

FLYER PRICES EFFECTIVE
March 1 to March 31, 2023



LIVING BETTER *together*

Maximize Your Savings!

**10X
Points**

on ALL Products in
the store, Monday
March 13th.

See Website
for Details



**JOIN OUR
REWARDS
PROGRAM!**

**SENIOR'S
DAY!**

Save 10% off your
purchases on
Wednesday
March 29th.

ORGANIC PRODUCE



Organic Rainbow Carrots
2lb Bag

SAVE .50¢/Each
NOW \$3.99/Each

Organic Red/Orange
Peppers

SAVE \$1.00/lb
NOW \$3.99/lb

(March 1 - 14 only)



Organic
Dried Herbs

**20%
OFF**

Danforth Community
Market only

Tansy Farms
Organic Apple Cider 1L

SAVE \$2.00/Each
NOW \$5.99/Each

(While supplies last)

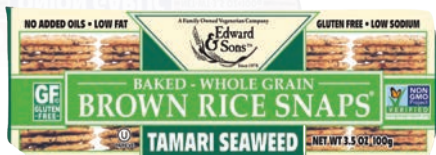
Paradise Fields

Organic Microgreens
& Lettuce Mixes

**25%
OFF**



Celebrating Women-Owned Brands! Join us in-store all March to meet the brands & demo their products.
Visit our events calendar for more details.



OVER 15% OFF \$4.49 Each

Brown Rice Snaps

- Gluten-free & non-GMO
- Salted & unsalted varieties available
- Select varieties



OVER 15% OFF

Organic Trail Mix

- Nourishing & energizing vegan snacks for on the go
- B Corp Certified



15% OFF **Localized**

Hazelnut Almond Spreads

- Nutty, rich & exotic taste
- A good source of protein, fibre, calcium, iron & essential fat
- No added salt, sugar, or hydrogenated oil
- Non-GMO & gluten-free
- Select varieties



king soba
noodle culture
2 for \$5.99

Organic Sweet Potato Buckwheat & Thai Rice Noodles

- Use them in delicious Asian-inspired dishes or as a wheat-free alternative to pasta
- Vegan and gluten-free
- Select varieties



OVER 15% OFF

Organic Coffee, Cocoa Mix & Sugar

- Cocoa Mix: organic cocoa from Brazil
- 100% Brazilian Arabica Coffee: grown & processed without chemicals
- Cane & demerara sugar, socially responsible production



20% OFF \$4.79 Each

Herbal Tea

- Plant-based, traditional herbal remedies to many common ailments
- Herbs sourced from their native habitats for the right balance of active compounds
- Crafted by trained herbalists
- Entire line on sale

eco max **Localized**
The natural choice for healthy cleaning



20% OFF

Laundry Products

- Plant based, natural, renewable & sustainable
- Fragrance free & essential oil scents
- Enviro bottle: 30% recycled plastic content & recyclable
- UL EcoLogo-certified, vegan, made in Canada
- Select varieties



Mac & Cheese

- Natural & organic ingredients
- Gluten-free options available



OVER 15% OFF \$4.19 Each

Wild Skipjack Tuna

- Pole & line caught
- BPA-free cans
- Select varieties



15% OFF

Organic Nut Butters

- Artisansa Organics believe the way we eat means everything to how we feel
- They're dedicated to making foods that help us feel & be our best every day



15% OFF

Organic Tahini & Coconut Butter

- 100% organic sesame seed tahini
- Rich in vitamins & minerals
- Gluten-free, dairy-free, non-GMO





15% OFF
\$4.99 Each

Chocolate Bars
• Fair trade, Stevia-sweetened
• Select varieties

15% OFF

Organic Extra Virgin Olive Oil
• Handpicked & cold extracted
• High level of polyphenols
• 500 ml & 750 ml

OVER 15% OFF
\$5.49 Each

Organic Corn Chips
• Simple ingredients & organic spices
• Kosher & gluten-free

OVER 15% OFF \$16.49 Each

Sugar-Free Sweetener
• Pure liquid monk fruit
• Natural sugar alternative
• Zero calorie, sugar-free

the Freezer

15% OFF \$8.49 400 g

Organic Frozen Fruit
• Naturally-grown in Ontario
• Hand-picked at the peak of freshness on a family farm

\$3.49 207 ml

Frothed Lattes
• Frothed with nitrogen for extra creamy, plant-based & ethically-sourced lattes
• 80 calories, 135 ml of caffeine

OVER 15% OFF \$9.99 Each

Cultured Organic Cashew Cheeses
• Artisan, handcrafted & aged to perfection
• Meltable, spreadable, sliceable
• 100% dairy-free, plant-based
• Made in Canada
• Entire line on sale

15% OFF

Organic Sparkling Matcha Tea
• A superior matcha by focusing on taste, time & quality
• Naturally non-bitter & very smooth
• Unsweetened, zero additives
• Each batch tested for heavy metals, pesticides & radiation

OVER 10% OFF \$7.99 Each

Organic Bowls
• Family-owned & operated since 1987
• Non-GMO, vegetarian, made with whole grains
• Select varieties

OVER 15% OFF 300 g

Organic Frozen Fruit
• Flash-frozen maximizing nutrition & optimal flavour
• Made in Canada
• Kosher, vegan & gluten-free
• Select varieties

Helps speed up digestion, boost energy,
reduce occasional gas, bloating & indigestion.

100% vegan.



ENZYMEDICA®
Natural Digestive Health & Wellness



**100% ORGANICALLY GROWN
WHOLE MEDICINAL MUSHROOMS**

We Grow Our Mushrooms in Pemberton, BC 🍁



What mushroom benefits are you looking for?



Overall Health & Wellness



Immunity & Protection



Memory & Focus



Stress Relief & Sleep



Energy & Exercise

CAPSULES

POWDERS

MUSHROOM KITS

sale!

Meet Vitamin-Infused *Flow*,
our immunity-supporting spring
water with **120% of your Daily
Value of Vitamin C + Zinc**, packed
with sweet, refreshing flavor.

flow[®]
vitamin-infused water



Help nourish every body in your community.



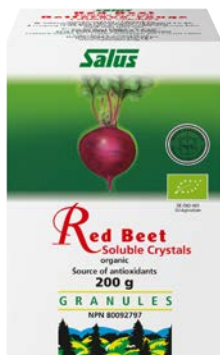
Purchase* any Pacific Foods[®]
product in March, and Pacific
will make a donation to
Plant•Grow•Share a Row –
helping communities grow
vegetables to donate to their
local food bank.

* Up to \$5,000.



SCAN TO LEARN MORE

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HEALTHOLOGY
BUILDING A HEALTHIER YOU

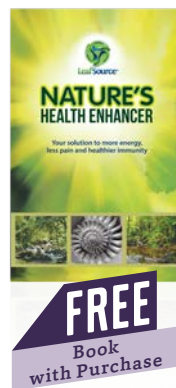
Salus

Beet Crystals
\$23.99 Each

Liv-Great
\$36.99 Each



UP TO 15% OFF



FREE
Book
with Purchase



15% OFF

Beet Crystals & Liv-Great

- LIV-GREAT: supports Phase 1 & Phase 2 liver detoxification
- Contains powerful antioxidants to protect & heal the liver from damage
- Red Beet Crystals: powerful nitric oxide booster, supports cardiovascular health & is rich in antioxidants
- Mixes easily in water, juice & smoothies

Humic and Fulvic Acid Complex & Real Multi

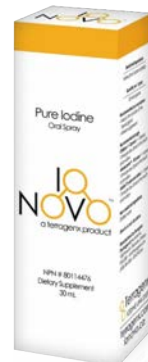
- Humic & fulvic acid with over 70 minerals & micro-nutrients
- New multivitamin with 21 vitamins & minerals extracted from organic superfoods

Bonus Bottles

- AdrenaSense®: helps recover after mental & physical stress
- EstroSense®: helps support & promote estrogen balance
- MenoSense®: helps with menopause symptoms
- ThyroSense®: supports thyroid health and helps metabolize carbohydrates, proteins & fats



10% OFF



Terragenx
IODINE LINK 2 LIFE

NEW

15% OFF

Organic Digestion & Detox

- Milk Thistle: traditionally used to protect the liver & restore hepatic functions
- Slippery Elm: used to help alleviate gastro-intestinal irritation such as diarrhea or gastritis
- Select varieties

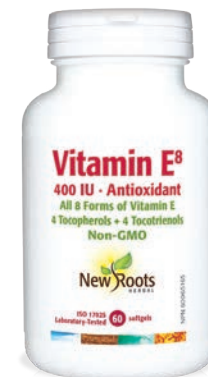
Pure Iodine Oral Spray

- Pure molecular aqueous iodine
- Precise dosing: exactly 30 mcg per spray
- Vegan, vegetarian & gluten-free
- Helps prevent iodine deficiency
- Entire line on sale

HerbaLand



20% OFF



15% OFF

Vitamin Gummies

- Kid's Multivitamins: essential vitamins & minerals for healthy growth & development
- Calcium Plus: Calcium, Vitamin D3 & K2 to support healthy bones & teeth
- Sugar-free, vegan, non-GMO & gluten-free
- Entire line on sale

Vitamin E8

- Contains all 8 forms of vitamin E: 4 tocopherols + 4 tocotrienols
- Natural, biologically-active forms for better absorption
- Sourced from non-GMO sunflower



UP TO 15% OFF



Flor-Essence

- Organic, safe & effective full-body cleanse
- 8-herb formula synergistically supports multiple elimination pathways
- Gluten-free, Kosher, non-GMO & vegan



UP TO 15% OFF



Stabilized Allicin Garlic

- Anti-viral, anti-bacterial & anti-fungal
- Ideal for colds, allergies, infections, candida & athlete's foot
- Entire line on sale



10% OFF



Palma Christi Castor Oil

- Anti-inflammatory
- Penetrates deep into the skin
- Rich in vitamin E
- Non-sticky



UP TO 15% OFF



Organic Mushroom Formulations

- Non-GMO medicinal mushrooms
- Formulated by mycologist Paul Stamets
- Entire line on sale



SINCE 1847
THAYERS
NATURAL REMEDIES

15% OFF

Witch Hazel

- Helps to balance skin pH levels
- Reduces irritation & one of the best natural acne remedies
- All varieties
- Entire line on sale



DERMA·E

15% OFF

Face, Body & Sun Care

- Free of sulphates, petrolatum, mineral oils & phthalates
- Plant-based & cruelty-free
- Entire line on sale
- Danforth Community Market Only



Satya
ORGANIC

15% OFF

Organic Eczema Cream

- Soothe your eczema in a snap
- Dermatologist tested, non-stinging, fragrance-free formula in a refillable stick
- Organic, whole botanical ingredients provide the comfort & confidence you need
- No steroids, fragrance or gluten & suitable for all ages



PHILLIP ADAM
products crafted with care

20% OFF

Hair Care

- Shampoos & conditioners based on apple cider vinegar formulas will give your hair the natural care it deserves
- Biodegradable, family & pet friendly
- Cruelty-free, free from GMO's, SLS & gluten
- Entire line on sale



wildcraft **NEW**

30% OFF

Natural Facial Care

- Wildcraft brings the power of natural wellness to your everyday through affordable, consciously-crafted & plant-powered skincare products
- A 1% for the Planet company
- Certified cruelty-free by Leaping Bunny
- Entire line on sale



HOW IT WORKS:

If you find a lower advertised price from one of our direct competitors of exactly the same product at the time of purchase we will gladly match the price.

Terms and conditions apply.*

For complete program details please visit thebigcarrot.ca/price-match.

Danforth Community Market

Organic Juice & Coffee Bar

Featured this Month
Chaga Spice Latte
Chaga, Spices, Vanilla, Maple Syrup,
Steamed Coconut Milk

\$6
12oz

Beach Community Market

Organic Smoothie & Coffee Bar

Featured this Month
10 oz
Cold-Pressed Juices

**15%
OFF**



Extra Lean Ground Beef
SAVE \$2.00/kg
NOW \$15.99/kg



THE PANTRY

Organic Quick Cook Oats
SAVE \$1.00/kg NOW \$3.99/kg

Organic Red Kidney Beans
SAVE \$1.00/kg NOW \$5.99/kg

Organic Raw Shelled Pistachios
SAVE \$5.00/kg NOW \$64.99/kg

Organic Yellow Split Peas
SAVE \$1.00/kg NOW \$4.99/kg

Organic White Quinoa
SAVE \$1.00/kg NOW \$7.99/kg

Organic Pitted Deglet Noor Dates
(Packaged in-house)
SAVE \$2.00/kg NOW \$17.99/kg

Organic Dried Cranberries
(Apple juice-sweetened)
SAVE \$3.00/kg NOW \$21.99/kg

THE CARROT KITCHEN



Danforth
Community Market
Triple Cheese Lasagna
Grab & Go portions only

**20%
OFF**

Beach
Community Market
**German Potato Salad &
Curried Potato Salad**

**20%
OFF**



Ask our Beach Kitchen Staff to heat any Grab & Go sandwich or wrap on our panini press.
(Available until 4:30pm daily)

Advertised prices and discounts are valid from March 1 - March 31, 2023

The Danforth Community Market, 348 Danforth Avenue., Toronto ON M4K 1N8

Store Hours: Monday-Friday 9:00-8:00, Saturday & Sunday 9:00-8:00

Juice Bar Hours: Monday-Friday 8:30-6:00, Saturday & Sunday 9:00-6:00

Dispensary Hours, Beauty & Wellness Boutique Hours: Monday-Friday 9:00-8:00, Saturday & Sunday 9:00-8:00

One block west of Chester subway. Three blocks east of Broadview Ave Metered parking available off of Jackman Ave.

The Beach Community Market, 125 Southwood Drive, Toronto, ON M4E 0B8

Store Hours: Monday-Sunday 9:00-8:00

Beach Smoothie Bar Hours: Monday-Sunday 8:00-5:00

Located at the southeast corner of Main Street and Kingston Road, bus #64 from Main Station.



Please recycle
this flyer

The Big Carrot continues to provide our customers with the finest quality and selection of natural foods, backed up by friendly service and up-to-date information. It is our intent to have every advertised item stocked, in rare occasions an item may not be available due to unforeseen circumstances. Quantities are limited. No rain checks. We reserve the right to correct printing errors.
Visit www.Thebigcarrot.ca to sign up for your rewards card, e-newsletter, Free Speaker Series, more information on products, events, demo calendar, or nutrition facts.

Visit our website for more details: www.thebigcarrot.ca