

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...

March 3 - March 17



**NUTS TO YOU
PEANUT BUTTER**



Fresh, natural peanut butter made right here in Ontario. Simple, pure and delicious.

Selected 750g



\$7.47
each

**CAULIPOWER
CAULIFLOWER TORTILLAS**



Made with real cauliflower and chickpea flour, these tortillas are naturally Gluten Free, Grain Free, and only 8 net carbs.

Selected 150-200g

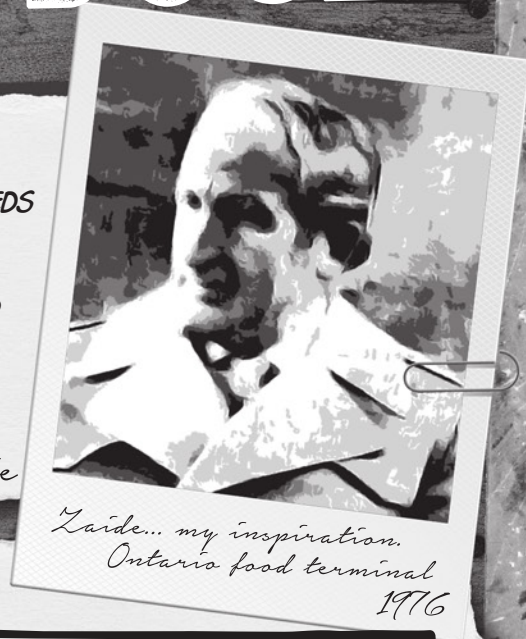
TRY IT! \$7.97
each

100% CERTIFIED ORGANIC PRODUCE



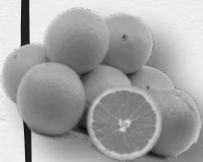
WHY WOULD WE SELL ANYTHING ELSE?

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 USA
NAVEL ORANGES**



Swap your morning glass of OJ with the real thing! These juicy, easy to peel oranges make a great on-the-go snack.

Selected



\$1.97/lb
or \$4.34/kg

**PRODUCT OF MEXICO
LEMONS**



A great natural source of Vitamin C and a delicious way to enhance just about any dish.

Selected



\$2.97/lb
or \$6.55/kg

**PRODUCT OF USA
GREEN, RED OR
ROMANÉ LETTUCE**



The perfect base for any salad. Top with your favourite ingredients and enjoy!

Selected



2/\$5.00
or \$2.50 each

IT'S ALL GOOD!!!



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

KITCHEN ORIGINALS®

Eat like a chef for less!

KITCHEN ORIGINALS GINGER SNAPS

These classic Ginger Snaps are made from a 100-year-old recipe containing just 8 ingredients and nothing artificial.

Selected 325g



\$4.97
each



KITCHEN ORIGINALS APPLE SAUCE

Versatile and delicious, this applesauce is free of additives or preservatives and contains just one ingredient - organic apples.

Selected 750ml



\$4.47
each



Check out these originals!!

HELLO
my name is

Kitchen Originals

I'm an original

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

SHADY MAPLE FARMS MAPLE SYRUP



Fair For Life certified maple syrup made with a commitment to socially responsible food production.

Selected 500ml

\$15⁹⁷ 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!



KETCHUP

← mmm... All Natural Version. *

- 1/2 CUP (NO SALT) TOMATO PASTE
- 1/2 CUP WATER
- 1 TBSP + 1 TSP VINEGAR
- 1/2 TSP GROUND GARLIC POWDER
- 1/2 TSP GROUND ONION POWDER
- 1 TBSP PURE MAPLE SYRUP
- 1/4 TSP GROUND ALLSPICE
- 1/2 TSP FINE SALT

Tastes like the real thing! ↗

IN A MEDIUM BOWL, WHISK ALL OF THE INGREDIENTS TOGETHER VERY WELL FOR 1-2 MINUTES. TRANSFER TO A SMALL POT AND COOK OVER MEDIUM HEAT. AS SOON AS IT STARTS TO BUBBLE AROUND THE EDGES WHISK OR STIR WITH A RUBBER SPATULA CONSTANTLY FOR EXACTLY 4 MINUTES. THE COLOUR WILL SLIGHTLY DARKEN. POUR THE KETCHUP INTO A GLASS CONTAINER AND CHILL A FEW HOURS OR OVERNIGHT TO LET THE FLAVOURS DEVELOP FULLY.

NATURE'S PATH FROZEN WAFFLES



With so many varieties to choose from, these waffles are a healthy way to start any day.

Selected 210g

\$3⁴⁷ each

CERTIFIED ORGANIC

ROLLING MEADOW KEFIR



Produced from bacterial cultures and milk, kefir has been shown to contribute to digestive health.

Selected 1L

\$4⁴⁷ each

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

THE BUTCHER BLOCK

YORKSHIRE VALLEY FARMS GROUND CHICKEN

Made with organic chicken raised with no antibiotics, on family owned and operated farms in Ontario.

Selected

\$8⁹⁷/lb
or \$19.75/kg



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!!!)**



TOPPITS FROZEN SCALLOPS

These scallops have an exquisite taste and texture, and are an excellent source of protein.

Selected 340g

\$7⁹⁷
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

CASBAH COUSCOUS

Discover a new world of flavours with these delicious vegetarian side dishes.

Selected 198-349g

\$2⁹⁷
each



BUBBIES PICKLES

Old-world recipes of a unique blend of spices and meticulous preparation are evident in every jar.

Selected 1L

\$8⁹⁷
each



Here's some other really good stuff

KEEP IT NATURAL



... NOBODY LIKES FAKE STUFF INCLUDING ARTIFICIAL INGREDIENTS HIDING IN YOUR FOOD. KEEP IT REAL WITH THESE ALL NATURAL UNFLYER DEALS!



JUSTIN'S NUT BUTTER CUPS

A blend of artisanal nut butter with high-quality chocolate, for a better-for-you alternative to the conventional nut butter cup.



2/\$5⁰⁰
or \$2.97 each

SWEET LOREN'S COOKIE DOUGH

Perfect pre-cut portions made with only clean, Non GMO and Gluten Free ingredients. Vegan.



Selected 340g

\$8⁹⁷ each

SEASNAX SEAWEED SNACKS

Strangely addictive, with no artificial ingredients, you'll be eating these like they're candy!



Selected 10g

2/\$4⁰⁰
or \$2.47 each

CHIMES GINGER CHEWS

All the benefits of ginger in chewy candies made from a secret recipe passed down three generations.



Selected 141.8g

2/\$7⁰⁰
or \$3.97 each

PACIFIC FOODS SOUP BROTHS

Use as a base for your own hardy soup or pasta dishes. Try instead of water to cook up plain rice.



Selected 946ml

2/\$8⁰⁰
or \$4.47 each

SAFE CATCH ALBACORE TUNA

A selection of mercury tested wild tuna, with no additives or fillers - just pure tuna!



Selected 142g

\$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?

→ Stevia (Stee-vee-uh) ←

Stevia is a sugar substitute made from the leaves of the stevia plant native to South America. It's about 100 to 300 times sweeter than table sugar yet does not raise the glycemic index. Stevia sweeteners are used in beverages and foods like soft drinks, juices, dairy products, syrups and condiments without adding calories or carbohydrates. Because they are stable at high temperatures, stevia sweeteners can be used in baked goods. To make measuring and pouring easier, stevia sweeteners are typically blended with common fillers and additives like maltodextrin, inulin, erythritol and xylitol all of which may cause glycemic or digestive issues or trigger any possible reactions.

↖ good to know!!! ↗



Now you know....



LUNDBERG THIN STACKERS

The perfect whole grain snack. Great alone or with your favourite topping.

Selected 168g

2/\$7.00
or \$3.97 each

CERTIFIED ORGANIC



GOGO QUINOA QUINOA PUFFS

A range of savoury plant-based puffs with a short list of healthy ingredients and 6 grams of protein per serving.

Selected 113g

2/\$5.00
or \$2.97 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



WHAT'S THE → STORY ←



SARAH AND EMMET CONDON STARTED REMEDY ON THEIR KITCHEN COUNTER IN AUSTRALIA. FRIENDS AND FAMILY KEPT COMING BACK FOR MORE AND REMEDY KOMBUCHA WAS OFFICIALLY BORN IN 2012. FAST FORWARD TO 2019 WHEN EMMET'S BROTHER DAN AND HIS CANADIAN WIFE BROUGHT THE REMEDY GOODNESS TO CANADA. REMEDY IS STILL MADE THE OLD SCHOOL WAY: IN SMALL BATCHES, LONG-AGED BREWED FOR 30 DAYS. THE RESULT IS THE TASTIEST KOMBUCHA GOING AROUND, ALL NATURAL AND BURSTING WITH LIVE CULTURES, ORGANIC ACIDS, AND ANTIOXIDANTS. REMEDY IS KETO-FRIENDLY, WITH ZERO GRAMS OF SUGAR AND CHOCK FULL OF THE GOOD STUFF. REMEDY KOMBUCHA IS A RAW, UNPASTEURIZED, REAL DEAL KOMBUCHA.



LAKWOOD JUICE BLENDS

The juice from over 3 LBS of fruit in every bottle, with no preservatives and only naturally occurring sugars from the fruit.

Selected 946ml



\$4.97
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...

... You are where you are today because you have chosen to be there.

Harry Browne

Featured Product

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

KOMBUCHA

All the beneficial goodness of kombucha with none of the sugar.

Selected xxx



2/\$5.00
or \$2.97 each



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



RIGHTEOUS GELATO

Hand crafted, small batch gelato in a variety of unique flavours, made by a proudly Canadian company.

Selected 562ml

\$7⁹⁷
each

FACT

SCIENTISTS ESTIMATE THERE ARE BETWEEN 200 - 400 BILLION (STARS IN OUR GALAXY) WHILE THERE ARE AN ESTIMATED 1 TRILLION TREES ON EARTH, WHICH IS 12 TIMES MORE TREES ON EARTH THAN STARS IN THE SKY!

↑ THE COLD, HARD FACTS!
↑



WHOLESOME CANE SUGAR

Natural, Fair Trade sweeteners sourced from ethically and environmentally responsible producers.

Selected 907g

\$6⁹⁷
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!



KIJU ORGANIC FIT

Refreshingly light with only 8g of natural fruit sugar and 40 calories per 200ml. No artificial colours or preservatives.

Selected 1L

\$1⁹⁷
each



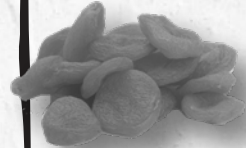
WE BELIEVE ...

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 DRIED APRICOTS



A sweet, low-calorie snack that provides a good dose of calcium, iron, and fibre.

Selected



\$7.97/lb
or \$17.55/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.

NUTRAVEG VEGAN OMEGA 3



Omega-3 supplements in a variety of flavours. Great for reducing joint pain and improving cognitive function. Selected 200ml

15% OFF
each

FOLLOW US ON SOCIAL MEDIA



@organicgarage



Organic Garage



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FLORA PROBIOTICS



Give your gut health a boost of the good stuff. Available for children and adults.

Selected 60ct

20% 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