



Flyer Prices Effective
February 1st to 28th

HEALTHY MEALS FOR YOU AND YOUR LOVED ONES



See February Specials
On Back Page

BIG DEALS

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

REG. \$7.99
SALE \$5.00
680 ml

37%
OFF



MEDITERRANEAN GARDEN
Pasta Sauce
• Select varieties on sale

REG. \$5.49
SALE \$3.49
Select sizes

36%
OFF



MADEGOOD
Organic Granola Bars
• 25% off all other MadeGood snacks

REG. \$6.49
SALE \$4.49
300 g

30%
OFF



NEAL BROTHERS
Organic Tortilla Chips
• 20% off other snacks and salsa

THE BIG CARROT BUTCHER

REG. \$52.99/kg
SALE \$42.39/kg
Sizes 250 g - 450 g



20%
OFF

CUMBRAE'S
Beef Top Sirloin Steak
• Product of Canada

REG. \$3.99/lb
SALE \$1.99/lb



50%
OFF

ORGANIC NAVEL ORANGES
• Product of USA

REG. \$7.99
SALE \$5.99
each

25%
OFF



ORGANIC GOLD KIWI 1LB
• Product of Italy

REG. \$34.99
SALE \$26.24
946 ml

25%
OFF



DR. BRONNER'S
Sal Suds Biodegradable Cleaner
• Select sizes on sale

40%
OFF



NATURAL FACTORS
CoEnzyme Q10 100mg

REG. \$79.99
SALE \$39.99
75 ml

50%
OFF



ANNEMARIE BORLIND
LL Regeneration Night Cream Bonus Size
• While quantities last

25%
OFF



HYALOGIC
Pure HA Serum
• All Hyalogic on sale

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

GROCERY

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

REG. \$8.49
SALE \$6.29
567 g

25% OFF



LITTLE NORTHERN BAKEHOUSE
Gluten-free Bread

• All Little Northern Bakehouse on sale

REG. \$19.99
SALE \$15.99
365 g

20% OFF



NUTS TO YOU
Organic Almond Butter

• Select organic nut butters on sale

REG. \$19.99
SALE \$15.99
1 kg

20% OFF



DUTCHMAN'S GOLD
Honey

• Select varieties on sale

REG. \$7.49
SALE \$5.99
264 g

20% OFF



CARBONAUT
Tortillas

• Select varieties on sale

REG. \$7.99
SALE \$5.99
1 L

25% OFF



PLANTCO
Plant Based Milk

• All PlantCo products on sale

REG. \$6.99
SALE \$5.49
227 g

21% OFF



ONE DEGREE
Organic Sprouted Cereal

• Select cereal, granola & oatmeal on sale

REG. \$20.99
SALE \$15.99
300 g & 340 g sizes

23% OFF



BALZAC'S
Coffee

• All Balzac's coffee on sale

REG. \$7.99
SALE \$6.49
16 bags



TRADITIONAL MEDICINALS
Organic Herbal Tea

• 18% off all Traditional Medicinals tea

REG. \$9.99
SALE \$7.99
100 g

20% OFF



CAMINO
Organic Chocolate Bars

• Select 100 g chocolate bars on sale

REG. \$11.99
SALE \$8.99
142 g

25% OFF



UNREAL SNACKS
Snacks

• Select varieties on sale

REG. \$6.99
SALE \$5.49
Each

21% OFF



BOOMCHICKAPOP
Popcorn

• Select varieties on sale

REG. \$8.49
SALE \$6.99
420 g



QUE PASA
Organic Salsa

• 15% off select tortillas, chips & salsa

REG. \$24.99
SALE \$20.99
750 ml



PHOEAPOLIS ORGANICS
Organic Extra Virgin Olive Oil
• 15% off select products

REG. \$9.99
SALE \$8.49
945 ml



FILSINGER'S
Organic Apple Cider Vinegar
• 15% off select Filsinger's products

REG. \$19.99
SALE \$16.99
1 L



EMILE NOEL
Organic Cooking Oil
• 15% off all cooking oils

\$24.99
Each

NEW



LIVE ON CHOCOLATE
Valentine's Truffle Gift Box
• While quantities last

Find More Deals In-Store Now



Shop Instacart at shop.thebigcarrot.ca

GROCERY

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

REG. \$27.99
SALE \$22.39
60 loads



20%
OFF

KIND LAUNDRY
Laundry Detergent Sheets

FRIDGE & FREEZER

REG. \$25.99
SALE \$19.49
6 pack

25%
OFF



BIO-K+
Probiotic Beverage
• Select 6 packs on sale

REG. \$9.49
SALE \$7.49
900 ml

21%
OFF



HAPPY PLANET
Fruit Smoothies
• Select smoothies on sale

REG. \$8.99
SALE \$6.99
500 g

22%
OFF



RIVIERA
Coconut Yogurt
• Select 500 g yogurt on sale

REG. \$13.99
SALE \$11.49
750 ml



KARTHEIM'S
Organic Sauerkraut
• 15% off select ferments

REG. \$13.99
SALE \$11.49
230 g



ABOKICHI
Chili Miso Crisp
• 15% off all Abokichi products

REG. \$2.99
SALE \$2.29
33 g

23%
OFF



MID-DAY SQUARES
Chocolate Bars
• All Mid-Day Squares on sale

MAXIMIZE YOUR SAVINGS!

10X
Points

On All Products In-Store:
Monday, February 9
Sunday, February 22

Senior's
Days

Save 10% Off Your Purchase*
Every Wednesday

10%
Off Bulk

Save 10% Off Loose Bulk Items*
On 10X Points Days

*Terms & Conditions Apply

Find More Deals In-Store Now



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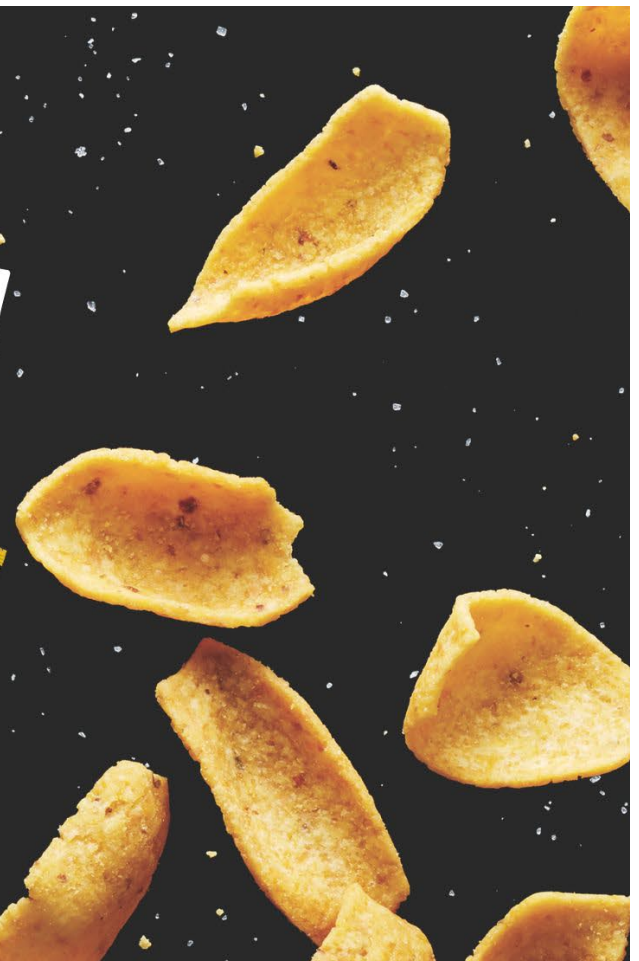
THE BIG CARROT CATERING MENU IS HERE!

AVAILABLE FOR PICKUP AT BOTH LOCATIONS

Visit thebigcarrot.ca/pages/menus
To See Full Menu

- BREAKFAST
- HOT LUNCH & DINNER
- LUNCH
- PLATTERS & DESSERTS

SNACK LOUD, CHEER PROUD!





AVAILABLE AT BEACH COMMUNITY MARKET ONLY

LUNCHBOX SPECIAL

\$12 / 450 g*

**AVAILABLE
EVERY DAY
FROM:**

11 am - 2 pm

&

New! 5 - 6 pm

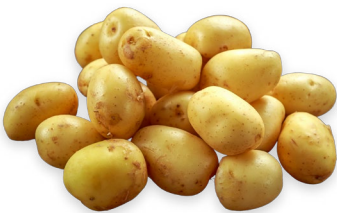
*Limited to: 1 chicken leg, or 1 chicken breast, or 250 g of wings, or 250 g of a dish containing meat.

ORGANIC PRODUCE

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

REG. \$4.99
SALE \$3.99
each

**20%
OFF**



YELLOW MINI POTATOES 2LB

• Product of Canada

REG. \$6.99
SALE \$4.99
each

**28%
OFF**



YELLOW ONIONS 3LB BAG

• Product of Canada

REG. \$7.99
SALE \$4.99
each

**37%
OFF**



**ORGANIC DEGLET NOOR
PITTED DATES**

• Product of Algeria

REG. \$2.99/lb
SALE \$2.49/lb



**PINK LADY APPLES & FUJI
APPLES**

• Product of USA

THE PANTRY

Organic bulk staples and unique bulk products

**20%
OFF**



**Organic
Basmati Rice**
(White & Brown)

**20%
OFF**



**Organic Raw
Sunflower Seeds**

**20%
OFF**



Organic Oats
(Rolled, Quick Cut
& Steel Cut)

**20%
OFF**



Organic Bulk Pasta
(Select Varieties)

(Danforth Only)

**30%
OFF**



**Organic Spelt
& Kamut Kernels**

(Danforth Only)

**25%
OFF**



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

(Danforth Only)

**25%
OFF**



**Organic
Dried Mango**

(Danforth Only)

**25%
OFF**



**Organic Milk
Chocolate Cashews**

(Danforth Only)

Find More Deals In-Store Now



Shop Instacart at shop.thebigcarrot.ca

ADD A FREE ADDITION TO ANY COFFEE BAR BEVERAGE!



Salus Red Beet Crystals Benefits

- Improved Circulation & Blood Pressure
- Boosts Endurance
- Enhance Oxygen Usage
- Antioxidant & Anti-Inflammatory
- Liver Support

AVAILABLE AT BOTH COFFEE BAR LOCATIONS UNTIL FEB 28!



Organic Juice & Coffee Bar, 348 Danforth Avenue, Toronto



Organic Smoothie & Coffee Bar, 125 Southwood Drive, Toronto

ON SALE

Nourish every heartbeat.



We ♥ your heart.



THE DISPENSARY

Quality supplements, great prices and professional staff

REG. \$18.99
SALE \$15.99
150 g

NEW



ORGANIC TRADITIONS
Superfoods Organic Lavender Latte
• 15% off all Organic Traditions

REG. \$28.99
SALE \$24.59
120 capsules

NEW



LEAFSOURCE
Real Magnesium
• 15% off all LeafSource

REG. \$16.99
SALE \$14.39
80 g



NEW ROOTS HERBAL
Plant Sterols
• All cardiovascular products on sale

REG. \$12.99
SALE \$10.99
60 g



CLEF DES CHAMPS
Organic Green Oatstraw
• Select Clef Des Champs on sale

REG. \$33.99
SALE \$26.99
200 g



PRAIRIE NATURALS
Organic Moringa Leaf Powder
• All superfoods on sale

REG. \$21.99
SALE \$17.59
50 ml

20% OFF



ST FRANCIS HERB FARM
Heartbeat Tonic
• Select products on sale

REG. \$39.99
216 g

20% OFF



BOTANICA
Organic Unflavoured
Perfect Greens
• All Perfect Greens on sale

REG. \$14.99
SALE \$11.99
200 ml

20% OFF



SALUS
Organic Acerola Juice
• Special in-store pricing on Salus products

BEAUTY & WELLNESS

REG. \$24.99
SALE \$19.99
58 g



20% OFF



ROUTINE
Sexy Sadie Deodorant
• 20% off all Routine

REG. \$69.99
SALE \$55.99
60 ml

20% OFF



ANTIPODES
Culture Probiotic Night Recovery Water Cream
• All Antipodes on sale

REG. \$30.99
SALE \$24.79
100 ml

20% OFF



WELEDA
Wild Rose Body Oil
• All Weleda on sale

REG. \$17.99
SALE \$13.99
30 ml

22% OFF



DIVINE ESSENCE
Zen Meditation Diffusion
• All Divine Essence on sale

REG. \$18.99
SALE \$14.99
60 ml

21% OFF



DERMA E
Vitamin E Oil 14,000 IU
• All Derma E on sale

Only Select Items Available At Beach Community Market

THE CARROT KITCHEN

Both Locations

Chicken Salad Sandwich

(Grab & Go Section)



REG. \$8.99
SALE \$8.50
Sale ends Feb 28

Indianlife® Samosas



REG. \$3.99
SALE \$3.50
Sale ends Feb 28

JUICE / SMOOTHIE & COFFEE BAR

Both Locations



\$5
12oz

Warm Heart Beet Tonic

Salus Red Beet Crystals, Apple
Cider Vinegar, Ginger, Turmeric,
Honey, Hot Water

Offer ends Feb 28

THE CARROT KITCHEN

Both Locations

Valentine's Tres Leches Cake



\$10.99
Available Feb 9 - 15

THE CARROT KITCHEN

Both Locations

Valentine's Dark Chocolate Raspberry Tart (Regular & Made Without Gluten)



\$6.49
Available Feb 9 - 15

Advertised prices and discounts are valid from February 1 - February 28, 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.