



VÔG ORGANIC

ENGLISH CUCUMBERS

✓ CERTIFIED ORGANIC

2 FOR \$5

OR 2.99 EACH



Product of Quebec



CAULIFLOWER

✓ CERTIFIED ORGANIC

3⁹⁹



Product of California

NATURE'S FIRST FRUIT

FUJI OR PIÑATA APPLES

3LB BAG

✓ CERTIFIED ORGANIC

6⁹⁹



1.36 kg • Product of British Columbia



PRAIRIE FAMILY FARMS

ALBERTA GRASS FED & FINISHED BEEF FLATIRONS

- ✓ ALL-NATURAL

✓ SUSTAINABLY RAISED

✓ FAMILY FARM RAISED
- ✓ ANTIBIOTIC & HORMONE-FREE

✓ 100% GRASS FED AND GRASS FINISHED

23⁹⁹ LB

52.89 KG

SAVE \$2/LB



Product of Alberta



DUBRETON

ONTARIO PORK BLADE ROASTS

- ✓ LOCAL

✓ CERTIFIED ORGANIC

✓ FREE-RUN

✓ CERTIFIED HUMANE

✓ FAMILY FARM RAISED

10⁹⁹ LB

24.23 KG



Product of Ontario



Healthy Family Meal Deal

Whole Roasted
Chicken & 3
Sides for
JUST \$19.99!



Party
like it's
1999!

Macaroni Salad • Garlic Kale
Herb Roasted Potatoes

Made with locally raised antibiotic
and hormone free chicken and
organic and natural ingredients

While quantities last daily.
No substitutions.

THE SWEET POTATO

Bringing healthy food to everyone!

OCT 23 - 29, 2026

GREEN KIWI 1LB PACK

✓ CERTIFIED ORGANIC



5⁴⁹

454 g • Product of Chile

EARTH FRESH ORGANICS RED, RUSSET OR YELLOW POTATOES 3LB BAG

✓ CERTIFIED ORGANIC



5⁴⁹

1.36 kg • Product of Canada

BARTLETT PEARS 2LB BAG

✓ CERTIFIED ORGANIC



4⁹⁹

908 g • Product of Washington

BISON DU NORD ONTARIO BISON "OSSO BUCO" SHANKS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ 100% GRASS FED AND GRASS FINISHED
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ AGW CERTIFIED
- ✓ SUSTAINBLY AND FAMILY FARM RAISED

15⁹⁹
LB
35.25 KG

Product of Ontario

SAUSAGE OF THE WEEK

HOT ITALIAN PORK SAUSAGE

\$8.99/LB
\$19.82/KG



PRAIRIE FAMILY FARMS ALBERTA GRASS FED & FINISHED LEAN GROUND BEEF

- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ 100% GRASS FED AND GRASS FINISHED
- ✓ FAMILY FARM RAISED

14⁹⁹
LB
33.05 KG

Product of Alberta

ORKNEY ORGANIC SALMON SCOTTISH ATLANTIC SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ SUSTAINABLY RAISED
- ✓ FRESH, NEVER FROZEN

26⁹⁹
LB
59.50 KG

SAVE \$2/LB

Product of Scotland

SEACORE BRAZILIAN TILAPIA FILLETS

- ✓ ALL-NATURAL
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED
- ✓ OCEAN WISE RECOMMENDED

12⁹⁹
LB
28.64 KG

SAVE \$2/LB

Product of Brazil



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OCT 23 - 29, 2026

BOMBAY DINE BEANS

- ✓ LOCAL
- ✓ ORGANIC



3 FOR \$8

FOUR O'CLOCK TEA

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



2 FOR \$11

FILSINGER'S APPLE CIDER VINEGAR

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



8⁹⁹

HEARTWOOD FARMS SPARKLE BEVERAGES

- ✓ LOCAL
- ✓ MADE W/ ONTARIO FRUIT



2 FOR \$6

PRANA BARK

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



2 FOR \$10

CHA'S ORGANICS CURRY PASTE

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



2 FOR \$10

CHA'S ORGANICS HEIRLOOM RICE

- ✓ ORGANIC
- ✓ GLUTEN-FREE



11⁹⁹

KETTLE BRAND CHIPS

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



2 FOR \$7

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. Product selection may vary by location. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for the first seven days of the promotional period.



SOUP

With 14 delicious soups to choose from, Sunflower Kitchen has something for every taste and every picky eater. Each delicious soup is packed full of wholesome vegetables, beans and whole grains — low in fat and high in fiber. Healthy never tasted so good!

- 956 ML
- NON-GMO PROJECT VERIFIED
- GLUTEN-FREE
- VEGAN



6⁹⁹

LOCALLY
MADE
SCARBOROUGH
ONTARIO



NURITH AND ELDAD

When Nurith and Eldad started Sunflower Kitchen in 1995, they were inspired by their passion for sharing healthy, balanced and delicious meals with others. Pretty soon they were offering a full line of dips, hummus and hummus cocktails, pestos, salsas, soups and more. Everything they make is plant-based, gluten-free, and absolutely delicious!



SO YAM
GOOD

SOUTHWEST CHIPOTLE CHICKEN
AND BLACK BEAN SOUP

- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN

✓ MADE IN-HOUSE

✓ ORGANIC VEGETABLES

15⁹⁹



BACK FOR
SOUP SEASON!

950 mL

PENNE WITH TOMATO BASIL SAUCE
(PLANT-BASED) SPK PASTA

- ✓ PLANT-BASED

✓ MADE IN-HOUSE

8⁹⁹
SAVE \$1



480 g

THE SWEET POTATO

Bringing healthy food to everyone!

OCT 23 - 29, 2026

KING ISLAND COCONUT WATER

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



2 FOR \$10

1 L



LOVE CHILD BABY FOOD POUCHES

- ✓ ORGANIC
- ✓ GLUTEN-FREE



3 FOR \$8

128 mL



MAPLE3 MAPLE WATER

- ✓ ORGANIC



2 FOR \$8

1 L



ALTER ECO CHOCOLATE BARS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ FAIR FOR LIFE



2 FOR \$10

75 g - 84 g

GOGO QUINOA PASTA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED



2 FOR \$8

227 g



STEFANO FAITA PASTA SAUCE

- ✓ ALL-NATURAL
- ✓ GLUTEN-FREE



7⁹⁹

648 mL



BLUE MONKEY MANGO JUICE

- ✓ NON-GMO
- ✓ GLUTEN-FREE



5⁹⁹

1 L



CHOSEN FOODS AVOCADO OIL MAYO

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



12⁹⁹

355 mL

ECO-MAX DISH LIQUID

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ NOT TESTED ON ANIMALS



2 FOR \$10

740 mL





PEANUT BUTTER

Fatso’s all natural peanut butters pack all of your desired health benefits into one tidy spoonful. Using healthy fats such as coconut oil and MCT oil (plus the added fibery goodness of chia and flax!), every offering in Fatso’s lineup is nutrient dense, intensely delicious, and has no sugar or palm oil ever!

- 500 G
- NON-GMO
- GLUTEN-FREE
- VEGAN



6⁹⁹



JILL VAN GYN



In 2016, Jill started her operation out of the back of a health food restaurant in Victoria BC. She took a simple nut, added in plant based fats, chia, flax, and fiber, and made it taste amazing and priced it as competitively as possible. Today, Fatso is run by G.E. Barbour, a family-owned food manufacturing business, and can be found all across Canada.

NUTS FOR CHEESE
CASHEW CHEESE WEDGE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



9⁹⁹



CARBONAUT
BREAD

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED
- ✓ KETO CERTIFIED



8⁹⁹



TREE ISLAND
GREEK YOGURT

- ✓ GRASS-FED



2 FOR \$9



THE SWEET POTATO

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RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



8⁹⁹

1 L

AMY'S BURRITOS

- ✓ MADE WITH ORGANIC INGREDIENTS



2 FOR \$10

156 g - 170 g

THE GRAIN ESCAPE BREAD

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ GRAIN-FREE
- ✓ NUT-FREE



7⁹⁹

528 g

RAW CASHEWS

- ✓ CERTIFIED ORGANIC



2⁷⁹
100 G
27.90 KG

Product of India

MORE DEALS IN-STORE

108 VINE AVE • MON-SAT 9-8 • SUN 10-8

FREE CUSTOMER PARKING AT 162 VINE AVE

(PLUS HELP CARRYING YOUR GROCERIES OUT TO YOUR CAR!)



Parking lot is for customers only. Loiterers will be ticketed.
We appreciate your help keeping the shopping experience sweet for everyone!

DRIED FIGS

- ✓ CERTIFIED ORGANIC



2⁴⁹
100 G
24.90 KG

Product of Türkiye

FRENCH LENTILS

- ✓ CERTIFIED ORGANIC



69¢
100 G
6.90 KG

Product of Canada

HULLED MILLET

- ✓ CERTIFIED ORGANIC



49¢
100 G
4.90 KG

Product of USA