



Flyer Prices Effective  
April 1st to 30th

# START FRESH WITH FRESH SPRING DEALS



See April Specials On Back Page

## BIG DEALS

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

REG. \$9.99  
SALE \$6.99  
each

30%  
OFF



**REMEDY**  
Kombucha 4 Pack  
• Select varieties on sale

REG. \$4.99  
SALE \$3.49  
135 g

30%  
OFF



**HUMBLE CHIPS**  
Organic Potato Chips  
• Select varieties on sale

REG. \$6.99  
SALE \$5.19  
150 g

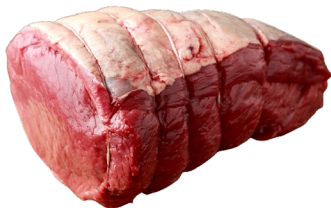
25%  
OFF



**PRANA**  
Organic Trail & Chocolate Mixed Snacks  
• Select varieties on sale

## THE BIG CARROT BUTCHER

REG. \$29.99/kg  
SALE \$26.99/kg  
455 g - 1.5 kg



**CUMBRAE'S**  
Beef Inside Round Roast  
• Product of Canada

REG. \$3.99/lb  
SALE \$2.49/lb

37%  
OFF



**ORGANIC GALA APPLES**  
• Product of Argentina

REG. \$3.99/lb  
SALE \$2.49/lb

37%  
OFF



**ORGANIC BARTLETT PEARS**  
• Product of Argentina

REG. \$22.99  
SALE \$17.24  
3 pack

25%  
OFF



**MOSS CREEK WOOL WORKS**  
Pure Wool Dryer Balls

ON SALE  
250 capsules

25%  
OFF



**NATURAL FACTORS**  
Magnesium Bisglycinate

REG. \$3.99  
SALE 2 for \$6  
various flavours



**IRON VEGAN**  
Sprouted Protein Bars

ON SALE  
480 ml

50%  
OFF



**NATURE'S WAY**  
Organic MCT Oil

REG. \$7.99  
SALE \$5.59  
each

30%  
OFF

NEW



**ESW BEAUTY**  
Moisturizing Sheet Mask  
• All ESW Beauty products on sale

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

**ON SALE**  
800 g



**CAPRICARE**  
Goat Milk Infant Formula  
• Select varieties on sale

**REG. \$11.99**  
**SALE \$9.49**  
224 g



**20% OFF**

**CAMINO**  
Organic Cocoa Powder  
• Select Camino products on sale

**REG. \$7.99**  
**SALE \$6.99**  
various sizes



**NATURE'S PATH ORGANIC**  
Organic Cereal  
• All Nature's Path Organic products on sale

**REG. \$7.99**  
**SALE \$6.49**  
168 g



**LUNDBERG FAMILY FARMS**  
Organic Rice Crackers  
• Select Lundberg Family Farms products on sale

**REG. \$7.49**  
**SALE \$5.99**  
100 g



**20% OFF**

**GALERIE AU CHOCOLAT**  
Organic Chocolate Bars  
• Select varieties on sale

**REG. \$10.99**  
**SALE \$9.29**  
500 g



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

**REG. \$7.99**  
**SALE \$6.99**  
16 tea bags



**YOGI**  
Green & Herbal Teas  
• All Yogi products on sale

**REG. \$3.49**  
**SALE \$2.49**  
454 g



**28% OFF**

**FELICETTI**  
Organic Pasta  
• Select varieties on sale

**REG. \$6.99**  
**SALE \$4.99**  
20 tea bags



**28% OFF**

**STASH TEA**  
Specialty Tea Blends  
• Select varieties on sale

**REG. \$14.99**  
**SALE \$11.99**  
various sizes



**SIMPLY ORGANIC**  
Organic Seasonings & Mixes  
• All Simply Organic products on sale

**REG. \$4.99**  
**SALE \$3.49**  
66 g



**30% OFF**

**GOBIO! ORGANICS**  
Organic Bouillon Cubes  
• 30% off all GoBio! Organics bouillon cubes

**REG. \$9.99**  
**SALE \$7.99**  
227 g

**20% OFF**



**MANITOBA HARVEST**  
Hemp Hearts  
• 20% off all Manitoba Harvest Hemp Hearts

**REG. \$5.99**  
**SALE \$4.99**  
370 ml



**LAKWOOD ORGANIC**  
Organic Fruit Juices  
• Select varieties on sale

**REG. \$10.99**  
**SALE \$8.69**  
236 ml

**20% OFF**



**KEVALA**  
Organic Sesame Oil  
• Select varieties on sale



# GROCERY

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

REG. \$5.99  
SALE \$4.99  
4 rolls



**CABOO**  
Sustainable Bamboo Bath Tissue  
• Select varieties on sale

## FRIDGE & FREEZER

REG. \$8.99  
SALE \$5.99  
170 g



**LE GRAND**  
Pesto Sauces  
• Select varieties on sale

REG. \$9.99  
SALE \$8.49  
226 g



**BEYOND MEAT**  
Plant-Based Burgers  
• All Beyond Meat products on sale

REG. \$9.99  
SALE \$8.49  
2 L



**ORGANIC MEADOW**  
Organic Milk  
• Select varieties on sale

REG. \$5.99  
SALE \$3.99  
473 ml



**HEALTH-ADE**  
Flavoured Kombucha  
• Select varieties on sale

REG. \$7.99  
SALE \$5.99  
500 g



**RIVIERA**  
Goat Yogourt  
• Select varieties on sale

REG. \$11.99  
SALE \$5.99  
400 g



**ACAI ROOTS**  
Organic Acai Puree  
• 50% off all Acai Roots products

## MAXIMIZE YOUR SAVINGS!

**10X  
Points**

On All Products In-Store:  
Monday, April 13  
Sunday, April 26

**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



Shop Instacart at [shop.thebigcarrot.ca](http://shop.thebigcarrot.ca)



# THE HARDEST WORKING RICE AROUND



# From Our Sustainable Farm to Your Freezer



# THE BIG CARROT CATERING MENU

## AVAILABLE FOR PICKUP AT BOTH LOCATIONS!

For Full Menu & Ingredients List,  
Visit [thebigcarrot.ca/pages/menus](http://thebigcarrot.ca/pages/menus)

BREAKFAST, LUNCH, HOT LUNCH, HOT DINNER,  
PLATTERS & DESSERTS AVAILABLE TO ORDER!

### ORGANIC PRODUCE

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

REG. \$7.99  
SALE \$6.99  
each



VALENCIA ORANGES 3 LB BAG  
• Product of Mexico

REG. \$6.99  
SALE \$4.99  
each



GREEN KIWI 1 LB BOX  
• Product of Italy

REG. \$9.99  
SALE \$7.99  
each



COCONUT DATE ROLLS  
• Product of USA

REG. \$6.99  
SALE \$5.99  
each



LADY ALICE APPLES 2 LB BAG  
• Product of USA

### THE PANTRY

Organic bulk staples and unique bulk products



Organic Raw Pecans



Organic Raw Brazil Nuts



Organic Thompson Raisins



Organic Pasteurized Raw Almonds



Organic Pitted Prunes

(Danforth Only)



Organic Currents

(Danforth Only)

Find More Deals In-Store Now



Shop Instacart at [shop.thebigcarrot.ca](http://shop.thebigcarrot.ca)

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



**NEW ADDITION EVERY MONTH! TRY APRIL'S ADDITION TODAY!  
CANPREV MAGNESIUM BIS-GLYCINATE 300 ULTRA GENTLE LIQUID - UNFLAVOURED**

- ✓ Helps support energy production & metabolism
- ✓ Helps support muscle strength
- ✓ Helps support nerve function
- ✓ May help with stress symptoms



**AVAILABLE AT BOTH COFFEE BAR LOCATIONS UNTIL APRIL 30!**



**GET A HEAD START ON SEASONAL ALLERGIES.**

**ON SALE**



**ON SALE**  
60 capsules

**25% OFF**



**LIVING ALCHEMY**  
Restorative Lung & Respiratory Support  
• All Living Alchemy products on sale

**ON SALE**  
each

**NEW**  
**25% OFF**



**NO DAYS WASTED**  
Sugar Free Electrolyte Drink Mixes  
• 25% off all No Days Wasted Hydration products

**ON SALE**  
60 soft gels

**20% OFF**



**NUTRASEA**  
Fresh Mint Omega 3 EPA +DHA 1200 mg  
• All NutraSea products on sale

**ON SALE**  
30 capsules



**NEW ROOTS HERBAL**  
Bowel-Balance Probiotic

**REG. \$14.99**  
**SALE \$12.74**  
each



**BEEKEEPER'S NATURALS**  
Immune Support Wellness Wands  
• All BeeKeeper's Naturals products on sale

**ON SALE**  
50 ml

**20% OFF**



**ST. FRANCIS HERB FARM**  
Allergy Relief Tincture  
• All St. Francis Herb Farm allergy products on sale

**ON SALE**  
250 ml



**SALUS HAUS**  
Organic Milk Thistle Extract  
• All Salus Haus products on sale

**BEAUTY & WELLNESS**

**REG. \$55.99**  
each

**20% OFF**



**SPA DENT NATURALS**  
Blue LED Teeth Whitening Kit  
• All Spa Dent Naturals products on sale

THE CARROT KITCHEN

Both Locations

## Chicken Pesto Wrap

(Grab & Go Section)

REG. \$11.99  
**SALE \$10.99**

Sale ends April 30

THE CARROT KITCHEN

Both Locations

## Tuna Nicoise Salad

(Grab & Go Section)

REG. \$14.99  
**SALE \$13.99**

Sale ends April 30

JUICE / SMOOTHIE & COFFEE BAR

Both Locations

**\$7**  
16oz

## Iced Matcha Majik

Yogurt, Matcha, Blue Majik,  
Ice, Milk of Choice,  
Sweetener of Choice (Optional)

Offer Ends April 30



Advertised prices and discounts are valid from April 1 - April 30, 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.

Both locations are closed on April 3 & April 5. Both locations are open under regular business hours on April 6.

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](http://www.Thebigcarrot.ca) to sign up for your rewards card, e-newsletter, more information on products, events, demo calendar, or nutrition facts.