



Flyer Prices Effective
January 1st to 31st

NEW YEAR, NEW WELLNESS GOALS

See January Specials On Back Page



BIG DEALS

Committed to organic, non-GMO, local & sustainable food systems

REG. \$12.99
SALE \$9.99
750 g

23%
OFF



NUTS TO YOU
Organic Peanut Butter
• Select nut butters on sale

REG. \$6.99
SALE \$5.99
283 g



STAHLBUSH ISLAND FARMS
Frozen Fruit & Vegetables
• 10% off select frozen fruit & vegetables

REG. \$13.99
SALE \$10.99
907 g

21%
OFF



BOB'S RED MILL
Protein Oats
• 19% off other select oats, oatmeal & granola

THE BIG CARROT BUTCHER

REG. \$26.99/kg
SALE \$20.99/kg
Sizes 250 g - 400 g



22%
OFF

CUMBRAE'S
Boneless Chicken Breast
• Product of Canada

REG. \$2.99/lb
SALE \$1.99/lb

33%
OFF



**ORGANIC LOOSE
AMBROSIA APPLES**
• Product of Canada

REG. \$1.99
SALE \$1.75
each

2 for \$3



ORGANIC AVOCADOS
• Product of Mexico

REG. \$189.99
SALE \$104.49
each

45%
OFF



AQUASMART
Counter-Top Water Purifier
• While quantities last

25%
OFF

NEW



GOOD PROTEIN
High Protein French Vanilla Shake
• 25% off all Good Protein

30%
OFF



REGENERLIFE
Sleep Better Relax

REG. \$66.49
SALE \$49.79
30 ml

25%
OFF



DR. HAUSCHKA
Rose Day Cream
• 20% off all other Dr. Hauschka products

SPEAK TO OUR STAFF NUTRITIONISTS - A CANADIAN WORKER-OWNED STORE SINCE 1983

25% OFF



BIOITALIA

Organic Pantry Staples

• Select pasta, canned tomatoes & canned beans on sale

REG. \$10.99
SALE \$8.49
680 ml

22% OFF



NEAL BROTHERS

Organic Pasta Sauce

• Select pasta sauce on sale

REG. \$5.99
SALE \$4.99
398 ml



AMY'S

Organic Soups

• 16% off all 398 ml soups

REG. \$7.99
SALE \$6.49
168 g



LUNDBERG FAMILY FARMS

Organic Thin Brown Rice Cakes

• Select rice cakes on sale

REG. \$14.99
SALE \$11.99
355 ml

20% OFF



CHOSEN FOODS

Avocado Mayonnaise

• 18% off other select condiments

REG. \$8.49
SALE \$6.49
528 g

23% OFF



THE GRAIN ESCAPE

Grain-Free Bread

• 20% off select bread, buns & bagels

REG. \$9.49
SALE \$7.49
383 ml

21% OFF



CROFTER'S

Organic Fruit Spreads

• All Crofter's on sale

REG. \$17.99
SALE \$14.99
Select sizes



NUTIVA

Organic Coconut Oil & Coconut Manna

• 14% off other select Nutiva products

REG. \$9.49
SALE \$7.99
946 ml



ELMHURST

Plant-based Milks

• 15% off select plant milk & creamer

REG. \$14.99
SALE \$13.99
700 g



NATURE'S PATH

Organic Cereal

• \$1 off off all cereal, oatmeal and granola

Special Pricing
In-Store



CAPRICARE

Infant Formula

• 15% off 800 g sizes

REG. \$9.99
SALE \$7.99
4 x 355 ml

20% OFF



REMEDY

Organic Kombucha

• All Remedy on sale

REG. \$6.99
SALE \$4.99
1 L

28% OFF



KING ISLAND

Coconut Water

REG. \$22.99
SALE \$17.24
3 pack

25% OFF



MOSS CREEK WOOL WORKS

Pure Wool Dryer Balls



FRIDGE & FREEZER

Committed to organic, non-GMO, local & sustainable food systems

REG. \$7.99
SALE \$6.49
946 ml



MAISON RIVIERA
Coconut Kefir
• 18% off select coconut kefir

REG. \$6.99
SALE \$5.49
Select sizes



21% OFF

DAIYA
Dairy-Free Cheese
• Select shreds, slices, blocks & spreads on sale

REG. \$6.49
SALE \$4.99
480 ml



23% OFF

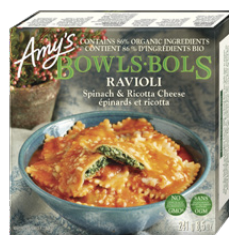
GT'S
Raw Kombucha
• 16% off 480 ml bottles

REG. \$9.49
SALE \$7.99
225 g



GARDEIN
Plant-Based Bowls
• 13% off select frozen meals and burgers

REG. \$9.99
SALE \$8.99
Each



AMY'S
Frozen Bowls
• 10% off select frozen entrees

ORGANIC PRODUCE

Committed to organic, non-GMO, local & sustainable food systems

REG. \$6.99
SALE \$4.99
each

28% OFF



ORGANIC KIWI 1 LB BOX
• Product of Italy

REG. \$4.99
SALE \$3.99
each

20% OFF



ORGANIC BROCCOLI BUNCH
• Product of Mexico

REG. \$5.99
SALE \$4.99
each



ORGANIC PINK LADY APPLE
2 LB BAG
• Product of Canada

REG. \$3.49
SALE \$2.99
each



ORGANIC RED/GREEN LEAF LETTUCE
• Product of Mexico

THE PANTRY

Organic bulk staples and unique bulk products

20% OFF



Organic Beans & Lentils
(Select Varieties)

20% OFF



Organic Raw California Almonds

20% OFF



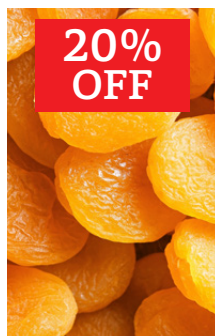
Organic Raw Pumpkin Seeds

25% OFF



The Big Carrot Organic Coffee
(2 lb Bag)
(Danforth Only)

20% OFF



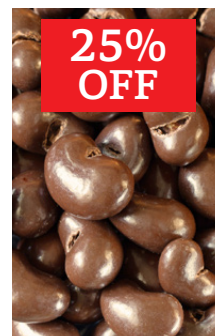
Organic Dried Apricots
(Danforth Only)

25% OFF



Amber Grade Maple Syrup
(1 L & 500 ml sizes)
(Danforth Only)

25% OFF



Organic Milk Chocolate Cashews
(Danforth Only)

25% OFF



Organic Vegan Dark Chocolate Wafers
(Danforth Only)

Find More Deals In-Store Now



Shop Instacart at shop.thebigcarrot.ca



BLUE MONDAY SALE

BY THE WHOLISTIC DISPENSARY
AND BEAUTY & WELLNESS BOUTIQUE

Spend \$200 on regular or sale items &

**Get 20% Off
Regular Price Items!**



Offer available from January 17, 2026 to January 18, 2026 only.
Offer applicable at both The Big Carrot locations for items found at The
Wholistic Dispensary and the Beauty & Wellness Boutique only.

MAXIMIZE YOUR SAVINGS!

**10X
Points
Days**

- Monday, January 12
- Sunday, January 25

**Senior's
Days**

Every Wednesday

**10% Off
Bulk Days***

- Monday, January 12
- Sunday, January 25

*Terms & Conditions Apply



left coast ORGANICS

Left Coast is partnering with
The Big Carrot to supply
premium bulk organic nuts,
seeds, snacks and pantry
essentials

Available at Danforth Community Market Only

Food Made Right Can Make a Difference



THE CARROT KITCHEN OLIVE BAR AT DANFORTH COMMUNITY MARKET

\$3.29 / 100 g

SELECT PRE-PACKAGED OLIVE BAR ITEMS ARE AVAILABLE
AT BEACH COMMUNITY MARKET'S GRAB & GO SECTION!

NEW MENU ITEMS NOW AVAILABLE! ★

- Wild Mushroom Mix ★
- Pearl Peppers ★
- Grilled Green Olives ★
- Olive Salad Mix ★
- Spicy Greek Garlic Medley ★
- Tangerine & Chili Marinated Greek Olives ★
- Chopped Olive Tapenade ★
- Crushed Chili Marinated Greek Mix
- Mt Athos Green Olives Stuffed w/ Red Pepper
- Castelvetrano, Pitted
- Mt Athos Green, Pitted
- Frescatrano, Pitted
- Kalamata, Pitted
- Kalamata, Whole
- Greek Ripe Olives
- Artichoke Hearts
- Cornichons
- Gigandes Beans
- Roasted Tomatoes
- Dolmas

Note: The Olive Bar rotates through the menu, not all items are available at once.

THE DISPENSARY

Quality supplements, great prices and professional staff

REG. \$32.99
SALE \$25.59
60 g

22% OFF



BLUME
SuperBelly Hydration Powder
• All SuperBelly on sale

REG. \$37.99
SALE \$29.99
30 doses

21% OFF



BOIRON
Oscillococcinum
• All Oscillococcinum on sale

REG. \$37.99
SALE \$31.99
60 capsules

NEW



LIVING ALCHEMY
Fermented Supplements
• 20% off all other Living Alchemy products

NEW

Special Pricing
In-Store



NEW ROOTS HERBAL
Kidney Glandular
• All Glandulars on sale

REG. \$29.99
SALE \$25.49
90 tablets

NEW



NOW
L-Theanine 100mg Chewable
• 15% off select stress products

25% OFF

NEW



PREFERRED NUTRITION
100 mg Chlorophyll

20% OFF

Special Pricing
In-Store




MEGAFOOD
Women's Over 40 One Daily
• All Megafood on sale



Renew & Reset Your Health Journey

Wild Rose Herbal Kits support
your detoxification for a healthier,
energetic and more balanced you.

 wildrose.ca

30% off
all Wild Rose
Products

Only Select Items Available At Beach Community Market

THE CARROT KITCHEN
Both Locations

REG. \$10.99
SALE \$9.35
Sale ends Jan 31

Greek Salad
(Grab & Go Section)

**High Protein
Lentil Salad**
(Grab & Go Section)

JUICE / SMOOTHIE & COFFEE BAR
Both Locations

\$11
16oz

**New Year's
Detox Smoothie**

Aloe Juice, Pineapple Juice, Spinach,
Lime, Ginger, Ice, Blue Majik®

Offer ends Jan 31

ORGANIC JUICE & COFFEE BAR
Danforth Community Market Only

REG. \$10.99
SALE \$9.35
Sale ends Jan 31

Liver & Digestion Lover
16 oz Cold-Pressed Juice
(Available at Danforth Only)

Advertised prices and discounts are valid from January 1 - January 31, 2026.

Danforth Community Market, 348 Danforth Avenue, Toronto ON M4K 1N8

Store Hours: Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

Danforth Juice Bar Hours: Monday-Friday 8:30-6:00, Saturday & Sunday 9:00-6:00

Dispensary Hours, Beauty & Wellness Boutique Hours: Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

One block west of Chester subway. Three blocks east of Broadview Ave. Parking lot accessible off of Jackman Ave.

Beach Community Market, 125 Southwood Drive, Toronto, ON M4E 0B8

Store Hours: Monday-Friday 9:00-9:00, Saturday & Sunday 9:00-8:00

Beach Smoothie Bar Hours: Monday-Sunday 8:00-6:00

Free Underground Parking (45 Minutes Maximum)

Located at the southeast corner of Main Street and Kingston Road, bus #64 from Main Station.

The Big Carrot continues to provide our customers with the finest quality and selection of natural foods, backed up by friendly service and up-to-date information. It is our intent to have every advertised item stocked, in rare occasions an item may not be available due to unforeseen circumstances. Quantities are limited. No rain checks. We reserve the right to correct printing errors.

Visit www.Thebigcarrot.ca to sign up for your rewards card, e-newsletter, more information on products, events, demo calendar, or nutrition facts.