



# MONTHLY FEATURES

APRIL - HOT DEALS, FRESH FLAVOURS

**pitchfork**  
MARKET + KITCHEN

**\$13**

MONTHLY  
**FEATURE  
Meal 2 Go**

BLACKENED  
CHICKEN PENNE



**\$16**

MONTHLY  
**MENU  
Feature**

DILL-ISCIOUS WRAP

Choice of grilled chicken  
breast or falafel



## CHEF'S CREATIONS



**Boneless Chicken  
Wings Assorted**

**\$12.00**/each



**Lasagna Small**

**\$15.00**/each



**Cheese Bread  
With Marinara**

**\$8.00**/each



**Chef Salad**

**\$10.00**/each

## LOCAL



**Last Mountain's  
Jam**  
454 ml

**\$7.99**/each



**Rampage Coffee  
Co. Coffee Pods**  
12 pack

**\$12.99**/each



**Hannigan  
Honey**  
375g

**\$6.99**/each



**Ko Ramen Frozen  
Ramen Bowls**  
725 g

**\$16.99**/each



**Cinnawin Homestyle  
Cinnamon Spread**  
500 ml

**\$5.99**/250 ml  
**\$8.99**/500 ml



**Asha Rose No  
Nuts Just Bolts**  
110 g

**\$5.29**/each



**Aunt Kathy's  
Boneless Dry Ribs**  
500 g

**\$10.99**/each



**Parkerview Brews  
Kombucha**  
355 ml

**\$4.99**/each

## GLUTEN & DAIRY FRIENDLY



**Humble Organic  
Potato Chips**  
135 g

**\$4.99**/each



**Perfect Chef Organic  
Pasta Sauce**  
740 ml

**\$10.59**/each



**NuPasta Gluten  
Free Pasta**  
210 g

**\$4.29**/each



**Earth's Own Oat  
Creamer**  
946 ml

**\$8.99**/each



# WEEKLY SPECIALS

**pitchfork**  
MARKET + KITCHEN

HOT DEALS, FRESH FLAVOURS

Check out this week's hot deals from April 24th - April 30th | Shop In-Store or Online

## BAKERY FEATURES



**Leek Parmesan Butter**  
2 pack  
**\$6.99/each**



**Promise Gluten Free Cakes**  
320 g  
**\$6.99/each**



**Cinnamon Roll Single**  
**\$1.99/each**



**Bakery Muffins Assorted**  
**\$6.99/each**

## MEAT & DELI



**Spread'em Creamy Cashew Dip**  
185 g  
**\$8.99/each**  
Regular \$9.99/each



**Pig & Pantry Beef Jerky**  
**\$10.99/100 g**  
Regular \$11.99/100 g



**Oven Roasted Rosemary Ham**  
**\$2.29/100 g**  
Regular \$2.49/100 g



**Snowdonia Assorted Cheese**  
200 g  
**\$10.99/each**  
Regular \$11.49/each

## PRODUCE



**Pineapple**  
**\$3.49/each**  
Regular \$3.99/each



**Red/Green Grapes**  
**\$3.99/lb**  
Regular \$4.49 lb



**Baby Carrots**  
**\$2.29/each**  
Regular \$2.79 each



**Broccoli Crowns**  
**\$2.29/lb**  
Regular \$3.29 lb

## DAIRY & FROZEN



**Bassili's Best Frozen Entrees**  
907 g  
**\$10.99/each**  
Regular \$11.69 each



**Enlightened Ice Cream Bars**  
4x81ml  
**\$7.49/each**  
Regular \$8.99 each

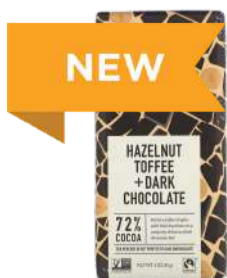


**Jell-O Refrigerated Gel Snacks**  
356-452 g  
**\$3.99/each**  
Regular \$4.79 each



**Oikos Greek Yogurt**  
4x100 g  
**\$4.29/each**  
Regular \$4.99 each

## MARKET ESSENTIALS



**Endangered Species Chocolate**  
85 g  
**\$4.99/each**  
Regular \$5.79 each



**G.H. Cretors Chicago Mix**  
213 g  
**\$5.29/each**  
Regular \$5.99 each



**Cybrpunk Soda**  
473 ml  
**\$1.99/each**  
Regular \$2.59 each



**Made Good Granola Bars**  
24g-30g  
**\$3.89/each**  
Regular \$4.99 each