



# Find your inner chef



## FEATURE FARE

### Rib Eye Steak

Fresh, Raised without Antibiotics, 59.50/kg

**\$26<sup>99</sup> /lb**

With its sumptuous marbling and robust, silky flavour, grilled rib eye steak is the kind of at-home luxury that feels both primal and impossibly refined.

*Pat dry before grilling for a crisp, caramelized crust.*

## Farm market fresh



**Corn on the Cob**  
BC or USA

**4 for \$5**



**Coloured Peppers**  
BC, 8.80/kg

**\$3<sup>99</sup> /lb**



**Asparagus**  
Mexico, 13.21/kg

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



**Green Seedless Grapes**  
Peru, 11.00/kg

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



**Mini Seedless Watermelon**  
Mexico

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



**Raspberries**  
or Blackberries, Mexico, 340g

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



**Gourmet Service Case Sausages**  
Fresh

**2 for \$5**



**Marinated Chicken Kabobs**  
Fresh, Selected Varieties, 22.02/kg

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



**Fresh Gourmet Burger Patties**  
Selected Varieties

**2 for \$8**

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

Prices effective Thursday to Wednesday, May 14 to 20, 2026. We reserve the right to limit quantities. Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

Wk20

# Your urban market



**Silver Hills Squirrelly Bread** \$5<sup>99</sup>  
Selected Varieties, 600g



**Scones** \$3<sup>49</sup>  
Selected Varieties, 200g or 229g



**Raspberry Oranges** \$4<sup>99</sup>  
California, 2 lbs



**Charcuterie for 2** \$8<sup>99</sup>  
with Signature Olives or Almonds, Made in Store



**Double Crème Brie Cheese** \$3<sup>99</sup>/100g



**Atlantic Salmon Fillet** \$3<sup>49</sup>/100g  
Fresh, Farmed



**Golden Valley Eggs** \$6<sup>99</sup>  
Selected Varieties, Dozen



**Siggis Yogurt** \$6<sup>99</sup>  
Selected Varieties, 750g



**Brightside Foods Burrito** \$8<sup>99</sup>  
(375g) or Pinto Pockets (300g), Selected Varieties, Frozen



**Humble Rumbles Potato Chips** \$4<sup>49</sup>  
135g



**LaCroix Sparkling Water** \$6<sup>99</sup>  
Selected Varieties, 8 x 355 mL



**Those Pretzels** \$7<sup>49</sup>  
Original, 250g



**Our new golden standard**

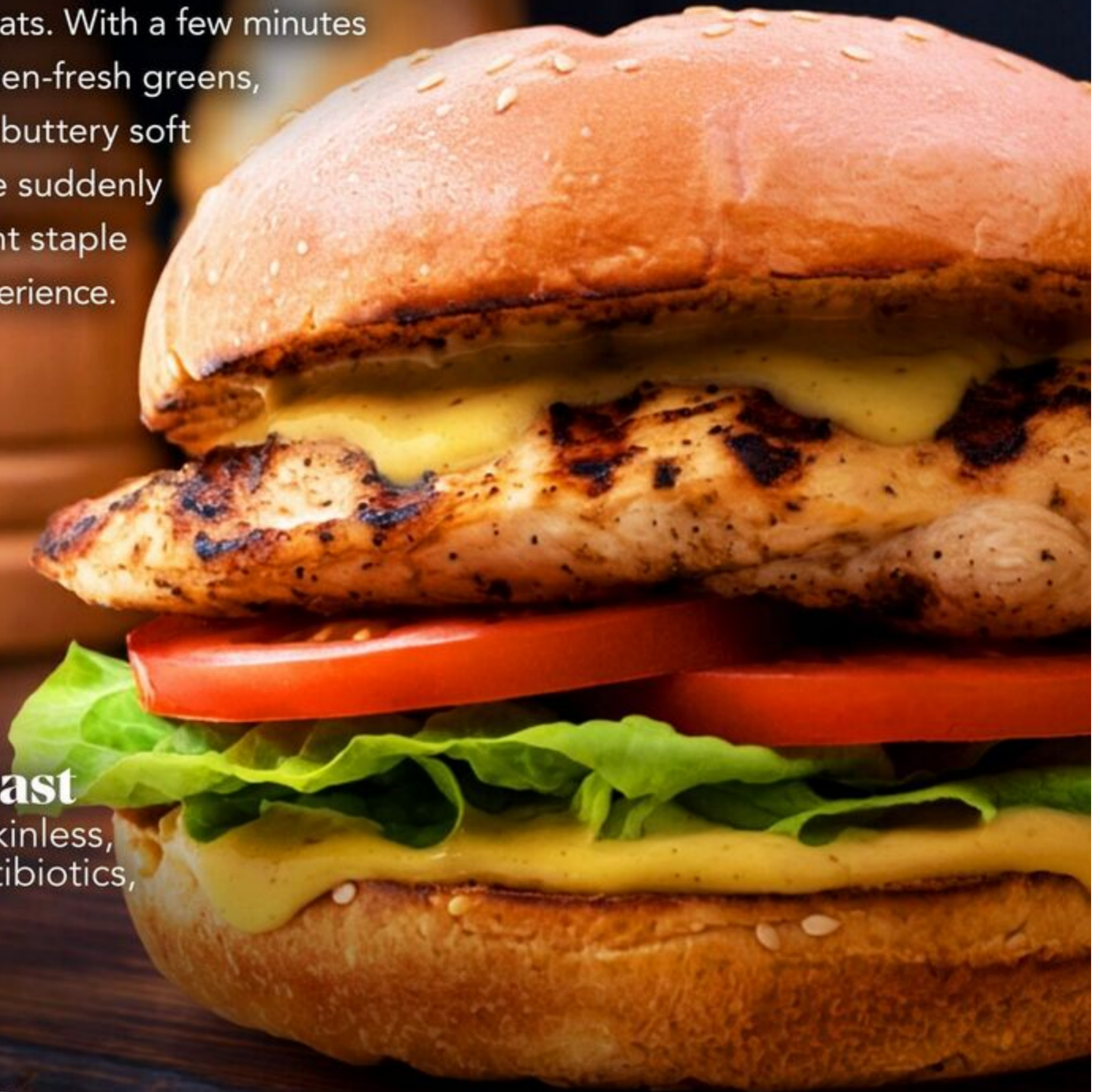


**Urban Fare Gourmet Pastries** \$3<sup>49</sup>

Indulge in our irresistible selection of freshly crafted pastries, made with the finest ingredients and authentic recipes. Each bite brings a touch of sweetness and elegance to your day.

# Ignite your appetite

Turn grilling into a refined experience with high-quality meats. With a few minutes over the flame, garden-fresh greens, juicy tomatoes, and buttery soft brioche buns, you've suddenly elevated a weeknight staple into a luxurious experience.



## Chicken Breast

Fresh, Boneless, Skinless,  
Raised without Antibiotics,  
22.02/kg

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



**Brioche  
Hamburger Buns**  
(Pack of 4) or Potato  
Brioche (Pack of 8)

**\$3<sup>49</sup>**



**Saputo  
Cheese Slices**  
Selected Varieties,  
160g or 180g

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



**Au Pied de  
Cochon BBQ  
Maple Sauce**  
or Mustard,  
253g or 345 mL

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



**Canada Sauce  
Condiments**  
350 mL

**\$7<sup>99</sup>**