

# MARKET ORGANICS

NATURAL FOOD STORE



## FEBRUARY GROCERY FLYER

earth balance®

**\$3.95**

**COCONUT SPREAD**

· Bake, Sauté, & Stir-Fry with this Creamy Smooth Delight made with Extra Virgin Olive Oil  
· Vegan, Soy Free, Gluten Free, Organic, & Non-GMO

**NEW PRODUCT**

TONICA KOMBUCHA

**\$2.95**

· 100% Canadian, Organic, & Raw  
· Lightly Cultured, Naturally Sparkling, & Wholly energizing  
· Revitalizing Alternative to Classic Sodas, Minus the Sugar & Chemicals

EDEN FOODS®

**CANNED TOMATOES**

**\$1.95** 398ml

**\$2.95** 796ml

Glutenfreeda's

WHEAT-FREE / SANS BLE

**INSTANT OATMEAL**

MAPLE RAISIN WITH FLAX

FRUITS ET SAISINS SÈCHES AVEC LIN

GRUAU INSTANTANÉ

NATURALLY FLAVORED / AUX AROMES NATURELS

Made With

PURE UNCONTAMINATED OATS

FAVOURABLE GRUAU PURIFICATION CONTAMINANT

NO TRANSFATS / SANS GRAS TRANS

NET WT / POIDS NET 150g / 5.3oz (150g)

6 OATMEAL PACKETS • 6 SACHETS DE GRUAU

**INSTANT OATMEAL**

**BOGO**

BUY 1 AT \$6.99 & GET 1 FREE

MANNA BREAD

Delicious Organic Sprouted Breads, without Yeast, Salt, Oil, Sweeteners, or Leavening Agents

**\$2.95**

100% SPROUTED WHOLE GRAIN - UNBLEACHED

**MANNA BREAD**

BANANA WALNUT HEMP

NEW FLAVOR!

EXCELLENT SOURCE OF ALA OMEGA-3

USDA ORGANIC

NATURE'S PATH

ORGANIC-BIOLOGIQUE

**LOVE CRUNCH GRANOLA**

**\$3.95**

**NEW FLAVOURS**

MARY'S GONE CRACKERS

**\$3.95**

ORGANIC-BIOLOGIQUE

WHEAT FREE & GLUTEN FREE

SANS BLE ET SANS GLUTEN

Black Pepper / Poivre Noir

CHACHELEN

No added oils or fats / Sans huile ou gras ajoutés

San Zenone

**CORN PASTA**

**\$2.95**

**GLUTEN FREE**

**SAUCES**

**\$3.95**

PRAIRIE PRODUCE

ORGANIC

PORTABELLO MUSHROOM PASTA SAUCE



NUMI ORGANIC TEA

\$5.95

- 100% Premium Organic Teas & Herbs
- Real Fruits, Flowers, & Spices
- Inspires Well-Being of Mind, Body, & Spirit Through the Simple Art of Tea



30% OFF

- Coarse, Fine, & Fleur de Sel
- Produced at Batz Sur Mer, the Heart of the Guérande



Silver Hills SPROUTED BREAD & BAGELS

\$3.45

- Vegan & Kosher
- No GMO ingredients

\*Does Not Include Chia Breads



PRANA CHIA

\$5.95 TO \$6.95

- No Cholesterol
- 100% Organic, Vegan, & Raw
- Healthy Plant Source Omega 3 (8.5g per tsp)

Mom's Healthy Secrets

\$3.95

- Functional Attributes with Every Delicious Bite
- Omega Active, Vibra Berry, & Fibre Fit



seventh GENERATION.

4X LAUNDRY LIQUID

\$19.95

- Non-Toxic, Biodegradable, & Hypo-Allergenic
- No Dyes or Synthetic Fragrances
- Recyclable or Compostable Bottle
- Made from 100% Recycled Materials



endangered species Chocolate

\$1.75 40G \$2.75 85G

- Supports Species, Habitat, & Humanity with 10% of Profits Donated to Conservation
- Ethically Traded, Shade Grown Cacao

JOIN US ON SHROVE TUESDAY FOR A YUMMY PANCAKE DEMO!! & SPECIAL DEALS FOR THAT DAY ONLY!!



11-3pm February 21st, 2012

126 York Street, Ottawa ON K1N 5T5  
613-241-6629  
www.marketorganics.ca

Prices in effect until February 29, 2011. Errors in product illustration, description, and price may arise. Item(s) will always be charged at the correct price, in the event of a pricing error. Prices are always subject to applicable taxes, whether indicated or not. We reserve the right to limit quantities. Sale applies to in stock items only.  
No Rain Checks.

Special Valentine's Draw!!  
2 Cineplex Movie Tickets  
Brought You By  
Green & Black's



GREEN & BLACK'S ORGANIC