



Find your inner chef

FEATURE FARE

Marinated Chicken Breast

Fresh, Raised without Antibiotics, Selected Varieties, 22.02/kg

\$9⁹⁹/lb 

A lean luxury that fuels your body while satisfying your palate and is easily enhanced with your favourite herbs, spices, and sauces.

Marinade tenderizes while adding deep flavour

Farm market fresh



Large Ripe Avocado
Mexico

2 for \$5



Green Seedless Grapes
Peru, 11.00/kg

\$4⁹⁹/lb



Organic Strawberries
USA, 16 oz

\$9⁹⁹



Tomatoes on the Vine
BC, 6.59/kg

\$2⁹⁹/lb



Earthbound Farm Organic Salad
USA, 142g

\$4⁹⁹



Organic Carrots
California, 2 lb Bag

\$3⁹⁹



Urban Fare Bento Box

\$12⁴⁹



Urban Fare Inari Pocket
Selected Varieties

\$7⁴⁹



new Urban Fare Poké Bowl
Selected Varieties

\$7⁴⁹

Feel good foods. Check out our great selection of nutritious choices.

Prices effective Thursday to Wednesday, February 19 to 25, 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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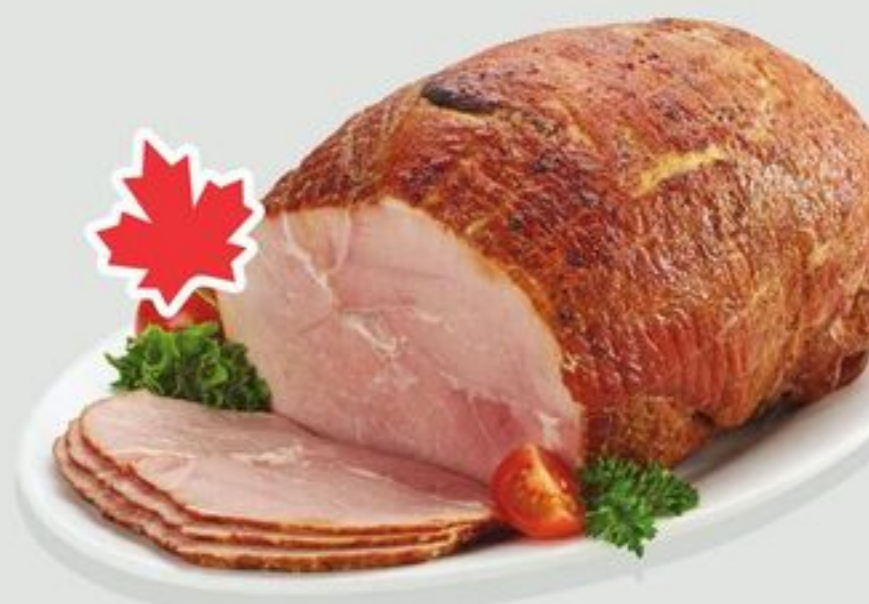
Your urban market



Artisan Bread
Sliced, Selected
Varieties **\$4⁹⁹**



Croissants
Baked in Store,
Pack of 4 **\$3⁹⁹**



**Urban Fare
Signature
Glazed Ham** **\$2⁹⁹/100g**



**Wagyu Top
Sirloin Roast**
or Steak, Fresh,
52.89/kg **\$23⁹⁹/lb**



Halibut Fillet
Wild, Skin-On,
Fresh or Frozen **\$6⁹⁹/100g**



Charcuterie for 2
with Signature
Olives or Almonds,
Made in Store **\$9⁹⁹**



Only Goodness Organic Fruit
or Smoothie Blend,
Selected Varieties,
600g **\$5⁹⁹**



Ben & Jerry's Ice Cream
(473 mL), Also
Magnum Bars
(3 x 90 mL),
Selected Varieties **\$6⁴⁹**



**Olympic
Organic Yogurt**
(1.75 kg) or
Kefir (2 Litres) **\$12⁹⁹**



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



**Kicking Horse
Organic
Ground Coffee**
284g **\$16⁹⁹**



**Earth's Own
Oat Barista**
946 mL **\$5⁴⁹**



Our bulk is beautiful



**Urban Fare Everyday
Bulk Products**

25% off

These snacks and ingredients are globally sourced and hand-processed in a Canadian women-owned facility, ensuring pure, additive-free quality.