

VALID  
JAN 31 - FEB 13  
AT SHERWOOD PARK  
LOCATION

L'OCA<sup>TM</sup>  
QUALITY MARKET

# Valentine's Day

## WITH L'OCA

Show your  
love with a  
Valentine's  
**GIFT  
BASKET**

Be Mine  
Gift  
Basket  
**\$75**

Be Mine  
For Him  
Gift Basket  
**\$75**



ORDER YOURS NOW

LOCA.CA

340 Baseline Rd, Sherwood Park AB  
Store hours: 7 am - 9 pm Everyday

Call or Text us!  
587.705.4107




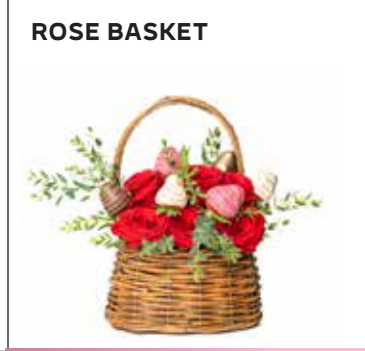




Love Grows


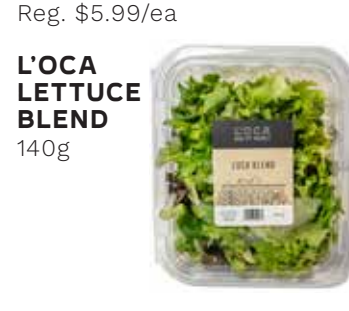


GOURMET MEALS'

SUPPER SERIES

Valentine's Day

Skip the stress of cooking or hunting for reservations this Valentine's Day! Let us make your night easy with our chef-curated, pre-cooked Beef Wellington dinner for a stress-free, romantic evening.

<p><b>\$15.00</b></p> <p>VALENTINE HEART HOYA</p> 	<p><b>\$45.00</b></p> <p>1/2 DOZEN ROSES</p> 	<p><b>\$95.00</b></p> <p>1 DOZEN ROSES</p> 	<p><b>\$60.00</b></p> <p>ROSE BASKET</p> 
<p><b>\$100.00</b></p> <p>BABY'S BREATH HEART BOUQUET</p> 	<p><b>\$30.00</b></p> <p>"LOVE AT FIRST BITE" PLATTER</p> 	<p><b>\$30.00</b></p> <p>"CELEBRATION" PLATTER</p> 	 <p>PRE-ORDER YOURS NOW</p>


<p><b>20% OFF</b></p> <p>L'OCA BOUQUETS Small, Medium, Large</p> 	<p><b>20% OFF</b> Reg. \$5.99/ea</p> <p>L'OCA LETTUCE BLEND 140g</p> 	<p><b>2\$3 FOR 3</b> Reg. \$2.99/ea</p> <p>CARROT 2LB BAG</p> 	<p><b>\$5.99 /EA</b> Reg. \$7.99/ea</p> <p>SCOTFORD POTATOES 10 LB BAG Russet, Yellow &amp; Red</p> 
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<p><b>\$2.99 /LB</b> Reg. \$5.29/lb</p> <p>GREEN SEEDLESS GRAPES</p> 	<p><b>\$0.89 /LB</b> Reg. \$2.49/lb</p> <p>BC GALA APPLES</p> 	<p><b>10% OFF</b> Reg. \$10.00/16 oz</p> <p>L'OCA ORANGE JUICE</p> 	<p><b>20% OFF</b></p> <p>ALL LOOSE MUSHROOMS</p> 
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**PICK UP**  
FEB 14, 15, 16  
9 am - 3 pm

Beef Wellington	Squash Puree
Blanched Carrots & Asparagus with Caramelized Shallots	Red Wine Sauce & Herb Oil
Creamy Roasted Garlic Mashed Potatoes	Triple Chocolate Mousse



ORDER YOURS NOW

**20% OFF**  
GOURMET MEALS EVERY MONDAY



**20% OFF** PRODUCE EVERY THURSDAY

# THE BAKERY



## VALENTINE'S COLLECTION

- VALENTINE'S HEART CAKE \$14.00
- VALENTINE'S PASTRY \$9.00
- 5 PIECE CHOCOLATE BOX \$14.00



ORDER YOURS NOW

## Homemade Fresh & ALWAYS AVAILABLE

- SAVE \$2**  
OLIVE FOUGASSE \$8.00  
Reg. \$10.00/EA
- SAVE \$1**  
CLASSIC BUNS \$4.99  
Reg. \$5.99/EA
- DOUBLE CREAM CHEESECAKE 2 FOR \$15  
Reg. \$8.99/EA
- ECLAIR 2 FOR \$12  
Reg. \$6.99/EA
- SAVE \$5**  
7" LEMON MERINGUE TART \$23.00  
Reg. \$28.00/EA

House-made cookies, pies, cupcakes, cinnamon buns & more

# THE BUTCHER



FILLET BEEF TENDERLOIN

\$29.44/LB  
\$64.90/kg

## L'OCA CATCH OF WEEK



\$7.49 /EA

Reg. \$8.99/EA (41/50 count)

COOKED WHITE SHRIMP



\$7.49 /EA

Reg. \$8.99/EA (21/25 count)

COOKED WHITE SHRIMP



\$27.99 /LB

Reg. \$31.71/lb (\$69.90/kg)

SCALLOPS

## OUR PORK IS SUSTAINABLY RAISED & SOURCED FROM LOCAL FARMS



\$4.99 /LB

Reg. \$7.21/lb (\$15.90/kg)

BONELESS PORK CHOP



\$5.49 /LB

Reg. \$8.57/lb (\$18.90/kg)

COPPA PORK CHOPS



\$6.99 /LB

Reg. \$9.03/lb (\$19.90/kg)

BREADED PORK CUTLET

## LET'S GET SPICY - THE BUTCHER'S SPICE COLLECTION

THE BUTCHER'S SEASONING SALT

\$8.99 /EA

Reg. \$11.99/EA



BLACK GOLD STEAK SPICE

\$8.99 /EA

Reg. \$11.99/EA



LEMON PEPPER SPICE

\$8.99 /EA

Reg. \$11.99/EA



MAPLE CHIPOTLE SPICE

\$8.99 /EA

Reg. \$11.99/EA



**GROCERY DEALS**

**2\$7**  
FOR

Reg. \$3.99/ea

**LOOP**  
Sparkling Flavoured Water  
355ml



**SAVE \$1**

Reg. \$10.89/ea

**RISE KOMBUCHA** 1L



**3\$5**  
FOR

Reg. \$3.49/ea

**ZEVIA DRINKS**  
355ml



**2\$6**  
FOR

Reg. \$3.49/ea

**ALANI NU**  
Energy Drinks & Protein Shakes  
355ml



**GROCERY DEALS**

**SAVE \$2**

Reg. \$21.29

**TERRA GRANOLA**  
800g



**SAVE \$1**

Reg. \$6.49/ea

**L'OCA A2 YOGURT**  
650ml



**2\$12**  
FOR

Reg. \$8.99/ea

**DAIRYLAND BUTTER**  
Salted & Unsalted, 454g



**2\$12**  
FOR

Reg. \$6.99/ea

**MAISON RIVIERA**  
Yogurt 500g



**BUY 1, GET 1 50%**

Reg. \$17.89/ea

**L'OCA COFFEE BEANS**  
340g



**SAVE \$1**

Reg. \$6.79-\$7.49/ea

**STASH TEAS**  
Select Teas



**2\$9**  
FOR

Reg. \$5.49/ea

**EARTH'S OWN**  
Oat Beverage 946ml



**SAVE \$1**

Reg. 2L: \$7.29 | 4L: \$11.79

**L'OCA A2 MILK**



**SAVE \$1**

Reg. \$6.99/ea

**FOOTHILLS ICE CREAM**  
1.4L



**SAVE \$1**

Reg. \$6.79/ea

**EARTHBOUND FARMS**  
Frozen Veggies 300g



**SAVE \$1**

**AMY'S**  
Frozen Dinners



**SAVE \$1**

Reg. \$11.99/ea

**BABA JENNYS PEROGIES**  
750g



**2\$9**  
FOR

Reg. \$5.39/ea

**HUMBLE**  
Potato Chips  
135g



**SAVE \$1**

**PRANA**  
Select Mixed Nuts  
150g



**SAVE \$1**

Reg. \$6.59/ea

**CEDAR VALLEY**  
Pita Chips 180g



**2\$9**  
FOR

Reg. \$4.99/ea

**COVERED BRIDGE**  
Potato Chips - 170g  
Select flavours



**3\$6**  
FOR

Reg. \$2.49/ea

**KOYO RAMEN**  
60g



**SAVE \$1**

Reg. \$8.59

**RAINCOAST TRADING**  
SALMON JERKY  
50g



**SAVE \$1**

Reg. \$5.99/ea

**HERDEZ SALSAS**  
431ml



**SAVE \$1**

Reg. \$8.99/ea

**YESHI FOODS**  
SALAD DRESSINGS  
350ml



**SAVE \$4**

Reg. \$12.99/ea

**DAVE'S GOURMET**  
PASTA SAUCES  
754ml



**3\$10**  
FOR

Reg. \$3.99/ea

**L'OCA PASSATA**  
720ml



**SAVE \$5**

Reg. \$24.99/ea

**MAISON ORPHEE**  
Olive Oil  
500ml



**2\$10**  
FOR

Reg. \$5.99/ea

**L'OCA DRY PASTA**  
500g



**15% OFF**  
**DELI PRODUCTS**  
**EVERY TUESDAY**





*X*  
with love,  
**ORO**

*Celebrate Valentine's with  
a four-course menu dining  
experience to remember*



## MENU

### INSALATA

(CHOOSE 1)

A Roasted Beet & Burrata Salad.  
A Radicchio & Pickled Pear Salad, with Goat Cheese  
and Spiced Walnuts.

### PRIMI

A luxurious Lobster & Prawn Ravioli complemented  
with Tomato Chutney and Lobster Shell Gastrique.

### SECONDI

(CHOOSE 1)

A pan-seared Salmon served with a Fermented Carrot  
Purée and Crispy Capers.

A 7 oz. Filet Mignon & Whole Lobster Tail, served with  
Pomme Paillasson, and Sauce Américaine.

### DOLCI

A rich and decadent surprise collaboration between  
ORO and L'OCA's bakers that will satisfy your senses



### RESERVE YOUR SEATS

780.479.2271 | [oroinfo@loca.ca](mailto:oroinfo@loca.ca)

[orotrattoria.ca](http://orotrattoria.ca)



## PYRO *Valentine's*

Let the sparks fly  
with PYRO's special  
three-course  
Valentine's Day

### STARTER

Coconut Curry Carrot Ginger Soup

### ENTREE CHOOSE 1

AAA Alberta Beef Ribeye served with a Red Wine  
Jus, cheesy Potatoes Romanoff, and Fire-roasted  
Vegetables.

A herb-crusted Salmon served with a Champagne  
Sauce, a crispy Potato Rosti, and Sautéed  
Cabbage.

### DESSERT

A rich and decadent surprise collaboration  
between PYRO and L'OCA's bakers.



### RESERVE YOUR SEATS

780.479.2271 | [pyroinfo@loca.ca](mailto:pyroinfo@loca.ca)

[pyrogrill.ca](http://pyrogrill.ca)

**L'OCA**  
QUALITY MARKET

Items are available while stock lasts. Prices do not include taxes, deposits, and environmental levies. Items advertised may not be exactly as shown. Offers are subject to change and may be withdrawn without notice. Sale items are valid from January 31 - February 13, 2025. Deals are only valid at L'OCA Quality Market's Sherwood Park location. See in-store for more details.

**LOCA.CA**