

VALID
MAR 13 - MAR 27

L'OCA™
QUALITY MARKET



PROUDLY CANADIAN

L'ocal is one of our core values. We prioritize sourcing local first, supporting Canadian farmers & producers at every step. L'OCA has over **4,000 Canadian products** in-store! Eat well, shop L'ocal!

MEET A FEW OF OUR FARMERS & PRODUCERS

L'OCA EGGS

MANS EGGS
NOBELFORD, AB



Small-scale farmers who produce fresh free-range eggs. Mans chickens are fed a GMO-Free Certified diet.

L'OCA BEEF

NORTH COUNTRY
WHITECOURT, AB



North Country's Angus/Hereford crossbreeding produces premium marbled beef, ranking in the top 2% in Canada. Their slower, natural feeding process ensures top-quality beef.

L'OCA CHEESE

CRYSTAL FARMS
COALHURST, AB



Family-owned, with a herd of 100 happy, healthy cows crafting delicious and addictive cheeses.



SCAN TO LEARN ABOUT OUR PRODUCER

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

GOURMET MEALS

Over 200 Meals... Salads, Soups, Pizza, Pasta, Sushi
+ So Much More! *Made From Scratch Everyday.*

L'OCA DRESSINGS & SAUCES

BUTTERMILK RANCH	CAESAR DRESSING	CITRUS DRESSING	GREEK RED WINE VINIGRETTE	UMAMI DRESSING
				
\$10.49 473ml	\$10.49 473ml	\$10.49 473ml	\$10.49 473ml	\$10.49 473ml

MANY MORE CHOOSE FROM

- Green Goddess Dressing
- Balsamic Vinaigrette
- Thai Peanut Sauce
- Thai Lemongrass Sauce
- Teriyaki Sauce
- PYRO Zesty BBQ Sauce
- Carolina Mustard Sauce
- Pineapple Sweet Chili Sauce
- PYRO Sweet & Sticky Sauce
- PYRO Housemade Ketchup

\$2 OFF ALL DRESSINGS

L'OCA SALADS

KALE SALAD	BEET & RASPBERRY SALAD	CHICKEN COBB SALAD	THAI CRUNCH SALAD with Blackened Chicken	CAESAR SALAD
				
\$9.99	\$14.89	\$14.89	\$17.89	\$9.99

L'OCA COMPOUND SALADS

EGG SALAD	GREEN GREEK ORECCHIETTE SALAD	GERMAN YELLOW POTATO SALAD	ORZO SUNDRIED TOMATO SALAD	CHICKPEA & QUINOA TABBOULEH
				
\$8.49	\$8.99	\$8.49	\$8.89	\$8.49

L'OCA TACO KITS

NEW!



MAKE ANY NIGHT, A TACO NIGHT!

Build your own pulled pork taco, and top it with Charred Pineapple Salsa Roja, diced white onion, Mexican slaw, and Cotija cheese.

\$19.99
/each

Perfectly Packaged
For 2 People

GOURMET MEALS'

SUPPER SERIES

Take a break from cooking! Treat yourself to a chef-prepared gourmet supper at home, without lifting a finger! The Gourmet Supper Series presents a new, fully-cooked chef-prepared meal each week to be enjoyed in the comfort of your own home.

Middle Eastern Mezze Dinner

MARCH 21, 22, 23

- Shawarma
- Falafel
- Pita Bread
- Muhammara
- Fattoush
- Herbal Rice Pilaf
- Grilled Haloumi
- Hummus
- Garlic Toum
- Baklava

\$69
/2 people

\$139
/4 people



STEP 1

Order Online
shop.loc.ca

STEP 2

Choose Your Pick-up
Date & Time

STEP 3

Pickup At
Deli Counter



Order Here!



THE BUTCHER



FRESH ALBERTA PRODUCE

WE ONLY SOURCE CANADIAN MEAT!



ALBERTA
AAA N.Y. STRIPLIN

\$20.99/LB
\$46.28/kg
Reg. \$24.90/lb (\$54.90/kg)

OUR BUTCHERS' TIPS SOUS VIDING THE ULTIMATE STEAK

- 1. PREPARE THE STEAK:** Add a small scoop (about 1 tbsp) of our Butcher Beef Tallow (herb or plain) for added richness and flavour. Place steak into the vacuum-seal bag
- 2. SOUS VIDE:** Submerge the sealed steak and cook for 1 to 4 hours at 129°F (54°C) for medium-rare (adjust for desired doneness).
- 3. SEAR:** Remove the steak and pat it dry. Sear in a smoking hot cast-iron pan with tallow for 30-60 seconds per side or finish it on the BBQ for extra flavour. Let rest, slice, & enjoy!

PERFECT MATCH



L'OCA TALLOW
Available Pure or
Garlic & Herb Infused

\$12.99
/EA



\$6.77 /LB
\$14.90/kg

CAJUN CHICKEN
DINNER



\$6.77 /LB
\$14.90/kg

LEMON PEPPER
CHICKEN DINNER



\$9.99 /LB
\$22.02/kg

BUTCHER'S
POT ROAST

ONE PAN DINNERS

PERFECT FOR
BUSY WEEKNIGHTS

OUR ONE-PAN
DINNERS FEATURE
L'OCAL ALBERTA
CARROTS, POTATOES
& ONIONS

OUR PORK IS
SUSTAINABLY
RAISED &
PROCESSED
AT FAMILY
MEATS,
PONOKA, AB



\$5.49 /LB
\$12.10/kg
Reg. \$7.67/lb (\$16.90/kg)

BONE-IN PORK CHOPS



\$5.99 /LB
\$13.21/kg
Reg. \$8.57/lb (\$18.90/kg)

PORTERHOUSE CHOPS



\$7.49 /LB
\$16.51/kg
Reg. \$9.93/lb (\$21.90/kg)

PORK BACK RIBS

NORTH
COUNTRY BEEF
GROUND FRESH,
IN-HOUSE

FRESH, NEVER
FROZEN,
AIR-CHILLED
POULTRY



\$6.49 /LB
\$14.28/kg
Reg. \$7.50/lb (\$16.50/kg)

LEAN
GROUND BEEF



\$6.49 /LB
\$14.28/kg
Reg. \$7.50/lb (\$16.50/kg)

EXTRA LEAN
GROUND BEEF



\$7.99 /LB
\$17.58/kg
Reg. \$9.05/lb (\$19.90/kg)

GROUND
CHICKEN

LOOKING FOR A SPECIFIC CUT?
NEED A LARGER ORDER?

Contact our Butcher team
EMAIL: butcher@loca.ca

DEEPWATER FARMS GREENS

2\$10
FOR
REG. \$5.99/EA

ALL
DEEPWATER
FARMS GREENS



L'OCA LOVES GREEN

\$2.99 /LB
\$6.60/KG
REG. \$5.29/LB (\$11.66/KG)

GREEN
GRAPES



\$3.99
/EA
REG. \$4.99/EA

1 L/B LOCAL ALBERTA
MINI CUCUMBERS



\$1.99 /LB
\$4.39/KG
REG. \$2.99/LB (\$6.59/KG)

STEVE & DANS
GRANNY SMITH
APPLES



\$1.99
/EA
REG. \$4.99/EA

ALL INSPIRED GREENS
LIVING LETTUCE



STRATHCONA MICROGREENS

2\$9
FOR
REG. \$5.00/EA

ALL
STRATHCONA
MICROGREENS



GARDEN MIX



SALAD MIX



PEA SHOOTS



BROCCOLI SHOOTS

DELI

15% OFF

REG. \$5.29/100G
ALL SYLVAN STAR
GOUDA FLAVOURS



SAVE \$2

REG. \$9.99/EA
TRE STELLE
MOZZARELLA BALL



2\$10

FOR
REG. \$5.69/EA
SIKORSKI
MINI
KABANOS



15% OFF

REG. \$3.68/100G
ALL EMIRELLI
TURKISH DELIGHT
FLAVOURS



NEED A CUSTOM CHARCUTERIE PLATTER?
We'll craft the perfect arrangement, tailored to any group size.
*24 hour notice for custom platters

Contact our Deli team
EMAIL: Deli@loca.ca

L'OCALÉ

CAFE & GELATERIA



New!

MOBILE ORDERING NOW AVAILABLE

Skip the line and order ahead!

From coffee to sandwiches, pastries, and even gelato, we make it easy to grab your favourites on the go.



SCAN HERE OR VISIT:
mobileorder.loca.ca



MINI EGG GELATO



For a limited time!

1 SCOOP \$5.50

2 SCOOPS \$7.75

New! FEATURED COFFEE NANAIMO BAR

AVAILABLE HOT OR COLD

LATTÉ

MOCHA

HOT CHOCOLATE

Nanimo Latté

Nanimo Iced Mocha

Nanimo Hot Chocolate



PASTRIES BAKERY

Macaron Day

Macaron Day began in Paris in 2005 to celebrate French macarons & give back to local charities.

We're honoring this tradition by donating **\$0.50** from every macaron sold to the **Stollery Children's Hospital**

L'OCA MACARONS

Delicate little pillows with a crusty outside shell and soft ganache or buttercream inside



EARL GREY



PISTACHIO



CARAMEL



LEMON YUZU



RASPBERRY



TIRAMISU

\$2.50 /EA



MINI CINNAMON BUNS

\$14.99

Reg. \$15.99



CINNAMON BUNS 4 PACK

\$14.99

Reg. \$15.99



SCONES - 4 PACK

SAVE **\$2**

Reg. \$14.99



BAGUETTE

2\$5 FOR

Reg. \$3/ea



DOUBLE CREAM CHEESE CAKE

2\$12 FOR

Reg. \$8.99



CITRUS SWIRL TART

2\$12 FOR

Reg. \$8.99



PECAN PIE

SAVE **\$3**

Reg. \$22.99



CLASSIC BUNS

2\$10 FOR

Reg. \$5.99

NEED A CUSTOM CAKE? OR LARGE PASTRY ORDER?

Contact our Bakery team
EMAIL: bakery@loca.ca

OPEN
11 - CLOSE
EVERYDAY

DELI SANDWICH BAR

NOW SERVING BOTH LOCATIONS

We're taking the sandwich game to new a levels. Our meats are smoked and prepared in-house, we source the freshest veggie toppings, and our sourdough is baked just 20 feet away from the sandwich bar. Freshness you can't beat!



PASTRAMI ON RYE



FRENCH ONION GRILLED CHEESE



GOLDEN EGG SALAD ON WHITE



FRENCH ONION GRILLED CHEESE



VEGGIE PADRINO



BLT ON WHITE

L'OCA

BURGER BAR

NOW OPEN

ONLY AT SHERWOOD PARK

What makes our Smash Burgers so good? *The ingredients.*

Our butchers grind our patties fresh everyday using the highest quality meat from North Country Farms. And the secret sauce? Well, that's a secret. But trust us, it's really good.

OPEN
11 - CLOSE
EVERYDAY



FRIES \$6 | TRADITIONAL POUTINE \$ 9 | BUTTER CHICKEN POUTINE \$12

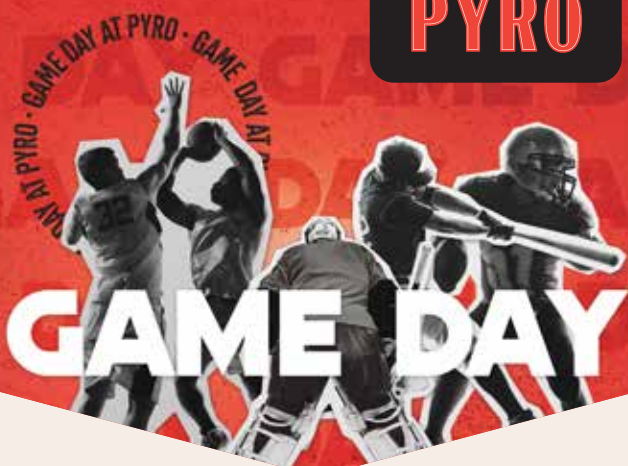
MADE IN CANADA

MADE IN CANADA

<p>SAVE \$2 PIEROGERIE CABBAGE ROLLS & PIEROGI All Flavours 330g</p> 	<p>SAVE \$1 REG. \$11.99/EA SHERWOOD PARK SOUPS All Flavours</p> 	<p>2\$10 FOR REG. \$5.99/EA MOTHER MAY I DIP Hummus 283g</p> 	<p>SAVE \$3 MAISON ORPHEE Assorted Varieties 750ml</p> 	<p>SAVE \$1 REG. \$8.29/EA YOGI TEAS Assorted Flavours 16 bags</p> 	<p>SAVE \$1 REG. \$19.99/EA ALTERNATE ROUTE COFFEE 340g</p> 	<p>SAVE \$2 REG. \$17.89/EA L'OCA COFFEE All Varieties 340g</p> 	<p>\$5.99 REG. \$6.49/EA SUMMERLAND SWEETS JAMS All Flavours 250ml</p> 
<p>SAVE \$1 REG. \$9.69/EA BC BRINE Pickled Vegetables 500ml</p> 	<p>SAVE \$3 REG. \$7.99/EA L'OCA BALSAMIC VINEGAR 250ml</p> 	<p>2\$9 FOR REG. \$4.99/EA CHINA LILY SOY SAUCE 483ml</p> 	<p>3\$8 FOR REG. \$3.50/EA PINOCCHIO Ice Cream Cup All flavours - 125ml</p> 	<p>SAVE \$1 REG. 8.49/EA DORST CEREALS Muesli 560g</p> 	<p>SAVE \$1 REG. \$8.49/EA EARTH'S OWN Plant-Based Barista Milk Oat light & Almond 946ml</p> 	<p>SAVE \$1 REG. \$8.99/EA PRANA Chia Seeds 300g</p> 	<p>SAVE \$3 REG. \$10.49/EA UNCLE LUKE'S MAPLE SYRUP Dark & Very Dark Maple Syrup 500ml</p> 
<p>2\$8 FOR REG. \$4.49/EA KIJU ORGANIC JUICES Assorted Flavours 1L</p> 	<p>3\$10 FOR REG. \$3.49/EA CABANA Lemonade 591ml</p> 	<p>SAVE \$1 L'OCA WHOLE MILK 2L & 4L</p> 	<p>2\$8 FOR REG. \$4.99/EA POMME MD Electrolyte Apple Juice 355ml</p> 	<p>2\$8 FOR REG. \$4.99/EA HARBITE CHIPS Potato Chips Assorted Flavours 128g</p> 	<p>2\$12 FOR REG. \$6.99/EA L'OCA TORTILLA CHIPS 350g</p> 	<p>SAVE \$1 REG. \$9.99/EA MID-DAY SQUARES All Flavours 132g</p> 	<p>2\$12 FOR REG. \$6.99/EA KGW KETTLE CORN Assorted Flavours 245g</p> 
<p>2\$12 FOR REG. \$8.99/EA DAIRYLAND Butter 454g</p> 	<p>SAVE \$1 REG. \$6.99/EA JOYYA MILK 1L Assorted Flavours</p> 	<p>\$5.99 REG. \$6.49/EA L'OCA YOGURT 650ml</p> 	<p>SAVE \$1 L'OCA LARGE EGGS 12pk and 30pk</p> 	<p>2\$12 FOR REG. \$6.49/EA ZWICK'S PRETZELS All Flavours 140g</p> 	<p>SAVE \$1 REG. \$6.59/EA CEDAR VALLEY Pita Chips 180g</p> 	<p>2\$8 FOR REG. \$4.99/EA HAWKINS CHEEZIES 210g</p> 	<p>2\$8 FOR REG. \$4.59/EA BARBARA'S Cheez Puffs Assorted Flavours 155g</p> 

PYRO

ORO



JOIN US ON GAME DAY AS WE
CHEER ON THE OILERS & SERVE UP
UNBEATABLE GAME DAY SPECIALS!

SERVED 2 HOURS BEFORE & AFTER GAME TIME.

APPETIZERS

Crispy BBQ / Hot Wings \$15
L'OCA Chips \$5

ENTREES

Steak Frites \$25
All Pizzas \$2 off

GAME DAY FEAST

60-hour smoked brisket, house-made sausages, crispy chicken wings, creamy mac & cheese, coleslaw, fries
\$40/Person (Min. order 2 People)

DRINKS

SMALL L'OCA LAGER \$5
LARGE L'OCAL LAGER \$8
PITCHER OF L'OCA LAGER (2L) \$27
JAGER OR JAMESON SHOTS | 1 OZ \$5
WINE (7 OZ / 9 OZ) \$8/\$12
• Mezzacorona Pinto Grigio • Le Bijou De Sophie Valrose
• Zorzal Terroir Unico Malbec • Villa Marchesi Prosecco
SANGRIA RED OR WHITE, MIMOSA \$8



\$25 Lunch Special

(includes one starter & one main)

STARTER

SOUP

HOUSE-MADE MARKET SOUP
Ask your server for today's market selection

SALAD

ROMAINE HEART CAESAR SALAD
Romaine, toasted sourdough, Parmigiano Reggiano, double smoked L'OCA Bacon, citrus, anchovy caper dressing

PANZANELLA SALAD

Heirloom tomatoes, cucumber, red onion, sourdough crouton, basil, tomato coulis, shaved fennel

MAIN

Choice of a Half Pasta or Pizza \$40 upgrade to a full-size pizza or pasta

PIZZA

NEO MARGHERITA
Basil & Parmigiano Reggiano crumble, DOP tomato, Fior di Latte, single-origin olive oil

PROSCIUTTO

DOP tomato, Sicilian oregano, chili, Fior di Latte, Parmigiano Reggiano, 24-month Prosciutto di Parma, Arugula, single-origin olive oil

'NDUJA

'Nduja sausage, Parmigiano Reggiano shaved fennel, fennel pollen, chili oil

\$ 2 9

STEAK FRITES

6 oz North Country Beef Striploin, fries, L'OCA biodynamic greens, brandy peppercorn sauce.

PASTA

SPAGHETTI BEEF RAGU

Smoked North Country beef ragu, parsley, cracked black pepper, Parmigiano Reggiano, single-origin olive oil

SPICY RIGATONI

Vodka rosé sauce, housemade hot Italian sausage, Parmigiano Reggiano

CHICKEN ALFREDO

Chicken, caramelized onion & thyme stuffed ravioli, Alfredo sauce as per Alfredo di Lelio (1882-1959) Rome

AGNOLOTTI DEL PLIN

Stuffed with whipped ricotta, tomato passata, basil, Parmigiano Reggiano

WINE & BUBBLES

\$ 8 6 oz

SPY VALLEY MARLBOROUGH SAUVIGNON BLANC
MASOTTINA COLLEZIONE 96 PROSECCO
GABBIANO CHIANTI CLASSICO RISERVA



Book Your
Reservation
Now

780.577.9675
pyroinfo@loca.ca

pyrogrill.ca

340 Baseline Rd
Sherwood Park
AB T8H 2N4

780.479.2271
oroinfo@loca.ca

oro Trattoria.ca

Book Your
Reservation
Now



L'OCA
QUALITY MARKET

Items advertised may not be exactly as shown. Prices do not include taxes, deposits, and environmental levies. Offers are subject to change and may be withdrawn without notice. All purchases are subject to availability at the time of sale. Rain checks are not issued. Sale items are valid from March 13 - March 26, 2025. See in-store for more details.

LOCA.CA