

# EAT WELL & ENJOY MORE

New year, new cravings. Nourish, indulge, and discover delicious things to love at L'OCÀ Quality Market

SAVE  
**\$2.25**  
/LB



## AAA BEEF STIRFRY

REG. \$12.25/LB (\$26.99/KG)

**15% OFF**

GOURMET SALADS & DRESSINGS  
Assorted



**2\$7**  
FOR

REG. \$4.49/12 PK

## SOBER

Non-Alcoholic Beer  
12pk-473ml



**SAVE  
\$2**

REG. \$15.99

## TRUELY CEREAL

High Protein Cereal | 200g



**\$1.99**  
/EA

REG. \$2.75/EA

## POWER BALLS



Healthier  
Snacking

**SAVE  
\$1**

LUNDBERG FARMS  
Rice, Rice Cakes  
168g-907g



**10% OFF**

REG. \$4.49/EA

TOFINO KOMBUCHA INC.  
Assorted Flavours | 355ml



100% Canadian-owned  
and operated

**2 LOCATIONS**  
TO SERVE YOU BETTER

LOCA.CA

SHERWOOD PARK  
340 Baseline Road

Call/Text: (587) 871.5622

EDMONTON  
9106 142 Street

Call/Text: (780) 490.3737





**20% OFF**

ALL DELI OLIVES

Assorted Deli Flavours

## START THE YEAR THE MEDITERRANEAN WAY

Whether you're grazing, entertaining, or adding flavour to cocktails and charcuterie boards, olives bring the celebration.



**10% OFF**

REG. \$3.49/100g

MILD & SPICY SNACKER PLATTER

**10% OFF**

REG. \$2.99/100g

LOCA HAM

**20% OFF**

REG. \$50-\$80.00

OLIVE PLATTER

Small, Medium & Large

**15% OFF**

REG. \$24.99

LOCA EXTRA VIRGIN OLIVE OIL  
750ml

**SAVE \$2**

REG. \$9.99/EA

LOCA OLIVES

Kalamata, S.Mammoth, Garlic Stuffed Varieties | 500ml

**2\$6 FOR**

REG. 8.59/EA

LOCA BALSAMIC VINEGAR  
250ml



**\$6.99 /LB**

SPATCHCOCK CHICKENS

Available in Yucatan or Chimichurri Flavours

**SAVE \$2/LB**

**\$3.99 /LB**

REG. \$8.80/KG

WHOLE CHICKENS

**SAVE \$1/LB**



**\$11.15 /LB**

CORDON BLEU

Available in Yucatan or Chimichurri Flavours

**SAVE \$2/LB**

**\$5.99 /LB**

REG. \$13.20/KG

BONELESS PORK SHOULDER ROAST

**SAVE \$1/LB**

# THIS WINTER.. KEEP COLDS AT BAY



**SAVE \$2**

REG. \$5.99/PINT

BLACKBERRIES

**\$3.99 /EA**

REG. \$5.99/EA

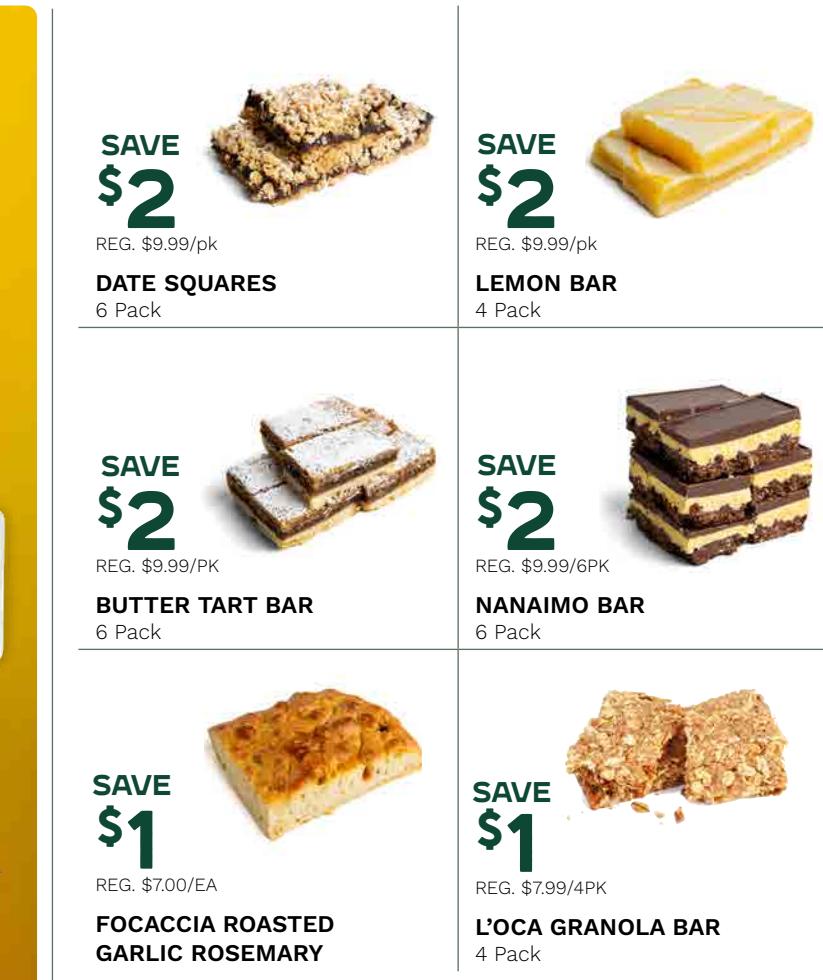
LOCA LETTUCE BLENDS

**\$2 OFF**  
ON LOCA ORANGE JUICE



**ORIGINAL ORANGE**

\$8 - 16oz  
\$14 - 32oz



**SAVE \$2**

REG. \$9.99/pk

DATE SQUARES  
6 Pack

**SAVE \$2**

REG. \$9.99/6PK

BUTTER TART BAR  
6 Pack

**SAVE \$1**

REG. \$7.00/EA

FOCACCIA ROASTED GARLIC ROSEMARY



**2\$12 FOR**

REG. \$8.99/EA

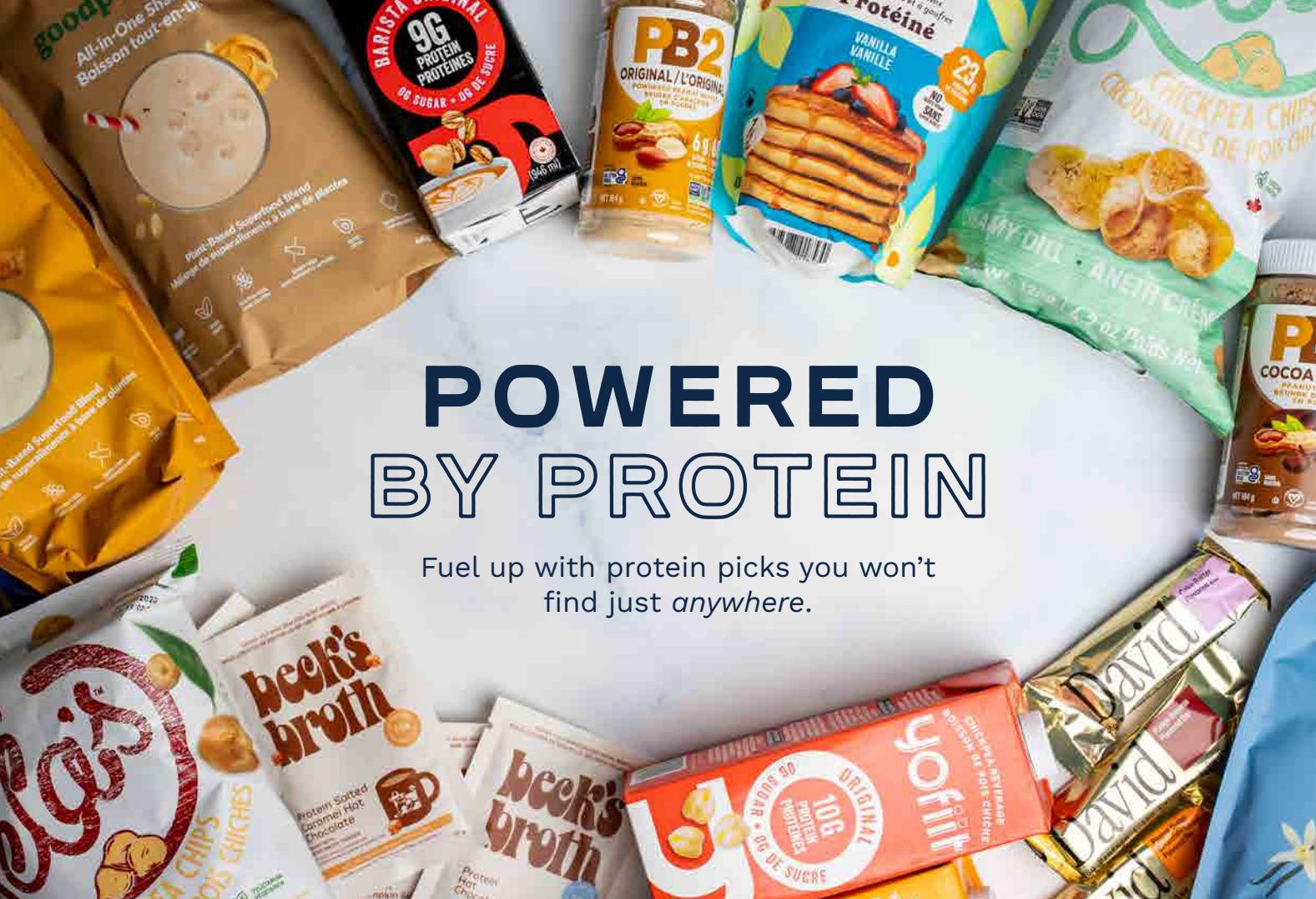
## L'OCALÉ CAFÉ

12 OZ DRIP COFFEE  
*Butter Croissant*  
COMBO

**\$4.99 /COMBO**

REG. \$6.50





# POWERED BY PROTEIN

Fuel up with protein picks you won't find just anywhere.



SAVE  
\$1

REG. \$5.99-6.99

**YOFIT**  
Chickpea Beverage  
Assorted Flavours | 946ml



15% OFF

REG. \$3.69/EA  
**NONFICTION**  
Protein Bar | Assorted Flavours  
60g



SAVE  
\$1

REG. \$5.49

**COVERED BRIDGE**  
Chickpea Chips  
Assorted | 120g



SAVE  
\$1

REG. \$8.99-16.99

**PB2**  
Powdered Peanut Butter  
184g - 454g

SAVE  
\$1

REG. \$7.99/EA

**SALAD GIRL**  
Assorted Organic  
Salad Dressings | 230ml



15% OFF

REG. \$11.99-13.99/EA  
**FLOURISH**  
Protein Pancake Mix  
128g-226g



10% OFF

REG. \$4.49  
**HOST**  
Energy Drink | 473ml

SAVE  
\$2

REG. \$9.99

**WILDVINE**  
Pickled Vegetables  
591ml



\$1 OFF

REG. \$5.39

**HUMBLE**  
Potato Chips GF  
135g



15% OFF

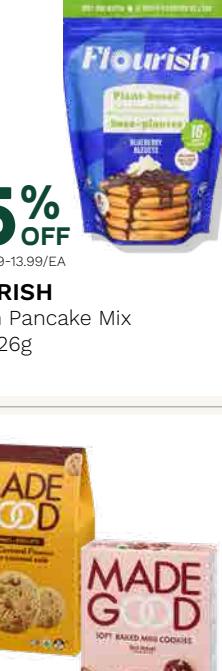
REG. \$4.99-7.99  
**MADEGOOD**  
Assorted Oat Bars & Cookies  
24g - 200g



SAVE  
\$1

REG. \$7.99-\$10.99

**CRACKER BARREL**  
Assorted Cheese  
200-320g



SAVE  
\$2

REG. \$12.99  
**WILDBRINE**  
Assorted Organic Sauerkraut  
241-500ml

2\$ 8.99  
FOR

REG. \$5.99/EA

**CLASSICO**  
Pasta Sauce | Assorted  
410-650ml



SAVE  
\$1

REG. \$4.49/EA

**BETTY CROCKER**  
Assorted Fruit Snacks  
128 - 141g



SAVE  
\$1

REG. \$5.99/EA

**V8**  
Vegetable Cocktail | 6x156ml



15% OFF

REG. \$3.99-\$4.39/EA  
**HARVEST SNAPS**  
Snappea Crisps  
85g-93g

NOW INTRODUCING...

# L'OCA GOURMET MEALS, DELIVERED

## GORMET MADE EASY

Fresh, chef-crafted L'OCA gourmet meals delivered every Sunday. Made to order, never frozen, fully cooked, and ready in minutes.

**Real chefs. Real flavour. Real food.**



**CHICKEN SHAWARMA**  
with lemon rice & greek salad



**TANDOORI SALMON**  
with roasted carrots, raita & mint chutney



**KOREAN CHICKEN RICE BOWL**  
with broccoli & kimchi slaw



**BEEF BULGOGI**  
with kimchi rice & napa cabbage slaw

## HOW IT WORKS

### 1 Order Online

Select from a variety of chef-prepared dishes each week.

### 2 Delivered Fresh

Meals arrive ready to heat and enjoy, fresh every Sunday.

### 3 Heat & Enjoy

Simply warm and serve, no prep or cleanup required.

Scan or Visit  
[MEALS.LOCA.CA](http://MEALS.LOCA.CA)  
to learn more

