Bringing healthy food to everyone!

BUY CANADIAN

WELSH BROS CORN

- **✓** LOCAL
- **✓** ALL-NATURAL
- **✓** NON-GMO



SAPSUCKER **SPARKLING TREE WATER**

- **✓** LOCAL
- **✓** ORGANIC
- **✓** VEGAN



PRAIRIE RANCHER FARMS ALBERTA BEEF SIRLOIN TIP STEAKS

- **✓** ALL-NATURAL
- **✓** ANTIBIOTIC & **HORMONE-FREE**
- **✓** NON-GMO
- **✓** SUSTAINABLY RAISED
- **✓ FAMILY FARM RAISED**

HOPE ECO-FARMS GALIA MELONS

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





FARMING KARMA FRUIT SODA

✓ GLUTEN-FREE





Product of Ontario

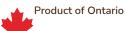
ZEPHYR ORGANICS FIELD CUCUMBERS

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









Bringing healthy food to everyone!

RED CHERRIES

✓ CERTIFIED ORGANIC

HOPE ECO-FARMS ZUCCHINI

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

HOPE ECO-FARMS CURLY PARSLEY

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







Product of Ontario

Bunch • Product of Ontario

SEACORE ICELAND ARCTIC CHAR FILLETS

- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- **✓** FRESH, NEVER FROZEN
- **✓** OCEAN WISE RECOMMENDED
- **✓** SUSTAINABLY RAISED

SEACORE ICELAND COD FILLETS

- **✓** ALL-NATURAL
- **✓** WILD CAUGHT
- **✓** OCEAN WISE RECOMMENDED
- **✓** FRESH, NEVER FROZEN
- **✓** MSC





BERETTA FARMS ALBERTA BEEF TOP SIRLOIN CAP STEAKS

- ✓ CERTIFIED ORGANIC
- **✓ 100% TRACEABLE AND SUSTAINABLE**
- **✓** HUMANELY RAISED

FERME DES VOLTIGEURS **OUEBEC SKINLESS BONELESS CHICKEN** THIGHS

- **✓** ALL-NATURAL
- **✓** FREE-RUN
- **✓** AIR-CHILLED
- **✓** HALAL
- ✓ AGRO-COM CERTIFIED. **SUSTAINABLE**

DUBRETON ONTARIO BONE-IN PORK RIB CHOP

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC
- ✓ 100% TRACEABLE AND **SUSTAINABLE**
- **✓** CERTIFIED HUMANE
- **✓** FREE-RUN
- **✓** FAMILY FARM RAISED









Product of Ontario

Bringing healthy food to everyone!

QUE PASATORTILLA CHIPS

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

QUE PASA SALSA

- **✓** CERTIFIED ORGANIC
- **✓** VEGAN

ROAR ELECTROLYTE INFUSION

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







532 mL

CANADIAN HERITAGE ROASTING CO. COFFEE

✓ CERTIFIED ORGANIC

MAISON ORPHEE VINAIGRETTE DRESSING

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

COVE SODA

- **✓** ORGANIC
- **✓** GLUTEN-FREE
- **✓** SUGAR-FREE
- **✓** CAFFEINE FREE





HEALTEA

SPARKLING TEA

✓ ORGANIC







ONE DEGREE PROTEIN GRANOLA

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

ECO-MAX LAUNDRY SOAP

- **✓** LOCAL
- **✓** BIODEGRADABLE
- ✓ LEAPING BUNNY CERTIFIED

















NON ALCOHOLIC BEER

How do they do it? They fuse the creativity of craft beverages with the inspired talents of artists worldwide, featuring limited-edition works of art on their labels, merchandise, and more.



LOCALLY MADE HAMILTON ONTARIO



MATT JOHNSTON & BOB RUSSELL

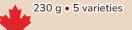
Collective Arts was formed in Hamilton in 2013 by Matt Johnston and Bob Russell. From releasing their very first craft beer, Rhyme & Reason, to their latest lineup of Wide Eyed Energy Drinks, Matt & Bob's original vision to make the world a more creative place remains as they strive to be the most creative beverage company in the world.

SO TO YAM GOOD

SPK MARINADES

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





SPKHOUSE MADE CAKES

- **✓** FREE-RUN EGGS
- **✓** MADE IN-HOUSE DAILY
- **✓** ORGANIC INGREDIENTS

SPK SMALL MAC 'N CHEESE

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



500 g • 3 varieties to choose from



600 g • Available fresh or frozen



HIPPEAS CHICKPEA PUFFS

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

BLUE MONKEY COCONUT WATER

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

ITALIAN VOLCANO LEMON OR LIME BURSTS

✓ ORGANIC







200 mL





noisis



NON DAIRY DESSERT

Let's get one thing straight: Frozen dessert isn't worth eating if it isn't ridiculously creamy and delicious. Yeah, we said it. Even we don't want vegan frozen dessert if it tastes like pure coconut and goes down like a snow cone. With Nora's, you can have your frozen dessert and eat it, too.







KATHERINE BACKMAN & TYLER BOTHWELL

Co-founded by Katherine Backman and Tyler Bothwell in 2017, Nora's started as a delicious experiment because there needed to be a creamier more satisfying frozen vegan dessert option, and the answer was cashews. Nora's launched locally in Vancouver in 2017 and has been growing ever since.

RIGHTEOUS GELATO OR SORBETTO

- **✓** GLUTEN-FREE
- ✓ VEGAN OPTIONS AVAILABLE



LITTLE NORTHERN BAKERY HAMBURGER OR HOT DOG BUNS

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



SPREAD EM KITCHEN CASHEW DIP

- ✓ NON-GMO
- **✓** GLUTEN-FREE
- ✓ VEGAN



Bringing healthy food to everyone!



- **✓** CERTIFIED ORGANIC
- **✓** FAIR FOR LIFE



DR PRAEGER VEGGIE BURGER

- ✓ NON-GMO PROJECT VERIFIED
- **✓ PLANT-BASED**



283 g









REUSABLE PACKAGING MADE EASY!











PEARLED COUSCOUS

✓ CERTIFIED ORGANIC



RAW ALMONDS

CERTIFIED ORGANIC



THOMPSON RAISINS

✓ CERTIFIED ORGANIC



GIOIELLA

LACTOSE FREE FRESH MOZZARELLA AND BURRATA

Introducing our perfect pairing for Summer, Gioiella fresh Mozarella and Burrata now lactose free. The result of artisanal production that enhances the freshness of 100% Italian whole cow's milk. Every bite delivers the authentic flavor of real fresh stretched-curd mozzarella.



JENSEN NOT SO SWEET CAROLINE

Loca

Creamy Brick cheese enriched with the flavours of onions and garlic.



ILE AUX GRUES CHEVAL NOIR

The name Cheval noir (black horse) comes from the legend in which a black horse is seen galloping across the island only to disappear in the cold waters of the St. Lawrence River. This cheese is covered in vegetable ash which adds a subtle bitter finish to the smooth creamy, slightly nutty interior.





108 Vine

- SATURDAY, 2-6PM - **JULY 26**TH

Nuts for Cheese

CASHEW CHEESES,
DIPS &
CREAM CHEESE

- FRIDAY, 3-7PM - AUGUST 1ST

Sweet Potato Kitchen

PEAR FRANGIPANE TART





· FAMILY-OWNED SMALL BUSINESS

FRESH SUSHI AND MAKI MADE DAILY · OCEANWISE CERTIFIED FISH

· NATURAL AND ORGANIC INGREDIENTS · PLANT-BASED OPTIONS

















Everyday



DELI SALADS

/ ALL SMALL DELI SALADS 2 FOR \$11 ALL LARGE DELI

SALADS 2 FOR \$20

