



FLYER PRICES EFFECTIVE
April 1 to April 30, 2024



**CHECK OUT OUR GARDENING
SUPPLIES IN-STORE**
Seedlings coming soon



SPEAK TO OUR STAFF NUTRITIONISTS

ORGANIC PRODUCE

100% organic & wild-harvested



\$1.99
lb

SAVE
\$1.00

Organic Beets



\$2.99
lb

SAVE
\$1.00

Organic Lemons



\$5.99
lb

SAVE
\$2.00

Organic Ginger



\$2.99
lb

SAVE
.50¢

Organic Ambrosia Apples
(April 1-15 only)



\$5.99
lb

SAVE
\$2.00

Organic Turmeric

BIG CARROT BUTCHER

Local, free from Hormones
& Antibiotics

CUMBRAE'S
Beef Top Sirloin Steak

\$44.99
kg

SAVE
\$5.00



CANADIAN WORKER OWNED STORE SINCE 1983



\$9.39
1L

SAVE
\$1.60

RED CROWN
Organic Pomegranate Juice
• Kosher & non-GMO
• Not from concentrate
• Up to 15% off entire line



\$5.89
1 kg

SAVE
\$1.10

NATIVE
Organic Demerara Sugar
• Carbon neutral, Fair Trade
• Gluten-free, biodiversity friendly
• Up to 15% off select sugar, cocoa & coffee



\$2.89
48 g

SAVE
.50¢

THUNDERBIRD
Real Food Bars
• Vegan, certified paleo
• Zero sugar added
• Over 10% off entire line



\$5.49
250 g

SAVE
\$1.50

PRANA
Organic Overnight Chia
• Gluten-free & Fair Trade
• Over 20% off Overnight Chia & Granola



\$7.29
100 g

SAVE
\$1.40

GOBIO! ORGANICS
Organic Vegetable Broth Powder
• Canadian company, non-GMO
• Free from yeast, gluten, dairy & nuts
• 15% off entire line



\$5.39
740 ml

SAVE
\$1.00

ECOVER
Zero Fragrance Dish Soap
• Renewable, plant-based ingredients
• Cruelty-free, non-toxic & biodegradable
• 15% off entire line



\$14.39
12 pk

SAVE
\$2.60

CABOO
Sustainable Bath Tissue
• Eco-friendly, tree-free
• No chlorine bleach, septic safe
• 15% off entire line



\$5.89
750 ml

SAVE
\$1.10

FILSINGER'S
Organic Apple Sauce
• Made in Canada
• No added sugar or preservatives
• 15% off entire line

Maximize Your Savings! See Website for Details.

**10X
Points**

on ALL Products in
the store, Monday
Apr. 8th & Sunday
Apr. 28th.

**SENIOR'S
DAY!**

Save 10% off your
purchases on
Wednesday April
3rd & 24th.

**10%
Off**

Loose bulk items on
10X Points Days
every month.



\$20.39
4 L

SAVE \$3.60



\$5.99
20 bags

SAVE \$1.00



\$8.99
946 ml

SAVE \$1.00



NEW
\$5.99
25 bags

SAVE \$1.40

ATTITUDE Bulk Laundry Detergent

- High performance
- Vegan, EWG verified
- 15% off 2 L & 4 L size household products

STASH Premium Tea

- Sustainable, unbleached fibre teabags
- Caffeinated & decaf options
- Over 10% off entire line

BRAGG Organic Apple Cider Vinegar

- Raw, unfiltered & unpasteurized
- Gluten-free, vegan & Kosher

ORGANIC INDIA Organic Tulsi Tea

- Certified B-Corp
- Responsibly & ethically grown
- Over 15% off entire line



\$11.99
305 g

SAVE \$2.00



\$48.79
1 L

SAVE \$12.20



\$7.49
4 pk

SAVE \$1.50



\$7.99
946 ml

SAVE \$1.00

DRIPT Honey Condiments

- Made sustainably in small batches in Ontario
- Infused with real ingredients
- Up to 15% off entire line

ACROPOLIS ORGANICS Extra Virgin Olive Oil

- Bio-Harvest and certified organic options
- Non-GMO, Kosher, raw, cold-pressed oils
- 20% off select varieties

REMEDY Organic No Sugar Kombucha

- Vegan, Halal & gluten-free
- Fridge flexible, 5 calories & keto-friendly
- Over 15% off 4 packs

ELMHURST Oat Milk

- Vegan, Kosher
- Free from gluten & carrageenan
- Over 10% off entire line



\$6.49
473 ml

SAVE \$1.50



\$4.29
480 ml

SAVE .70¢



NEW
\$7.49
1.42 L

SAVE \$1.50



\$3.29
355 ml

SAVE .70¢

HARMLESS HARVEST Organic Coconut Water

- Over 15% off select varieties

GT'S Organic Pure Kombucha

- Non-GMO & vegan
- Over 10% off 480 ml bottles

RIPPLE Kids Plant Based Milk

- Vegan, certified B-Corp
- Free from gluten, soy, nuts & lactose
- Over 15% off select varieties

WAISAMAMA Organic Cold Brew Guayusa Tea

- Brewed in Canada
- Naturally-sweetened & sustainably-sourced
- Over 15% off entire line

EVERYDAY DETOX

AS NATURE INTENDED



Cleansing made simple - with effective, gentle herbal formulas that optimize the body's natural detoxification pathways.



Scan this code to learn more about our Everyday Detox line-up or visit stfrancisherbfarm.com



Proudly manufactured in Canada since 1988!

ON SALE NOW

VEGAN • GLUTEN FREE • DAIRY FREE
YEAST FREE • SOY FREE

HEALTHOLOGY
BUILDING A HEALTHIER YOU

Made in Canada

SLEEP-GREAT

SLEEP-GREAT is a complete formulation that helps you:

- Fall asleep quickly
- Stay asleep
- Achieve deep & restful sleep



STRESS-FX

STRESS-FX is formulated to:

- Help us alleviate stress by lowering cortisol levels
- Promote relaxation by boosting our calming hormone GABA (Gamma-Aminobutyric Acid)



OAT - YOUR RIDE OR DIE PLANT-BASED HERO



GREAT WITH COFFEE, TEA OR BY THE GLASS



0g SUGAR per serving

YUMMY IN SMOOTHIES + CEREAL



Simply Organic®



ALWAYS ORGANIC. ALWAYS DELICIOUS.





\$34.97
60 cps

Special pricing in-store

BIOSIL
Advanced Collagen Generator

- Non-GMO, vegan & gluten-free
- Entire line on sale
- Beach Community Market select items only



\$41.99
640 g

SAVE \$13.00

OPTIMI
Plant Protein + Functional Mushrooms

- Vegan, made with organic mushroom ingredients
- Up to 25% off entire line
- Danforth Community Market only



1,000 Bonus Points

\$25.99
12 vials

SAVE \$3.00

NUTRIPUR
Fluxobile

- 100% organic & Non-GMO
- Vegan, free from gluten & alcohol

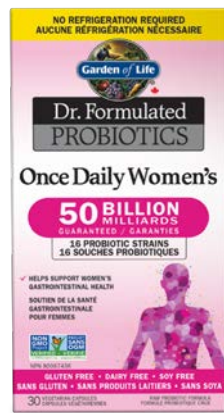


\$27.99
250 g

SAVE \$4.00

DUTCHMAN'S GOLD
Pure Bee Pollen

- Sourced from Canadian hives
- All propolis sprays & pollen on sale
- Beach Community Market select items only



\$39.95
30 cps

SAVE \$5.05

GARDEN OF LIFE
Women's Daily Probiotic

- No refrigeration required, free from gluten, soy & dairy
- Over 10% off entire Dr. Formulated line
- Beach Community Market select items only



\$10.99
946 ml

SAVE \$2.00

LILY OF THE DESERT
Organic Aloe Vera Juice

- Vegan, Kosher & non-GMO
- Entire line on sale

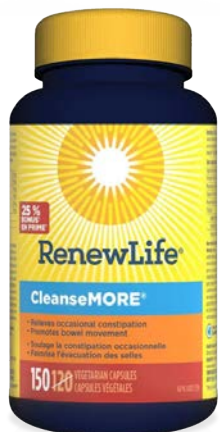


NEW
\$35.99
208 g

SAVE \$4.00

GENUINE HEALTH
Organic Unsweetened Greens+

- Certified B-corp, non-GMO & plant-based
- Free from Stevia, gluten & dairy
- 10% off all greens



\$31.10
150 cps

SAVE \$2.90

RENEWLIFE
CleanseMore

- Quality-checked in Canada
- Free from gluten, soy & dairy



\$8.99
10 tabs

SAVE \$2.00

NUUN
Sport Hydration Tablets

- Vegan, free from gluten, soy, dairy & nuts
- Over 15% off entire line
- Beach Community Market select items only

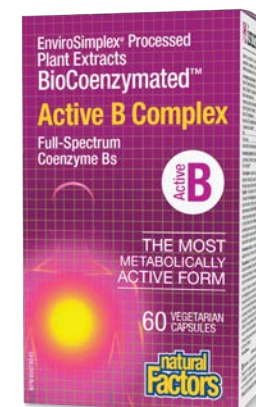


\$42.99
60 cps

SAVE \$10.00

NATURAL STACKS
GABA Brain Food

- Non-GMO, vegan & gluten-free
- Over 15% off entire line
- Danforth Community Market only



\$25.47
60 cps

Special pricing in-store

NATURAL FACTORS
Active B Complex

- Non-GMO & vegan
- One-a-day formula
- Free from common allergens



1,000 Bonus Points
\$5.99 each
 SAVE **\$1.70**

ANOINTMENT
 Pink Grapefruit & Lime Bath Soak
 • Made in Canada
 • 20% off entire line of Mom & Baby Care
 • Danforth Community Market only



1,000 Bonus Points
\$19.99 946 ml
 SAVE **\$5.00**
 NON-GMO Project VERIFIED

DR. BRONNER'S
 Pure Castile Soap
 • Certified Organic & Fair-Trade ingredients
 • Vegan & cruelty-free
 • 20% off toothpaste & 946 ml castile soaps



1,000 Bonus Points
\$10.99 each
 SAVE **\$2.00**

RADIUS
 Source Toothbrush
 • Women-owned & Certified B-Corp
 • Sustainably produced, non-toxic & plant-based
 • 15% off entire line



1,000 Bonus Points
\$15.69 75 ml
 SAVE **\$5.30**

WELEDA
 Skin Food Ultra-Rich Cream
 • Pamper your skin & immerse your senses with plant-rich formulas
 • Naturally-made & ethically-sourced for over 100 years
 • 25% off entire line



1,000 Bonus Points
\$8.49 473 ml
 SAVE **\$1.50**

ATTITUDE
 Kid's Shampoo & Body Wash
 • EWG-verified & made in Canada
 • Vegan, dermatologically-tested
 • 15% off entire line



\$8.49 9 g
 SAVE **\$1.50**

MORE THAN LIPS
 Blood Orange Lip Balm
 • Canadian, vegan & organic
 • 15% off entire line
 • Danforth Community Market only



1,000 Bonus Points
\$5.89 2 pcs
 SAVE **\$1.10**

URBAN SPA
 Exfoliating Gloves
 • Designed in Canada
 • 15% off bath accessories



\$4.79 10 pk
 SAVE **.90¢**

ORGANYC
 Moderate Flow Pads
 • Certified organic cotton
 • Biodegradable products and packaging
 • 15% off entire line



\$3.79 30 pk
 SAVE **.70¢**
 NON-GMO Project VERIFIED

CABOO
 Travel Wipes
 • Free from nylon, plastic fibers, trees & harsh chemicals
 • Unscented & hypoallergenic
 • 15% off wipes

THE PANTRY

Get 10% off loose bulk items on 10X Points Days



\$3.99
kg

SAVE
\$1.00

Organic Rolled Oats



\$5.99
kg

SAVE
\$1.00

Organic Red Lentils



\$6.99
kg

SAVE
\$1.00

Organic Sunflower Seeds



\$10.99
kg

SAVE
\$2.00

Organic Quinoa Flour



\$42.99
kg

SAVE
\$7.00

Organic Cocoa-dusted Almonds



\$19.99
kg

SAVE
\$2.00

Organic Pitted Prunes

THE CARROT KITCHEN



Danforth
**Thai Lemon
Chicken Curry**

20%
OFF



Beach
**NEW
Beach Tacos**
Choice of Chicken or Refried Beans,
with wheat or corn soft shells &
fresh authentic toppings
Available Mondays & Tuesdays

2 for
\$10



**Danforth
Community Market**

Featured this Month
Spring Cleanse

Celery, Pineapple, Ginger, Lime, Stinging Nettle

\$10
16 oz



**Beach
Community Market**

Featured this Month
Strawberry Spring Dream

Excellent Source of Fibre, Protein & Vitamin C!
Strawberries, Coconut Cream, Dates, Sprouted
Chia & Flax Seeds, Lucuma, Vanilla Protein
(Whey or Plant-Based), Lemon Juice, Ice

\$10
16 oz

Advertised prices and discounts are valid from April 1 - April 30, 2024

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

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

Beach Smoothie Bar Hours: Monday-Sunday 8:00-6:00

Free Underground Parking

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