

EAT WELL & ENJOY MORE

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



15% OFF
GOURMET SALADS
& DRESSINGS
Assorted

SAVE
\$2.25
/LB



AAA BEEF STIRFRY
REG. \$12.25/LB (\$26.99/KG)



2\$7
FOR

REG. \$4.49/12 PK

SOBER
Non-Alcoholic Beer
12pk-473ml



Start with Protein

SAVE
\$2

REG. \$15.99

TRULY 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

L'OCA HAM



20%
OFF

REG. \$50-\$80.00

OLIVE PLATTER
Small, Medium & Large



SAVE
\$2

REG. \$9.99/EA

L'OCA OLIVES
Kalamata, S.Mammoth, Garlic
Stuffed Varieties | 500ml



15%
OFF

REG. \$24.99

L'OCA EXTRA
VIRGIN
OLIVE OIL
750ml



2\$6
FOR

REG. 8.59/EA

L'OCA BALSAMIC
VINEGAR
250ml

THIS WINTER..
KEEP COLDS
AT BAY

SAVE
\$2

BLACKBERRIES

REG. \$5.99/PINT

SAVE
\$1

L'OCA LETTUCE
BLENDS

REG. \$5.99/EA

\$3.99
/EA

\$4.99
/EA

\$2 OFF
ON L'OCA
ORANGE JUICE

CARA CARA

\$10 - 16oz
\$18 - 32oz

ORIGINAL
ORANGE

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

Chimichurri
Yucatan



\$6.99
/LB

SPATCHCOCK
CHICKENS

Available in Yucatan or
Chimichurri Flavours

SAVE \$2/LB



\$3.99
/LB

WHOLE CHICKENS

SAVE \$1/LB

Made in House



\$11.15
/LB

CORDON BLEU

Available in Yucatan or
Chimichurri Flavours

SAVE \$2/LB



\$5.99
/LB

BONELESS PORK
SHOULDER ROAST

SAVE \$1/LB

SAVE
\$2

DATE SQUARES
6 Pack

REG. \$9.99/pk

SAVE
\$2

LEMON BAR
4 Pack

REG. \$9.99/pk

SAVE
\$2

BUTTER TART BAR
6 Pack

REG. \$9.99/PK

SAVE
\$2

NANAIMO BAR
6 Pack

REG. \$9.99/6PK

SAVE
\$1

FOCACCIA ROASTED
GARLIC ROSEMARY

REG. \$7.00/EA

SAVE
\$1

L'OCA GRANOLA BAR
4 Pack

REG. \$7.99/4PK

TRIPLE
CHOCOLATE
MOUSSE



HAZELNUT
PRALINE PARIS
BREST



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

YOFIIT
Chickpea Beverage
Assorted Flavours | 946ml

2\$**8.99**
FOR

REG.\$5.99/EA

DAVID PROTEIN
Assorted Protein Bars | 58g

15%
OFF

REG.\$3.69/EA

NONFICTION
Protein Bar | Assorted Flavours
60g

SAVE
\$1

REG.\$36.49/EA

GOOD PROTEIN
Protein Powder
Assorted | 440g

SAVE
\$1

REG. \$5.49

COVERED BRIDGE
Chickpea Chips
Assorted | 120g

10%
OFF

REG. \$4.89/EA

BAREBELL
Energy Bar
Assorted | 55g

SAVE
\$1

REG. \$8.99-16.99

PB2
Powdered Peanut Butter
184g - 454g

SAVE
\$1

REG. \$9.99/EA

BECK'S BROTH
Bone Broth Powdered Drinks
21g-36g

SAVE
\$1

REG. \$7.99/EA

SALAD GIRL
Assorted Organic
Salad Dressings | 230ml

SAVE
\$2

REG. \$9.99

WILDVINE
Pickled Vegetables
591ml

\$1 OFF

REG. \$5.39

HUMBLE
Potato Chips GF
135g

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 - 141 g

SAVE
\$1

REG. \$5.99/EA

V8
Vegetable Cocktail | 6x156ml

15%
OFF

REG. \$11.99-13.99/EA

LOURISH
Protein Pancake Mix
128g-226g

15%
OFF

REG. \$4.99-7.99

MADEGOOD
Assorted Oat Bars & Cookies
24g - 200g

10%
OFF

REG. \$4.49

GHOST
Energy Drink | 473ml

SAVE
\$1

REG. \$7.99-\$10.99

CRACKER BARREL
Assorted Cheese
200-320g

15%
OFF

REG. \$3.99-\$4.39/EA

HARVEST SNAPS
Snappea Crisps
85g-93g

SAVE
\$2

REG. \$12.99

WILDBRINE
Assorted Organic Sauerkraut
241-500ml

NOW INTRODUCING...

L'OCA GOURMET MEALS, DELIVERED

GOURMET 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
to learn more

