

# THE UNFLYER

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

[www.Organicgarage.com](http://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...

July 21-August 4



## KINNIKINNICK FROZEN WAFFLES



A hit with celiacs, vegans & those who can't eat the top 8 allergens. They're light and crispy with a pleasant bit of chewiness. Now Egg Free.

Selected 222g

**\$2<sup>97</sup>**  
each

## GOOD GOOD KETO SWEETENERS



Sugar-free options for families and individuals who want sweetness in their lives, without the sugar.

Selected 250-450g

**Save \$2<sup>00</sup>**  
each

# 100% CERTIFIED ORGANIC PRODUCE

CERTIFIED ORGANIC

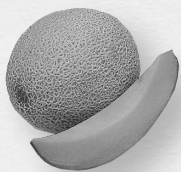
WHY WOULD  
← WE SELL  
ANYTHING ELSE?

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!!) - *Nath Lurie*



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

## PRODUCT OF USA CANTALOUPE



Cantaloupe is a great source of beta-carotene, potassium and Vitamin C.

Selected

**2/\$5<sup>00</sup>**  
or \$2.50 each



## PRODUCT OF ONTARIO GREEN ZUCCHINI



Whether grilled or spiralled, this versatile vegetable makes a nutrient-rich addition to any meal.

Selected

**\$1<sup>97</sup>/lb**  
or \$4.34/kg



## PRODUCT OF ONTARIO RED SWEET PEPPERS



A versatile vegetable that will add colour and vitamins to your plate!

Selected

**\$2<sup>97</sup>/lb**  
or \$6.55/kg



IT'S ALL GOOD!!!



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



# KITCHEN ORIGINALS®

*Eat like a chef for less!*

## KITCHEN ORIGINALS RAW ALMONDS



With a range of health benefits like regulating cholesterol and preventing heart disease, almonds make a great snack!

Selected 225g



**\$8<sup>97</sup>**  
each

## KITCHEN ORIGINALS TURKISH APRICOTS



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

Selected 250g



**\$6<sup>97</sup>**  
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



## 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!



### VEGAN CAESAR SALAD DRESSING

← mmm... An easy vegan alternative!

1-2 CLOVES GARLIC, MINCED  
2-3 TBSP LEMON JUICE  
1 TBSP CAPERS + 1 TSP BRINE  
1 TSP DIJON MUSTARD  
WATER, AS NEEDED  
SALT AND PEPPER TO TASTE

1 TSP APPLE CIDER VINEGAR  
1/3 CUP OLIVE OIL  
1 TBSP NUTRITIONAL YEAST  
1 TSP WORCESTERSHIRE  
SAUCE, TAMARI OR LIQUID  
AMINOS



ADD ALL THE INGREDIENTS EXCEPT WATER TO A BOWL AND  
MIX WELL. SLOWLY MIX IN WATER UNTIL IT REACHES THE  
DESIRED CONSISTENCY. ADJUST SEASONING TO YOUR LIKING.  
USE IMMEDIATELY OR STORE IN THE FRIDGE FOR 3-5 DAYS.

Try sundried tomatoes in your salad.

### BRAGG EXTRA VIRGIN OLIVE OIL



Unfiltered, unrefined, high  
quality oil imported from Greece  
and made with Greek Koroneiki  
olives.

Selected 473ml



**\$17<sup>97</sup>**  
each

### BRAGG NUTRITIONAL YEAST



Packed with protein and B  
vitamins, nutritional yeast  
Seasoning is the perfect vegan  
substitute for all your cheesy  
cravings.

Selected 127g

**\$8<sup>47</sup>**  
each

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



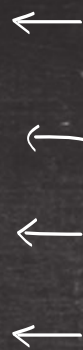
# THE BUTCHER BLOCK

## FIELD ROAST PLANT BASED SAUSAGES

Made in small batches,  
these seasoned sausages  
are absolutely delicious!

Selected 368g

**\$6<sup>97</sup>**  
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!!!



## NOBLE VEGAN JERKY

The new sustainable way  
to enjoy jerky. Made with  
plant protein and  
premium seasonings.  
Nitrate Free.

Selected 70g

**\$4<sup>97</sup>**  
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

## HILARY'S VEGGIE BURGERS

Fall in love with these  
easy-to-prepare Vegan patties  
made with nutritious organic  
ingredients.

Selected 181g

**\$3<sup>47</sup>**  
each



## UPTON'S NATURALS JACKFRUIT

Nothing fake or phony here.  
These versatile meat alternative  
meal ingredients are ready for  
anything.

Selected 200g

**\$4<sup>77</sup>**  
each



Here's some other really good stuff



# PLANT POWER

...VEGAN OR NOT, WHY  
NOT GIVE THE PLANT  
BASED PRODUCTS IN  
THIS UNFLYER A TRY?  
YOU'LL BE HAPPY YOU  
DID! → → →

## EARTH ISLAND CHEESE SLICES



A Dairy Free cheese  
alternative with  
great taste and  
texture. Vegan and  
Soy Free.

Selected 200g

**\$5<sup>97</sup>**  
each

## CHOSEN SALAD DRESSING



Add a vibrant,  
nutrition-packed  
drizzle to salads or  
proteins, blended  
with 100% pure  
Avocado Oil.

Selected 237ml

**\$5<sup>97</sup>**  
each

## NADAMOO FROZEN DESSERT



An extra creamy,  
Dairy Free coconut  
milk base mixed  
with the finest  
ingredients. Non  
GMO.

Selected 473ml

**\$6<sup>97</sup>**  
each

## EARTH'S OWN DAIRY ALTERNATIVES



Creamy spreads  
made from organic,  
planet-protecting  
plants.

Selected 340-227g

**15% OFF**  
each

## HERBALAND SUPPLEMENT GUMMIES

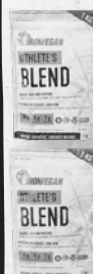


A fun, convenient  
way to meet your  
daily intake of  
vitamins. Vegan.

Selected 50-90ct

**25% OFF**  
each

## IRON VEGAN ATHLETE'S BLEND



30 g of organic,  
non-GMO plant-based  
protein per serving.  
Enhanced with  
high-performance  
nutrients to improve  
performance.

Selected 1kg

**\$59<sup>97</sup>**  
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?

→ (Nutritional Yeast (noo-tri-shuh-nuhl))

While Nutritional Yeast is the same type of yeast that's used to bake bread and brew beer, the yeast cells are killed during manufacturing and not alive in the final product. It is used in cooking and has a cheesy, nutty or savoury flavour. Studies have shown it has a range of potential health benefits. Nutritional yeast contains all nine essential amino acids that humans must get from food. It contains many B vitamins especially thiamine, riboflavin, niacin, vitamin B6 and vitamin B12. It contains trace minerals such as zinc, selenium and manganese. Nutritional yeast is a versatile food that supports any type of diet or eating style. It is naturally low in sodium and calories, as well as fat-free, sugar-free, gluten-free and vegan.

↑ good stuff!!! ↑



Now you know....

## LATE JULY NO GRAIN TORTILLA CHIPS



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

Selected 156g

**\$3.47**  
each

## ENJOY LIFE LENTIL CHIPS



A unique 100% natural snack chip made from protein rich lentils.

Selected 113g

**2/\$7.00**  
or \$3.77 each

## 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](http://www.organicgarage.com/dump-it-list)

**DUMP IT!**

**DUMP IT!**



# WHAT'S THE → STORY... ← O'Doughs®

GLUTEN FREE

O'DOUGHs BEGAN IN TORONTO BACK IN 2007 PRODUCING GREAT TASTING GLUTEN FREE LOAVES, BUNS AND MUFFINS. SINCE THEN, THEY HAVE ADDED 100 CALORIE BAGELS, FLATBREADS AND SANDWICH BUNS TO THEIR PRODUCT LINE UP. AS A CERTIFIED GLUTEN FREE AND VEGAN FACILITY, O'DOUGHs IS POSITIONED TO PROVIDE CONSUMERS WITH UNIQUE PRODUCT DIFFERENTIATORS. THEY STRIVE TO PROVIDE BEST-IN-CLASS QUALITY, ALLERGEN FRIENDLY FOOD PRODUCTS THAT ELEVATE THE FOOD EXPERIENCE, WITHOUT COMPROMISE. THEY HAVE A HARD WORKING AND DEDICATED TEAM OF OVER 80 EMPLOYEES. O'DOUGHs HAS WORKED DILIGENTLY TO BECOME A ZERO WASTE FACILITY, WHEREBY ALL FOOD WASTE IS DIVERTED TO ANIMAL FEED, AND ALL OTHER WASTE IS EITHER RECYCLED OR CONVERTED INTO ENERGY. WHETHER YOU SIMPLY WANT A GREAT-TASTING, VEGAN HEALTHIER BAKED GOOD OR YOU'RE INTOLERANT OF GLUTEN, O'DOUGHs' FAMILY OF PRODUCTS OFFER YUMMY BUNS, BREADS, MUFFINS AND ALLFREE LINE OF BROWNIE BITES THAT YOUR WHOLE FAMILY WILL ENJOY!



## CALIFIA COLD BREWED COFFEE



Smooth, sustainable and seriously tasty, made with 100% arabic beans.

Selected 1.4L

**\$5.97**  
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...

If you change the  
way you look at  
things, the look of  
things will change.

Wayne Dyer

## Featured Product

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

### BAGEL THINS

A perfect Gluten Free way to start the day. Only  
100 calories and superior in flavour!

Selected 300g

**\$3.97**  
each







Get Healthy Food For Less Delivered

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**instacart**

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NOW with Extended Delivery to neighbourhoods including Milton, Mississauga, Burlington, Brampton, Newmarket, King City, Ajax.

Use Promo Code **0GInstacart10off35** at checkout and get \$10 off your first order of \$35

\* Service fees and delivery charges apply.

\* Excludes certain instore promotions and Hand-Picked partners



**REMEDY  
KOMBUCHA**

All the beneficial goodness of Kombucha with none of the added sugar. Available in delicious flavours.

Selected 330ml



**2/\$5<sup>00</sup>**

or \$2.97 each

**FACT**



THE METABOLISM OF PEOPLE WHO FOLLOW A PLANT BASED DIET BURNS CALORIES 16% FASTER ON AVERAGE THAN THE METABOLISM OF MEAT EATERS FOR THE FIRST FEW HOURS AFTER MEALS.

↑ THE COLD, HARD FACTS! ↓

**LARA BAR  
FRUIT AND NUT BARS**

A nutritious blend of unsweetened fruits, nuts and spices. Pure, simple and

Selected 45-48g

**2/\$3<sup>00</sup>**

or \$1.77 each



**WE BELIEVE...**

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

**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!



**JUST  
PLANT BASED  
EGG**

Made from plants using less water and carbon emissions than conventional eggs with more protein, less saturated fat and zero cholesterol.

Selected 227g



**\$5<sup>97</sup>**  
each



# BULK

it up!

↑ Another great way to save money ↑

## CERTIFIED ORGANIC BLACK TURTLE BEANS



So versatile. Add some extra nutrition to almost any meal.

Selected



**\$3.47/lb**  
or \$7.65/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.

## BIO-K+ PROBIOTIC CAPSULES



Patented probiotics formulated to replenish the beneficial bacteria that we need to stay healthy.

Selected 15-30ct

**Save \$3<sup>00</sup>**  
each

FOLLOW US ON  
SOCIAL MEDIA



@organicgarage



Organic Garage



@organicgarage

## UDO'S OIL 3.6.9 BLEND



A blend of Omega 3, 6 and 9 supplements. Keto and Vegan.

Selected 500ml

**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