

THE UNFLYER

IT'S LIKE A FLYER,
BUT IT'S NOT!

www.OrganicGarage.com

WELCOME TO THE UNFLYER!

YOU WON'T FIND ANY CORPORATE BS, FANCY MARKETING TERMS OR GLOSSY PICTURES HERE! WHAT YOU WILL FIND IS A BUNCH OF AMAZING, CURATED DEALS AND CONTENT THAT MAKE SHOPPING HEALTHIER FOR LESS A LITTLE MORE FUN!!

Organic
GARAGE
Healthier food for less!



WHAT'S INSIDE...

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specials effective...
Feb 17 - Mar 3





STOKED OATS
OATS

Fuel your day with high fibre oats and highly nutritious "superfood" ingredients from a proudly Canadian company. Gluten Free.

Selected 500g

TRY IT! **\$7⁹⁷**
each



LOOP
SMOOTHIES

Perfectly imperfect fruits and veggies blended with hemp and pea protein to make these cold-pressed smoothies.

Selected 1L

COOL! **\$6⁹⁷**
each

100% CERTIFIED ORGANIC PRODUCE



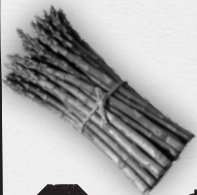
WHY WOULD
← WE SELL
ANYTHING ELSE?

SELLING ONLY 100% CERTIFIED ORGANIC PRODUCE IN COMPARISON TO CONVENTIONAL PRODUCE (WITH ALL ITS CHEMICAL JUNK) IS HARD WORK!! IT NEEDS TO BE HANDLED DIFFERENTLY, STORED DIFFERENTLY, DISPLAYED DIFFERENTLY... BOTTOM LINE IS... IT NEEDS OUR TENDER LOVING CARE. LIKE MY ZAIDE USED TO SAY THOUGH "NOTHING WORTHWHILE EVER COMES EASILY". WE DON'T JUST SELL ANY PRODUCE... WE SELL ONLY 100% CERTIFIED ORGANIC PRODUCE. (WE LIVE IT, WE BREATHE IT AND WE BELIEVE IN IT!!) - Matt Lucie



*Zaide... my inspiration.
Ontario food terminal
1976*

PRODUCT OF MEXICO
ASPARAGUS



The fleshy green spears of asparagus are succulent, tender, and will make any meal more nutritious.

Selected

\$4⁹⁷/lb
or \$10.95/kg



PRODUCT OF USA
CELERY



A whole 'bunch' of vitamins and minerals are packed into this low calorie, high fibre vegetable.

Selected

2/\$5⁰⁰
or \$2.50 each



PRODUCT OF MEXICO
GREEN ZUCCHINI



Whether grilled, stuffed or baked, this versatile vegetable complements any meal.

Selected

\$1⁹⁷/lb
or \$4.34/kg



IT'S ALL GOOD!!!



Nothin'
un-original
about it...
try some
and see.

KITCHEN ORIGINALS®

Eat like a chef for less!



**KITCHEN ORIGINALS
KETCHUP**

Our original ketchup made with high quality organic ingredients, with no artificial colours, flavours of preservatives.

Selected 575ml

\$3.47 each

CERTIFIED ORGANIC



**KITCHEN ORIGINALS
RICE**

Take your pick from basmati or jasmine rice - a side dish staple, for any time of the year.

Selected 907g

\$7.97 each

CERTIFIED ORGANIC

Check out these originals!!



HERE'S TO THE ORIGINALS, the ones who think differently, act differently and use their hard-earned money to buy differently. The ones who thought chickpeas aren't just something you throw in a salad but something you grind into flour and bake with! The ones who said rice isn't just a side dish but a protein powder, pasta, chip, and cracker all rolled into one. Being an original is not about your income or status, it's not about your education level or fancy possessions. It's about people who challenge convention. The ones who when asked "Why?," simply reply with "why not!" The kitchen is a true equalizer, a place where anyone can become a creative genius no matter income level or experience.

THAT'S WHY WE BELIEVE IN ORIGINALS... KITCHEN ORIGINALS®

Matt's Mom's RECIPES

EARTH ISLAND PLANT BASED GOURMET SHREDS
 Finally, a non-dairy cheese with real cheese taste, melt, and texture! A healthier indulgence.
 Selected 227g
\$5⁹⁷ each



Featured Recipe Product
 ← "KEEP CALM AND COOK ON" WITH THIS FEATURED RECIPE PRODUCT.


MOM'S KNOW BEST, ESPECIALLY WHEN IT COMES TO MAKING GREAT MEALS! THEY DO HAVE SOME SERIOUSLY GOOD RECIPES - THE ONES THEY'VE BEEN MAKING SINCE YOU WERE A KID! MY MOM'S NO DIFFERENT, SHE MAKES

AWESOME STUFF!
 SO I THOUGHT, WOULDN'T IT BE COOL TO DEDICATE A SPACE IN OUR UNFLYER SO SHE COULD SHARE SOME OF HER FANTASTIC RECIPES!



GRILLED CHEEZY ASPARAGUS ← mmm... One of my favourites *

1 BUNCH ASPARAGUS, TRIMMED
 2 TSP LEMON JUICE
 ZEST OF 1/2 LEMON

1/4 CUP SHREDDED CHEESE
 2 TSP OLIVE OR AVOCADO OIL
 1/8 TSP SALT AND PEPPER

Add lots if you like it cheesy ↗

TOSS ASPARAGUS IN OIL, SALT, AND PEPPER. ADD LEMON JUICE AND ZEST AND TOSS SLIGHTLY. HEAT GRILL OR PAN OVER MEDIUM HEAT. COOK ABOUT 10 MINUTES, ROTATING OCCASIONALLY TO BROWN ALL SIDES, UNTIL DESIRED TENDERNESS IS REACHED. TRANSFER TO BAKING DISH. TOP WITH CHEESE, THEN BAKE UNTIL THE CHEESE MELTS AND FORMS A CRISPY CRUST.

CANADA'S OWN BLACK BEAN CHILI

Black Bean Chili
 Chili aux haricots noirs

Lorem ipsum dolor sit amet, conset tur adipiscing elit. Donec egestas. Lorem ipsum.

Selected 725g
\$7⁹⁷ each



NEAL BROTHERS PASTA SAUCE

Add an abundance of flavour to your next pasta dish with any one of these tasty sauces made with organic and all natural ingredients.

Selected 680ml
2/\$9⁰⁰
 or \$4.97 each



Recipe for success: Give everything you got... repeat daily!

THE BUTCHER BLOCK

YORKSHIRE VALLEY FARMS BREADED CHICKEN



Seasoned organic chicken bites or fillets. Heat, serve and enjoy!

Selected 454-480g

\$10⁹⁷ each



WHAT MAKES OUR ARTISAN MEAT SO GREAT? WELL, FOR STARTERS **WE DO RESEARCH,** LOTS OF IT. WE ASK QUESTIONS, DIFFICULT QUESTIONS THAT OTHER GROCERS JUST DON'T ASK. WHAT DOES THIS MEAN TO YOU? IT MEANS YOU ARE GETTING THE BEST MEAT WE COULD FIND!!!



DEBRETON HAM SLICES



Sliced ham made of organic, certified humane, Non GMO pork with no added preservatives.

Selected 125g

\$4⁴⁷ each

HORMONE FREE
ANTIBIOTIC FREE, GRASS FED
OR CERTIFIED ORGANIC ARE JUST
A FEW OF THE THINGS WE LOOK FOR -
IT'S WHAT MAKES OUR
MEAT ANYTHING BUT
CONVENTIONAL!

ARTISAN NATURALLY RAISED LOCAL ANTIBIOTIC FREE GRASS FED CERTIFIED ORGANIC ARTISAN NATURALLY RAISED LOCAL ANTIBIOTIC FREE

GOLD RUSH FROZEN POTATOES



Take your pick from a selection of good old fashioned potatoes made with All Natural ingredients.

Selected 454g

15% OFF each

LOTUS FOODS RICE RAMEN



Traditional Japanese-style noodles made with rice and nutritious ingredients.

Selected 283g

\$5⁹⁷ each

Here's some other really good stuff

READY MEALS



...NO TIME? NO PROBLEM.
STOCK UP ON THESE
HEALTHY QUICK MEALS
THAT ARE READY TO
EAT IN A JIFFY! →

SUNFLOWER KITCHEN SOUP



Wholesome vegetables, beans and whole grains in low fat, high fibre soups. Healthy never tasted so good.

Selected 956ml

2/\$10⁰⁰
or \$5.97 each

PRAIRIE HARVEST SEMOLINA PASTA



World class pasta made with durum semolina wheat grown by environmentally conscientious farmers.

Selected 454g

2/\$5⁰⁰
or \$2.97 each

CHICKPEA CHICKPEA PASTA



Made with only chickpeas and lentils. Contains 23 grams of protein and 11 grams of fibre per serving.

Selected 227g

\$3⁹⁷
each

GARDEIN PLANT BASED MEALS



Healthy, innovative and convenient plant-based foods that are high in protein with a meaty texture.

Selected 225-390g

\$4⁴⁷
each

MIRACLE NOODLE READY TO EAT SHIRITAKE MEALS



Guilt-free, ready-to-eat pasta alternatives that's under 80 calories per serving.

Selected 280g

\$4⁹⁷
each

ANNIE'S DELUXE MAC & CHEESE



Made with real cheese sauce and organic pasta. Only organic, natural, non-GMO ingredients. No artificial flavours.

Selected 312g

\$4⁹⁷
each

WAYS TO SAVE AT OG

HERE'S SOME MORE WAYS WE ARE HELPING YOU SAVE THOSE HARD EARNED \$\$

IN-STORE SPECIAL

A NON-ADVERTISED
LIMITED
TIME OFFER.

SHORT DATED

A REDUCED PRICE
ON PRODUCTS CLOSE
TO THEIR BEST
BEFORE DATE.

MANUFACTURER'S CLEARANCE

A REDUCED PRICE ON
PRODUCTS BEING CLEARED
FROM A MANUFACTURER'S
INVENTORY.

You asked for it... so we're giving it to ya...

WHAT THE %#\$* is?

Inulin (i-nyuh-luhn)

Inulin is a naturally occurring polysaccharides produced by a wide variety of fruits, vegetables, and herbs, including wheat, onions, bananas, leeks, artichokes, and asparagus. Chicory root is the main source of inulin in supplement form. Research has linked inulin to several health benefits, such as improving digestive health, helping control diabetes, and aiding weight loss. It supports the growth of a special kind of bacteria that are associated with improving bowel function and general health. Conversely, it is also considered a FODMAP, a class of carbohydrates which are rapidly fermented in the colon producing gas which can cause certain digestive discomfort in some people.

↑ good stuff!!! ↑



Now you know....



**SIMPLY 7
QUINOA CHIPS**

Deliciously light and crunchy quinoa chips. Certified Gluten Free and Non GMO.

Selected 99g

2/\$6⁰⁰
or \$3.47 each



**CAMINO
HOT CHOCOLATE**

A great way to warm yourself up on a cold winter's day. Rich chocolate goodness in every tasty sip. Soy and lecithin free.

Selected 275-336g

\$5⁹⁷ each

CERTIFIED ORGANIC

The Good, The Bad & The Ugly

At other grocery stores, consumers are bombarded with unhealthy choices that have unhealthy consequences.

Not at Organic Garage! We offer healthier alternatives with healthier ingredients. Bottom line is we

read labels so you don't have to.

Check out our website for a full list of approved and non-approved ingredients: www.organicgarage.com/dump-it-list

DUMP IT!

DUMP IT!

WHAT'S THE → STORY ←

N NAKED NATURAL FOODS

WHY NAKED? NAKED NATURAL FOODS STRIPS DOWN ITS INGREDIENT LIST DOWN TO THE BARE ESSENTIALS SO THAT YOU CAN FEEL GOOD ABOUT THE PRODUCTS YOU COOK WITH. DON'T SETTLE FOR PRODUCTS WITH UNNECESSARY ADDITIVES AND INGREDIENTS WHEN THEY'VE GOT YOU COVERED WITH HEALTHY AND TASTY SAUCES, OILS, AND SNACKS. THE INGREDIENTS THEY USE ARE FRESH, ORGANIC, AND NATURAL. NOT TO MENTION ALL OF THEIR PRODUCTS ARE SOY FREE, GLUTEN FREE, WHEAT-FREE, AND VEGAN. WHAT'S MORE, THESE INGREDIENTS AREN'T JUST GOOD FOR YOU, THEY'RE GOOD FOR THE ENVIRONMENT AND THE FARMERS WHO THEY WORK WITH TO PRODUCE THE COCONUTS IN THEIR PRODUCTS. NAKED NATURAL FOODS EXCLUSIVELY WORKS WITH SMALL SCALE FARMS THAT DO NOT CONTRIBUTE TO DEFORESTATION, PLUS WITH EACH PURCHASE THEY INVEST IN THESE FARMS SO THAT THEY CAN CONTINUE TO FARM SUSTAINABLY. SO WHY NAKED? BECAUSE NAKED NATURAL FOODS WANTS TO GIVE YOU A PRODUCT CHOICE THAT YOU CAN TRULY GET BEHIND AND SO THAT YOU DON'T HAVE TO COMPROMISE AMAZING TASTE FOR FOOD THAT FITS YOUR LIFESTYLE AND VALUES.



Featured Product

EVERY PRODUCT HAS A STORY TO TELL AND WE LOVE SHARING THEM. CHECK THIS ONE OUT!

NAKED NATURALS

Gluten Free coconut aminos sauces let you experiment with a little flavourful fun with no fear of a negative reaction.

Selected 296ml

\$6⁹⁷
each



EMILE NOEL OLIVE OIL

Organic, artisanal olive oils rich in omegas, with distinguished flavours that pairs well with a variety of dishes.

Selected 1L



\$20⁹⁷
each

"NOTHING LIKE A GOOD QUOTE."
INSPIRING? YUP! (MOTIVATING?) YOU BETCHA! THEY SAY A WHOLE LOT IN ONLY A FEW WORDS. HERE'S ONE OF MY FAVOURITES...

Happiness is like a kiss.
You must share it to enjoy it.

Bernard Meltzer



SHOP WITH US ON

Cornershop

by Uber



You can now shop Organic Garage with your Uber App and get Healthy Food for Less delivered right to your door.

Live within a 10km radius of one of our stores? Sign up now : www.organicgarage.com/shopcornershop



BREMNER'S FROZEN FRUIT

A variety of fruits, frozen for convenience. Pure, premium and Certified Organic.

Selected 300g



\$4.97

each

FACT



THE WORLD'S LARGEST LASAGNA ON RECORD IS 25 X 2.5 METRES BAKED IN POLAND. IT REQUIRED 2500 KILOGRAMS OF PASTA, 500 LITRES OF TOMATO SAUCE AND 400 KILOS OF CHEESE!

↑ THE COLD, HARD FACTS! ↓



STASH TEA

Organic teas with a variety of unique ingredients and soothing flavours.

Selected 18ct



\$4.47

each

HELLO I'm New

NEVER BE AFRAID TO TRY SOMETHING NEW. LIFE GETS BORING WHEN YOU STAY WITHIN THE LIMITS OF WHAT YOU ALREADY KNOW. DO IT!



LATE JULY GRAIN FREE TORTILLA CHIPS


The classic crispiness of a amazingly delicious tortilla chip, now with the same satisfying crunch from a grain-free, corn-free chip!

Selected 156g

\$3.47

each

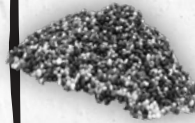


 **WE BELIEVE ...**
 Everyone, no matter income, gender or size should have access to healthier food → for less.

BULK it up!

↑ Another great way to save money ↑

CERTIFIED ORGANIC TRI-COLOUR QUINOA



A complete plant-based protein that goes great with a variety of meals.

Selected



\$6.97/lb
or \$15.37/kg

THE LOWDOWN ON VITAMINS + SUPPLEMENTS

OMEGA 3, CALCIUM, VITAMIN A, C, D... WHAT SHOULD YOU TAKE? TO BE HONEST, WE DON'T KNOW. WE AREN'T VITAMIN + SUPPLEMENT EXPERTS, BUT WE DO KNOW THAT HEALTH IS WEALTH! WHICH IS WHY WE TOOK ALL THE INFO WE COULD FIND ON THE STUFF WE CARRY AND CRAMMED IT INTO **VIK** - OUR VITAMIN INFORMATION KIOSK! LEARN MORE ABOUT OUR BRANDS, THEIR PRODUCTS AND THEIR BENEFITS TO SEE WHAT'S RIGHT FOR YOU.

GENUINE HEALTH GREENS +



Boost your nutritional intake, energy and vitality with formulas to suit your unique needs.

Selected 409-546g

Save \$2.00 each

FOLLOW US ON SOCIAL MEDIA



@organicgarage



Organic Garage



@organicgarage

CANPREV D3 & K2 SOFTGELS



Vitamin D3 & K2 come together to help influence mineral strength in bones and teeth to protect against disease.

Selected 120ct

15% OFF each

FOR QUESTIONS OR COMMENTS PLEASE E-MAIL US AT:

CUSTOMERSERVICE@ORGANICGARAGE.COM

METHODS OF PAYMENT

We accept: →

VISA



or... good old hard \$\$\$



* GIFT CARDS AVAILABLE *

No rainchecks - Unflyer specials are while supplies last - We reserve the right to limit quantities