



# Pomme

NATURAL MARKET



## Guru Organic Energy Drinks

Guru crafts organic, plant-based energy drinks that support your health – using botanical ingredients that are known to boost mental & physical wellbeing.

355ml  
**2 \$6**  
FOR



## Sol Cuisine Plant-Based Burgers

Born in 1980, Sol Cuisine manufactures high-quality vegetarian, vegan, Halal, gluten-free and organic frozen and fresh meat alternatives.

284g  
**\$5.99**  
EA



## Lundberg Organic Rice Cakes

Give in to those snack cravings with a hearty dose of organic brown rice!

241g  
**25% OFF**



## CanPrev Electro Magnesium Effervescent Drink

ElectroMag delivers a powerful 150mg of pure elemental magnesium from magnesium bisglycinate, a superior form that is easy to absorb and digest.

30 Pack  
**15% OFF**



## Dom's Natural Deodorants

Effective and vegan friendly, Dom's organic deodorant is handmade with love on Saltspring Island

70g  
**15% OFF**



## Badger Sun Care

Badger's certified organic mineral sunscreens provide safe broad spectrum protection with the mineral zinc oxide.

Assorted  
**20% OFF**

[www.pommenaturalmarket.com](http://www.pommenaturalmarket.com)

**5**  
PAGES OF  
SAVINGS!

**Port Coquitlam**  
2755 Lougheed Hwy  
Open 8am - 10pm 7 Days A Week  
**(604) 475-2505**

**Nanaimo**  
6560 Metral Drive  
Open 8:30am - 8pm 7 Days A Week  
**(250) 390-1955**

**Offers Valid  
July 2nd to  
July 29th 2020**

*\*Items may not be available at all locations. Prices May Vary*

# Flow Collagen-Infused Spring Water

**NEW ITEM!** Your favourite best-tasting spring water, enhanced with 10 grams of grass-fed collagen to support healthy, glowing skin while you hydrate.



500ml  
**10% OFF**



## Silver Hills Sprouted Bagels

At Silver Hills, we bake delicious bagels using a unique sprouting process which unlocks whole grain nutrition for our bodies to enjoy.

400g  
**15% OFF**

## Boulder Canyon Kettle Cooked Potato Chips

Thickly sliced, premium potatoes are slow cooked, adding distinctive natural flavours to create the finest kettle chips around.

142g  
**\$3.59 EA**



## Fentimans Botanically Brewed Soft Drinks

Fentimans is vegan friendly, gluten-free and has no preservatives. We are proud to be fully botanically brewed.

4 Pack  
**\$9.99 EA**

## Let's Do Organic Sugar Cones

Classic, cake-style cones for your favourite frozen desserts!

Assorted  
**\$5.99 EA**



## Mighty Fine Brine Fermented Pickles and Krauts

Hey there lucky snacker! Mighty makes heritage food and drinks that love your guts! Timeless. Delicious. Healthy.

Assorted  
**10% OFF**



## Denman Island Organic Chocolate

Support local! The first organic chocolate company in perfectly portioned sizes & range of vegan options!

46g  
**\$3.39 EA**



## Earth Balance Vegan Buttery Flavour Spreads

Plant-based buttery spread, made with a smooth blend of non-GMO expeller-pressed oils.

Assorted  
**10% OFF**



## Hippie Snacks Plant-Based Crisps

Locally made, non-GMO, gluten-free & plant based snack alternative - Hippie Crisps are a great option for picky kids, backyard barbecues & summer snacking!



70g  
**\$5.29 EA**

## ECOS Dish Soaps

ECOS Dishmate is a concentrated hand dishwashing liquid that gives you a power-packed clean without dyes, phosphates or other harmful ingredients.

739g-740g  
**\$6.29 EA**



## Thirsty Buddha Organic Coconut Water Tetra Pak

Certified Fair Trade & Organic Coconut Water - not from concentrate - Thirsty Buddha also supports 1% for the Planet.

1L  
**25% OFF**



## Glutino Complete Line on Sale

Glutino has been making delicious gluten-free snacks for over 30 years.

Assorted  
**10% OFF**



## Que Pasa Organic Chips

Dig into a bag of wholesome Que Pasa chips and taste the tradition.

300g-350g  
**\$3.79 EA**



## Navitas Goji Berries

A true antioxidant powerhouse, a surprisingly strong source of protein, and contains more than 20 vitamins and minerals.

Certified  
**15% OFF**





## Udi's Gluten Free Complete Line on Sale

At Udi's, our mission is simple. We want you to taste happiness. And we'll make it happen by creating the very best gluten-free foods on the planet.

Assorted

10% OFF

## Beanfields Bean Chips

More than just a chip! Plant-based snacks loaded with 4 grams of protein, and 4 grams of fibre. That's what's up.

156g

15% OFF



## ROAR Organic Electrolyte Infusions

Low calorie hydration made with natural ingredients and filled with electrolytes & vitamin B. Discover your favourite flavour!

532ml

10% OFF



## Kind Bars

Gluten-free, low glycemic index, non-GMO, low in sodium, and kosher.

40g

10% OFF

## Rise Organic Kombucha

Provides powerful antioxidants from the tea and herbs, improves digestion and boosts immunity!

1L

\$8<sup>39</sup> EA



## Gardein Meatless Meats and Meals

A savoury blend of nutritious vegetables and grain ingredients, prepared and slow-cooked to have the authentic taste, texture and nutrition of premium lean meat.

Assorted

10% OFF



## Nada Moo Organic Non-Dairy Ice Cream

From our dairy-free organic coconut milk base to our certified vegan ingredients, our pints are filled with 100% goodness.

Certified

Corporation

473ml

10% OFF



## Simply 7 Organic Plant-Based Snacks

Feel good & thrive! We're passionate about making great-tasting, wholesome snacks for every lifestyle! All of our chips are delicious and nutritious!

Assorted

\$3<sup>99</sup> EA

## Real Brew Natural Soda

Brewed to allow the ingredients to blend together forming a full, rich flavour, free from any artificial additives or preservatives.

355ml

15% OFF



## Blue Monkey 100% Watermelon Juice

Shelf stable, no added sugars, not from concentrate and no preservatives added. Serve chilled- summertime's here!

1L

\$5<sup>29</sup> EA



## Sundhed Himalayan Salt

Sundhed's salts are an all-natural, food grade and kosher certified product originating from the Himalayan Mountains.

250g

15% OFF



# Sunflower Kitchen Hummus

A great source of fibre, protein and full of vitamins and minerals. So delicious, we bet you can't dip just once!

GREAT SOURCE OF FIBER & PROTEIN



227g

15% OFF



## Noble Jerky Vegan Jerky

A premium marinated and seasoned plant protein vegan jerky. All-natural, non-GMO, clean fuel from a Canadian company.

70g

\$5<sup>69</sup> EA

## Progressive Complete Collagen

Mend and repair your active body to run, bend, lift and stretch with ease.

Assorted

**10% OFF**



## Garden of Life Dr. Formulated Organic MCT Oil

13g of MCTs per serving from sustainably-grown organic coconuts. Certified Organic & Non-GMO Project Verified. No palm oil, non-hydrogenated, Paleo & Ketogenic friendly.



Assorted

**10% OFF**



## SierraSil Joint Formula

SierraSil is clinically proven to reduce inflammation & pain, preventing cartilage breakdown by up to 78%. Money back guarantee!

Assorted

**15% OFF**



## Martin & Pleasance Zen Herbal Pain Relief

A quick absorbing, non-greasy, blend of anti-inflammatory herbs, used to help ease on-going muscle and joint pain!

Assorted

**10% OFF**

## Prairie Naturals Organic Red Superfood

Taste the power of Canada's most potent blend of red superfoods! Natural food-source antioxidants protect, heal, energize and restore.

210g

**10% OFF**



## Salus Organic Red Beet Crystals

Add the goodness of red beets to smoothies and treats with instantly soluble Salus Red Beet Crystals; obtained from the juice of freshly harvested organic beets.

200g

**10% OFF**



## Botanica Superfood Beverages

Crafted in small batches, with a few simple whole food ingredients. Organic, non-GMO, vegan. Lion's Mane Iced Tea & Turmeric Lemonade



Assorted

**10% OFF**



## Evan Healy Complete Line On Sale

Certified Organic, handmade skincare products inspired by the wisdom of nature and formulated to support the rhythms of the body.

Assorted

**20% OFF**

## Incrediwear

Incrediwear offers circulation enhancing products that reduce inflammation & swelling, relieve pain, restore mobility and accelerate recovery.

Assorted

**15% OFF**



## Botanica Perfect Protein

A sprouted complete plant protein with 20g of protein. A few simple organic ingredients, no added sweeteners, not even stevia!



Assorted

**10% OFF**



# Sukin Complete Line on Sale

Utilising beautiful botanicals, natural extracts and essential oils to reveal nutrient rich, radiant skin and hair. It's what we leave out that makes us special.



**Port Coquitlam Store**  
8am - 10pm 7 Days A Week

**Nanaimo Store**  
8:30am - 8pm 7 Days A Week



## New Roots Probiotic Intensity

Supplies 20 Billion CFU and 18 strains, plus concentrated colostrum which provides critical support to the intestinal lining.

30 cap / 60 cap

10% OFF



## New Roots Forsight

Complete formula containing lutein plus 22 synergistic nutrients to help maintain vision and eye health.

30 cap / 60 cap

10% OFF

## North Coast Naturals Raw Hemp Seed Hearts

Canadian, 100% raw, shelled hemp seeds.

454g

\$11.99 EA



## BioSil

Clinically proven to improve all 3: Skin, Hair and Nails. Protects both newly formed and existing collagen from breakdown. Contains no animal products.

Assorted

10% OFF



# Summer Sweet Cucumber Salad

This delightful salad has a bit of sweet and a little bit of spice too!

## Ingredients

- 2 small English cucumbers, thinly sliced
- 2 medium carrots, thinly sliced
- 1 large sweet red pepper, julienned
- ½ medium red onion, thinly sliced
- 2 green onions, sliced
- ½ serrano or jalapeno pepper, seeded and thinly sliced, optional (use gloves!)

## Directions

In a large bowl, combine all prepared veggies. In a small bowl, mix dressing ingredients, stirring to dissolve sugar. Pour over vegetables; toss to combine. Refrigerate, covered, 30 minutes or overnight (if allowing to set overnight, omit water). Serve with a slotted spoon. If desired top with minced fresh cilantro, chopped peanuts and additional sliced green onion.

## Dressing Ingredients

- 1/3 cup sugar
- 1/3 cup rice vinegar
- 1/3 cup water
- 1 tsp each salt, garlic powder and pepper
- 1 tsp sesame oil
- 1 tsp reduced-sodium soy sauce
- 1 small garlic clove, minced
- ½ tsp minced fresh gingerroot
- ¼ tsp cayenne pepper, optional

RECIPE