BUY CANADIAN

RED CHERRIES



PEPPER NORTH HOT SAUCE



PRAIRIE RANCHER FARMS ALBERTA BEEF RIB EYE STEAKS

- ✓ ALL-NATURAL
 ✓ ANTIBIOTIC &
 HORMONE-FREE
- ✓ SUSTAINABLY RAISED ✓ FAMILY FARM RAISED
- PFENNING'S ORGANIC FARM CILANTRO
- **✓** LOCAL
- **✓** CERTIFIED ORGANIC





Bu

Bunch • Product of Ontario

MAPLE WATER

✓ CERTIFIED ORGANIC

ZEPHYR ORGANICS RED RADISHES

✓ LOCAL

✓ CERTIFIED ORGANIC





Bringing healthy food to everyone!

DEL FRESCO HEIRLOOM TOMATOES

- **✓** LOCAL
- **✓** HYDROPONIC

ZEPHYR ORGANICS GREEN & RED LEAF LETTUCE

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC

ENVIRO FARMS BLACK OYSTER MUSHROOMS

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC







COLE MUNRO ONTARIO RAINBOW TROUT FILLETS

- **✓** LOCAL
- **✓** FRESH, NEVER FROZEN
- ✓ HIGH IN OMEGA-3 FATTY **ACIDS**
- **✓** OCEAN WISE RECOMMENDED
- **✓ BAP CERTIFIED**

SEACORE BRITISH COLUMBIA ROCKFISH "PACIFIC SNAPPER" FILLETS

- **✓** ALL-NATURAL
- **✓** WILD CAUGHT
- **✓** FRESH, NEVER FROZEN
- **✓** SUSTAINABLE





Product of British Columbia

PRAIRIE RANCHER FARMS ALBERTA MEDIUM **GROUND BEEF**

- **✓** ALL-NATURAL
- ✓ ANTIBIOTIC & **HORMONE-FREE**
- **✓ 100% TRACEABLE AND SUSTAINABLE**
- ✓ FAMILY FARM RAISED

DUBRETON ONTARIO PORK **BONE-IN CENTRE CUT CHOPS**

- **✓ LOCAL**
- **✓** CERTIFIED ORGANIC
- **✓** CERTIFIED HUMANE
- ✓ FREE-RUN
- **✓ FAMILY FARM RAISED**

BERETTA FARMS ALBERTA BISON FLANKS

- **✓** ALL-NATURAL
- ✓ HIGH IN OMEGA-3 **FATTY ACIDS**
- ✓ SUSTAINABLY RAISED
- ✓ ANTIBIOTIC & **HORMONE-FREE**
- **✓** HUMANELY RAISED







Bringing healthy food to everyone!

HUMBLE RUMBLES POTATO CHIPS

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC
- **✓** GLUTEN-FREE

PRANA TRAIL MIX

- **✓** CERTIFIED ORGANIC
- **✓** GLUTEN-FREE
- **✓ VEGAN**

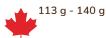
FRANKIE'S ORGANICS **PUFFS OR PUFFCORN**

- **✓** CERTIFIED ORGANIC
- **✓** GLUTEN-FREE









HARMON'S NON ALCOHOLIC BEER

✓ LOCAL

PURPLESFUL POPCORN

- **✓** LOCAL
- **✓ NON-GMO PROJECT VERIFIED**
- **✓ PLANT-BASED**
- **✓** GLUTEN-FREE

SILVER HILLS HAMBURGER OR HOT DOG BUNS

- **✓** CERTIFIED ORGANIC
- **✓** NUT-FREE
- **✓** VEGAN









330 g - 390 g

MRS J'S **FREEZE POPS**

- **✓** LOCAL
- **✓** ORGANIC

NUTS TO YOU MACADAMIA BUTTER OR MACADAMIA CASHEW BUTTER

- **✓** LOCAL
- **✓** NON-GMO
- **✓** GLUTEN-FREE

FARM GIRL CEREAL

- **✓** LOCAL
- **✓** GLUTEN-FREE
- **✓ KETO FRIENDLY**















SAPONETTI



DISH SOAP

In 2016, Nikki and Christian launched Saponetti, Toronto's first zero waste store. Their venture is not just a business, but a movement towards eco-living, offering essential products and inspiration for a sustainable lifestyle. We're proud to support them on their mission, and encourage you to try their products today. Saving the environment is too big of a job for any one person, but if we all work together we can get there one reusable jar of dish soap at a time.







NIKKI SELF & CHRISTIAN VON SEYDLITZ

Nikki Self grew up to understand the devastating impact of unsustainable practices through Dr Seuss' "The Lorax". This realization fueled her journey towards eco-conscious living, a path she shared with her life partner Christian von Seydlitz. Together, they embarked on a mission to make a significant impact through a purpose-driven business.



SPK FROZEN SAAG PANEER OR CHANA MASALA

- **✓** MADE IN-HOUSE
- **✓** ORGANIC VEGETABLES
- **✓ PLANT-BASED OPTIONS**

SPK **CAKE CUPS**

- **✓** ORGANIC INGREDIENTS
- **✓ MADE IN-HOUSE**

SPK 2 PIZZA DOUGHS AND PIZZA SAUCE

- **✓ MADE IN-HOUSE**
- **✓ ORGANIC INGREDIENTS**
- **✓** PRESERVATIVE-FREE









MAISON ORPHEE MUSTARD

- **✓** ORGANIC
- **✓** GLUTEN-FREE

DAIYA MAC & CHEESE

- **✓ NON-GMO PROJECT VERIFIED**
- **✓** GLUTEN-FREE
- **✓** DAIRY-FREE

MAISON ORPHEE **EXTRA VIRGIN OLIVE OIL**

- **✓ NON-GMO PROJECT VERIFIED**
- **✓** GLUTEN-FREE
- **✓** UNREFINED











ECO PACKS

✓ CERTIFIED ORGANIC

MANITOBA HARVEST **HEMP HEARTS**

- **✓** CERTIFIED ORGANIC
- **✓** GLUTEN-FREE
- **✓** RAW

156 g

PATIENCE TART CHERRY JUICE

- **✓** CERTIFIED ORGANIC
- **✓** 100% PURE



650 g - 907 g • Eco Pack Granola Not







MADE GOOD **GRANOLA BARS**

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC
- **✓** GLUTEN-FREE
- **✓** NUT-FREE
- **✓** SCHOOL SAFE

CAMINO **CHOCOLATE BARS**

- **✓** CERTIFIED ORGANIC
- **✓** FAIR TRADE CERTIFIED
- **✓** GLUTEN-FREE

RAWCOLOGY GRAIN FREE GRANOLA

- **✓** LOCAL
- ✓ CERTIFIED ORGANIC
- **✓** GLUTEN-FREE
- **✓ PEANUT-FREE**
- **✓ VEGAN**









<u>GUSTA</u>



SEITAN SAUSAGES

Since 2015, Gusta has been making some of the finest plant-based cheeses and meats in all the land. Now headquartered in Anjou, Quebec, they continue to produce new and exciting vegan products that are so delicious, even some of our pickiest meat lover friends have been converted to die hard fans. Try their mouthwatering sausages today and see why they're such a big deal.







SYLVAIN KARPINSKI

A foodie driven by vegan causes and passionate about entrepreneurship, Sylvain founded GUSTA with the idea of creating a socially minded business at the cutting edge of good business practices.

SUNFLOWER KITCHEN HUMMUS

- **✓** LOCAL
- ✓ NON-GMO PROJECT VERIFIED
- **✓** VEGAN



GREENHOUSE SUPER SMOOTHIES & SHAKES

- **✓** LOCAL
- **✓** ORGANIC



900 mL

L'ANCETRE FETA CHEESE

✓ CERTIFIED ORGANIC



Product packaging may differ in store than shown in the flyer, in case of discrepancy between the picture and the text, the text will be deemed correct. We reserve the right to limit quantities, while supplies last. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for the first seven days of the promotional period.

Bringing healthy food to everyone!



✓ VEGAN, MADE W/ CANADIAN OATS



HARMONY 2% MILK - CARTON

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC



YOSO COCONUT YOGURT

- **✓** LOCAL
- **✓** NON-GMO
- **✓** VEGAN



HULLED BARLEY CERTIFIED ORGANIC



OUR BULK DEPARTMENT IS friendlier

REUSABLE PACKAGING MADE EASY!











YELLOW SPLIT PEAS CERTIFIED ORGANIC



DRIED APRICOTS CERTIFIED ORGANIC



RED LENTILS ✓ CERTIFIED ORGANIC



BELLA CASARA

The creamy texture and milky aroma of Bella Casara Ricotta make it a refined, delicate and balanced cheese. This Ricotta made history at the eighth edition of the Canadian Cheese Grand Prix by becoming the first fresh cheese, and the first cheese from Ontario, to win the title of Grand Champion



MOUNTAIN OAK MEDIUM GOUDA

This is a perfect everyday cheese! It has a smooth and creamy texture that makes it a great choice on a sandwich or melted in your favourite recipe



Each • Local

Events

108 Vine

- FRIDAY, 10AM-12:30PM -**JUNE 27**TH

YOSO

COCONUT YOGURT & SOY YOGURT

- FRIDAY, 5PM-7PM - JUNE 27TH

Two Bears

VANILLA OAT

6 MONTH MANCHEGO

300 g • Local

Spain's iconic cheese, nutty, smooth and endlessly versatile.



CELEBRITY ORIGINAL SHEEP'S MILK

A fresh, creamy cheese made with 100% Ontario sheep's milk from local farms. It has a mellow and balanced flavor, with a subtle sweetness and a creamy, rich texture. This cheese has a clean finish and can be either spreadable or crumbled.



113 g • Local





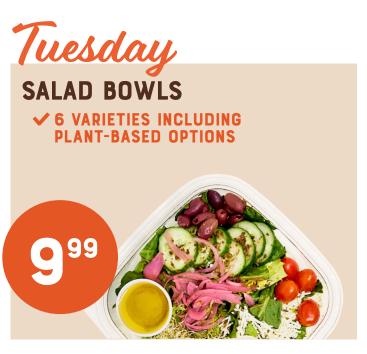


FRESH SUSHI AND MAKI MADE DAILY · OCEANWISE CERTIFIED FISH
· NATURAL AND ORGANIC INGREDIENTS · PLANT-BASED OPTIONS
· FAMILY-OWNED SMALL BUSINESS



Bringing healthy food to everyone!













Everyday



DELI SALADS

✓ALL SMALL DELI SALADS 2 FOR \$11 ✓ALL LARGE DELI SALADS 2 FOR \$20

