



Find your inner chef

FEATURE FARE

Angus Rib Eye Steak

Fresh, Raised without Antibiotics,
59.50/kg

\$26⁹⁹/lb

An Angus rib eye that delivers depth and welcomes bold, confident seasoning. Finish with fresh herbs, bold spices, or a seasonal sauce.

Sear hard, rest briefly, finish with a herb brush

Farm market fresh



Green Seedless Grapes
Peru, 8.80/kg

\$3⁹⁹/lb



Earthbound Farm Organic Salad
USA, 142g

\$4⁹⁹



Organic Heirloom Tomatoes
Canada, 15.41/kg

\$6⁹⁹/lb



Ataulfo Mango
Mexico

2 for \$5



Honeyglow Pineapple
Costa Rica

\$5⁹⁹



Papaya
Fresh, Tree Ripened, Hawaii

\$5⁹⁹



Urban Fare Porchetta Roast
17.61/kg
Available in the fresh meat case.

\$7⁹⁹/lb



Ahi Tuna Steak
Previously Frozen

\$2⁹⁹/100g



Urban Fare Signature Rotisserie Chicken

\$14⁴⁹

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

Prices effective Thursday to Wednesday, March 12 to 18, 2026. We reserve the right to limit quantities. Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

Your urban market



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



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



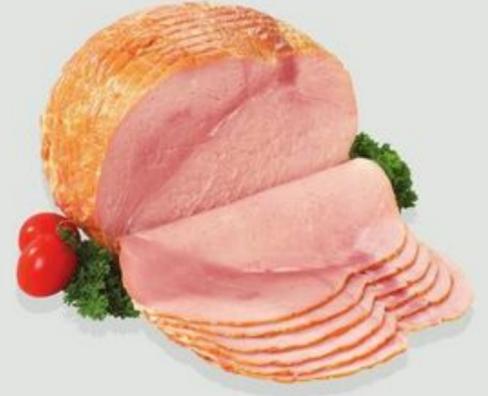
Double Crème Brie Cheese
Cut in Store **\$3⁹⁹/100g**



Gourmet Stuffed Chicken Breast
Fresh, Selected Varieties, 22.02/kg **\$9⁹⁹/lb**



Western Family Signature Thick Sliced Bacon
Selected Varieties, 500g **\$8⁹⁹**



Old Fashioned Ham **\$2⁹⁹/100g**



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



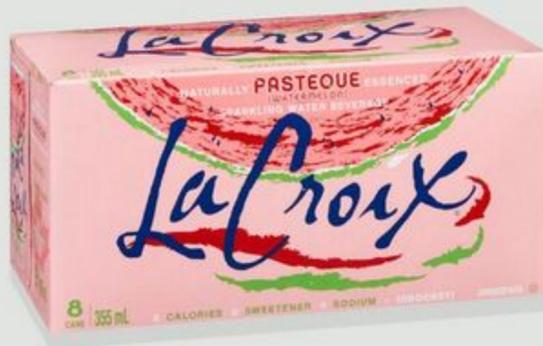
Simply Beverage
Selected Varieties, 1.54 Litres **\$5⁴⁹**



Liberté Greek Yogourt
(750g) or Kefir (1 Litre),
Selected Varieties **\$6⁴⁹**



Fresh is Best Tortilla Chips
Selected Varieties,
300g **\$4⁹⁹**



LaCroix Sparkling Water
Selected Varieties, 8 x 355 mL **\$6⁹⁹**



Western Family Bathroom Tissue
12=24 Rolls **\$7⁹⁹**



Coffee that turns routine into ritual.

Urban Fare Coffee
by Caffè Umbria, Hot or Cold

25% off

A richly roasted Pacific Northwest coffee, crafted with a heritage rooted in Perugia, Italy.