



Flyer Prices Effective
March 1st to 31st

SPRING INTO SAVINGS ON HEALTH & WELLNESS



See Hot Cross Buns Sale
& March Specials Inside

BIG DEALS

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

REG. \$19.99
SALE \$11.99
750 ml

40%
OFF



VALLE VERDE
Extra Virgin Olive Oil

REG. \$9.49
SALE \$6.99
75 g

26%
OFF



CHOCOSOL
Chocosol Chocolate Bars
• 26% off all other Chocosol chocolate bars

REG. \$6.49
SALE \$4.49
142 g

30%
OFF



LESSER EVIL
Organic Gourmet Popcorn
• 30% off all Lesser Evil popcorn

THE BIG CARROT BUTCHER

REG. \$14.99/kg
SALE \$11.99/kg
250 g - 450 g

20%
OFF



CUMBRAE'S
Bone-in Chicken Breast
• Product of Canada

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



ORGANIC AMBROSIA APPLES
• Product of Canada

REG. \$6.99
SALE \$4.99
each

28%
OFF



ORGANIC KIWI 1LB BOX
• Product of Italy

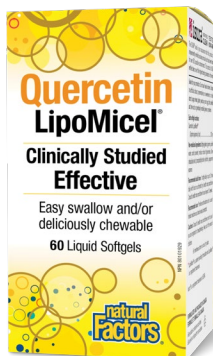
REG. \$38.99
SALE \$29.24
650 g

25%
OFF



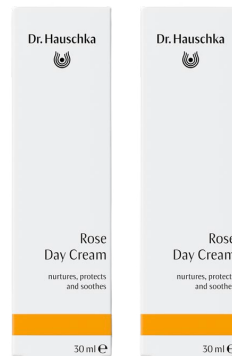
UNIVERSAL STONE
Multi-Purpose Cleaner

25%
OFF



NATURAL FACTORS
Quercetin LipoMicel Matrix

20%
OFF



DR. HAUSCHKA
Rose Day Cream
• All Dr. Hauschka products on sale

REG. \$22.99
SALE \$17.24
60 gummies

25%
OFF

NEW



HERBALAND
Fiber Boost
• All Herbaland products on sale

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

REG. \$2.99
SALE \$1.99
40 g

33% OFF



KIND
Nut Bars
• Select varieties on sale

REG. \$5.99
SALE \$3.99
Select sizes

33% OFF



DJ & A
Veggie Crisps
• Select varieties on sale

REG. \$9.49
SALE \$6.99
315 ml

26% OFF



ACROPOLIS ORGANICS
Organic Pitted Olives
• Select varieties on sale

REG. \$13.99
SALE \$11.49
365 g



NUTS TO YOU NUT BUTTER
Organic Mixed Nuts & Seed Butters
• Select varieties on sale

REG. \$8.99
SALE \$6.99
210 g

22% OFF



BIOITALIA
Organic Fruit Spreads
• All products on sale

REG. \$3.99
SALE \$2.99
Select sizes

25% OFF



LOVE CHILD ORGANICS
Organic Fruit Snacks
• All products on sale

REG. \$6.49
SALE \$4.99
400 g

23% OFF



SILVER HILLS
Organic Bread and Bagels
• Select varieties on sale

REG. \$5.49
SALE \$4.39
300 g

20% OFF



LA FOURMI
Grand Granola
• 20% off all granola

REG. \$8.99
SALE \$6.99
200 g

22% OFF



PRANA
Organic Ground Chia Seeds
• Select varieties on sale

REG. \$18.99
SALE \$14.99
340 g

21% OFF



CRANK COFFEE
Organic Whole Bean Coffee
• 21% off all Crank Coffee products

REG. \$5.99
SALE \$4.49
100 g

25% OFF



FITBITE
Cassava Chips
• 25% off all FitBite chips

REG. \$5.99
SALE \$5.39
398 ml



AMY'S KITCHEN
Organic Soups
• Select varieties on sale

REG. \$10.99
SALE \$9.29
255 g



ENJOY LIFE
Chocolate Chips
• All products on sale

REG. \$14.99
SALE \$11.99
280 g

20% OFF



FARM GIRL
Cereal
• Select varieties on sale

REG. \$7.99
SALE \$6.99
480 g



STICKLING'S BAKERY
Hot Cross Buns



20% OFF



KISHU CHARCOAL
Charcoal Water Filter

FRIDGE & FREEZER

REG. \$13.99
SALE \$10.99
946 ml

21% OFF



PATIENCE
Organic Fruit Juice
• All other Patience fruit juice

REG. \$6.49
SALE \$4.99
156 g

23% OFF



CARBONAUT
Frozen Wraps
• 23% off all frozen wraps

REG. \$10.99
SALE \$7.99
1 L

27% OFF



RISE KOMBUCHA
Organic Kombucha
• Select varieties on sale

REG. \$15.99
SALE \$13.49
Select sizes



AMY'S KITCHEN
Frozen Pizza
• Select varieties on sale

MAXIMIZE YOUR SAVINGS!

10X Points

On All Products In-Store:
Monday, March 9
Sunday, March 29

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





THE BIG CARROT CATERING MENU IS HERE! AVAILABLE FOR PICKUP AT BOTH LOCATIONS

BREAKFAST

- Muffin & Scone Platter
 - Individual Parfait Cups
 - Breakfast Burritos
 - Fruit Bowl
- Fresh Pressed Juice from The Organic Juice & Coffee Bar

LUNCH

- Regular Sandwich Platter
- Specialty Sandwich Platter
- Salad Bowls
- Regular Lunch Box Combo
- Specialty Lunch Box Combo
- Side Salads from Salad Bar

HOT LUNCH / DINNER

- Mac & Cheese
- Lemon Thai Chicken Curry
- Spice Rubbed Chicken
- Chicken Wings (Jerk, BBQ or Honey Garlic)
- Vegan Mac & Cheese
- Cheese Lasagna
- Fried Rice
- Lemon Rice
- Apricot Tempeh
- Mapo Tofu
- Steamed Vegetables
- Zucchini Saute

PLATTERS & DESSERTS

- Cheese Platter
- Crudite Platter with Hummus
- Cookies & Bars Platter
- Fruit Platter

For Full Menu & Ingredients List,
Visit thebigcarrot.ca/pages/menus



EASTER PRE-ORDERS OPENING SOON!

PRE-ORDER FROM THE BIG CARROT BUTCHER +
PRE-MADE MEALS FROM THE CARROT KITCHEN!

Pre-Orders Open March 18-30
Pickup In-Store April 1-2 & April 4

ORGANIC PRODUCE

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

REG. \$4.99
SALE \$3.99
each

20%
OFF



ORGANIC RED & YELLOW
ONION 2 LB BAG

• Product of USA

REG. \$6.99
SALE \$5.99
each



ORGANIC WILD TWIST &
LADY ALICE APPLES 2 LB BAG

• Product of USA

REG. \$6.99
SALE \$4.99
each

28%
OFF



ORGANIC RED & YELLOW
POTATOES 3 LB BAG

• Product of Canada

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

33%
OFF



ORGANIC LOOSE
RED & CHIOGGA BEETS

• Product of Canada

THE PANTRY

Organic bulk staples and unique bulk products

20%
OFF



Organic Raw
Sunflower Seeds

20%
OFF



Organic Raw
Pumpkin Seeds

20%
OFF



Organic Dried
Turkish Figs

(Danforth Only)

20%
OFF



Organic Dried
Apricots

(Danforth Only)

Find More Deals In-Store Now



Shop Instacart at shop.thebigcarrot.ca

ADD A FREE ADDITION TO ANY HOT OR COLD COFFEE BAR BEVERAGE!



CanPrev Collagen Beauty - No Taste!

Collagen Beauty features VERISOL® BIOACTIVE COLLAGEN PEPTIDES®. The only peptides that stimulate skin collagen production. What makes these collagen peptides unique?

- These peptides are incredibly small, making them highly bioavailable
- They are the specific sequences that activate and stimulate your skin's fibroblast cells to produce healthy collagen strands
- These peptides are clinically proven to reduce eye wrinkles in 28 days

AVAILABLE AT BOTH COFFEE BAR LOCATIONS UNTIL MARCH 31!



ALL NOW®
PRODUCTS
ON SALE!



QUALITY OBSESSED.
nowquality.ca



PACKAGED
IN CANADA



REG. \$24.99
SALE \$22.97
30 capsules



BIOSIL
Advanced Collagen Generator
• All products on sale

ON SALE
30 capsules



ALLIMAX
180 mg Allisur Powder
• All products on sale

REG. \$15.99
80 g



CLEF DES CHAMPS
Marshmallow Root Cut
• Select varieties on sale

REG. \$35.99
SALE \$33.39
500 ml



FLORA
Flor-Essence Herbal Cleanse
• All Flora Flor-Essence products on sale

REG. \$49.99
SALE \$46.40
120 softgels



AQUAOMEGA
High EPA Omega 3
• All products on sale

REG. \$33.99
SALE \$27.99
30 capsules



HOST DEFENSE
Lion's Mane
• All products on sale

REG. \$89.99
SALE \$71.99
each

NEW



IMMUNOCEUTICA
Vitamin D Testing Kit
• All ImmunoCeutica products on sale

Vitamin D – Test Don't Guess: The Power of Vitamin D & Immune Health! Trust the Science, Ask the Experts!

Who: Top immunologists Dr. Niel Karrow & Dr. Bonnie Mallard from the University of Guelph

Where: Carrot Common, 348 Danforth Avenue, Room 212 (Second Floor)

When: March 12 from 6-7 pm

- Live Vitamin D testing during the event
- Learn about optimal dosing for human and pet health
- Enter to win a gift basket (\$500+ value)
- Free to attend, no RSVP required

BEAUTY & WELLNESS

REG. \$52.99
SALE \$42.39
55 ml & 30 ml

20% OFF



EVANHEALY
Whipped Shea Butter With Olive Leaf
Free Sample With Every Purchase: Rose Geranium Facial Tonic HydroSoul
• All evanhealy products on sale

REG. \$16.99
SALE \$14.99
500 ml



PRAIRIE NATURALS
Arctic Sun Hypoallergenic Shampoo
• All Prairie Naturals hair care products on sale

THE CARROT KITCHEN

Both Locations

REG. \$13.99
SALE \$12.99
Sale ends March 31

**Lemon Coconut
Curry Meal**
(Grab & Go Section)



REG. \$7.99
SALE \$7.49
Sale ends March 31

**The Big Carrot
Hemp & Maple
Granola**
(Baked Goods Display)



JUICE / SMOOTHIE & COFFEE BAR
Both Locations



\$6
12oz

Elevated Lion

Matcha, Lion's Mane,
Choice of Milk, Honey
Offer Ends March 31

Advertised prices and discounts are valid from March 1 - March 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.