

### Vitamins & Supplements

- Livon Vitamin C Liposomal
- Flora Flax Oil
- New chapter - All Products
- Natural Factors - All 'Whole Earth' Products
- Prairie Naturals Rice & Hemp Protein

### Whole Body Care

- Naty's Natural Womens Care
- Andalou Naturals - All Products
- EO ( Everyone ) - All Products
- New Co. Brocofusion
- John Masters Organics - All Products

### Grocery

- Late July Tortilla Chips
- GimMe Seaweed Snacks
- Holy Crap Cereal
- Hol- Grain Crackers
- Crofters Spreads
- A. Vogel Herbamare Salt
- Natura Soy Beverage
- Nature's Path - All Products
- Lets Do Organic Cornstarch
- Wholesome Foods Sweeteners



**Give the Gift of Good Health with our Gift Cards!**

### Organic Produce

- Our Fresh Produce is Always Organic & Non-GMO

### Nitrate Free Deli

- Organic Pingue Prosciutto

### Sustainable Meat & Fish

- Dom Organics Fresh Organic Salmon
- Yorkshire Valley Farms Organic Ground Turkey

### Featured Bulk Food:

#### Organic Quinoa

Packed with protein and complex carbs, this non gmo gluten-free food is a great alternative to rice and is easily substituted for it. It is neither grass nor grain, but a close relative of spinach.



#### Did You Know?

Unless labeled explicitly, corn, soybean, cottonseed & canola oils from North America almost certainly contain GMOs. Choose non GMO oils such as pure olive, coconut, sesame, avocado, walnut, sunflower, grapeseed, or flax!

### Featured Smoothie:

#### Hey Frankie!

Made with Organic Ingredients

Available at our Juice Bar!

Banana, Strawberries, Spinach and Kale - extremely tasty & nutritious!



#### Did You Know?

Did you know? Organically grown plant-based foods are 25% more nutrient dense, on average, and deliver more essential nutrients per serving or calorie consumed.

non-gmoreport.com/articles/may08/organic\_more\_nutritious.php#sthash\_jxwzWA4h.dpuf

### Featured Juice:

#### Orange Zinger!

Made with Organic Ingredients

Available at our Juice Bar!

A blend of juiced carrot, ginger and our signature freshly squeezed orange juice!



# Celebrate Thanksgiving In Good Health!

Natural & Organic

Gluten-Free Options

Vegan Options

Made with Love

From Dairy-Free Sauces to Gluten-Free Stuffings, to Organic Turkeys raised the old-fashioned way, our healthy holiday meals showcase the traditional flavours you know and love!



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