yerba Mate
Selected Varieties, 458 mL
\$3⁴⁹



Bubly Sparkling Water
Selected Varieties, 12 x 355 mL
\$6⁹⁹



Urban Fare Sparkling Mineral Water
750 mL
\$3⁹⁹

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

\$6⁴⁹ /lb



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

\$11⁹⁹



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

\$14⁹⁹



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

\$3⁴⁹ /lb



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

\$14⁹⁹

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

\$19⁹⁹



Blume Superfood Latte
Selected Varieties, 100g

\$19⁹⁹



Caffè Umbria Rishi Tea Concentrate
Selected Varieties, 946 mL

\$9⁹⁹



Brew Tea Co
Selected Varieties, 50g

\$12⁴⁹



Domo Hot Chocolate
Selected Varieties, 130g

\$7⁹⁹

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

\$3⁴⁹



**Urban Fare
Overnight Oats**
Selected Varieties

\$6⁹⁹



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

\$6⁴⁹



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.

Chef's Chicken Sampler Platter

Made in Store

\$24⁹⁹

Wing Platter Trio

Made in Store

\$29⁹⁹



Seven Layer Dip
Made in Store, 720g

\$9⁹⁹



Individual Fruit Tray

\$9⁹⁹



Graze Box
Made in Store, 400g

\$16⁹⁹



Crudité Tray
with Dip

\$5⁹⁹