



# Find your inner chef

## FEATURE FARE

### Marinated Chicken Breast

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

**\$9<sup>99</sup>** /lb

Expertly marinated for rich, savoury flavour, this lean cut complements any herbs, spices, or sauces you choose.



*Slice across the grain for tenderness*

# Farm market fresh



**Organic Heirloom Tomatoes**  
Canada, 15.41/kg

**\$6<sup>99</sup>** /lb



**Asparagus**  
Mexico, 11.00/kg

**\$4<sup>99</sup>** /lb



**Strawberries**  
Mexico, 16 oz

**\$5<sup>99</sup>**

hosting



**Parmigiano Reggiano Cheese**  
Aged 24 Months, Cut & Wrapped in Store, Italy

**\$5<sup>49</sup>** /100g



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

**\$8<sup>99</sup>**



**Mixed Olives**

**\$2<sup>49</sup>** /100g

breakfast



**49th Parallel Organic Coffee**  
Selected Varieties, 340g

**\$19<sup>99</sup>**



**Urban Fare Breakfast Sandwich**

**\$7<sup>49</sup>**



**Siggis Yogurt**  
Selected Varieties, 750g

**\$6<sup>99</sup>**

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

Prices effective Thursday to Wednesday, April 23 to 29, 2026. We reserve the right to limit quantities. Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

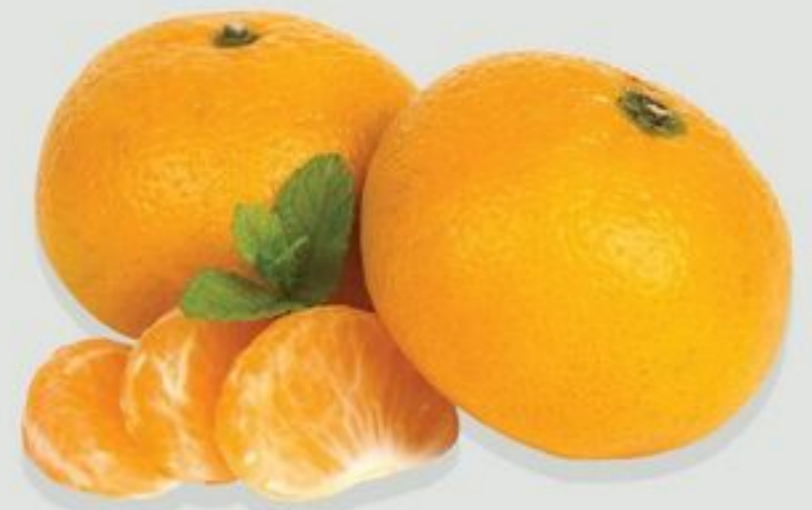
# Your urban market



**Dempster's Bagels**  
or Bread **\$4<sup>99</sup>**



**Croissants**  
Baked in Store,  
Pack of 4 **\$3<sup>99</sup>**



**Mandarins**  
USA, 907g **\$5<sup>99</sup>**



**Pork Tomahawk Chops**  
Fresh, Premium  
Natural, 24.23/kg **\$10<sup>99</sup>/lb**



**Ahi Tuna Steak** **\$34<sup>99</sup>/100g**  
Previously Frozen



**Smoked Turkey**  
or Cooked, Fresh,  
Sliced in Store **\$24<sup>99</sup>/100g**



**Simply Beverage**  
Selected Varieties,  
1.54 Litres **\$5<sup>99</sup>**



**Blueberries** **\$6<sup>49</sup>**  
Peru, 1 Pint



**Terra Breads Granola** **\$7<sup>99</sup>**  
Selected Varieties,  
340g



**San Pellegrino Sparkling Water** **\$2<sup>99</sup>**  
750 mL



**Amy's Entrée** **\$5<sup>99</sup>**  
Selected Varieties,  
Frozen, 269g



**Miss Vickie's Potato Chips** **\$4<sup>99</sup>**  
Selected Varieties



## Smart snacking



**Urban Fare Oat Crackers**  
240g **\$7<sup>99</sup>**

Gluten-free and  
vegan certified using  
non-GMO ingredients  
so you can feel good  
about every bite.