



Pomme

NATURAL MARKET



Runa Bottled Iced Teas

414ml

Organic, Fair Trade, non-GMO certified guayusa brewed and bottled in both sweetened and unsweetened flavours. Try a clean energy boost.

BUY ONE GET ONE FREE

BOGO



Terra Exotic Vegetable Chips

165-226g

Delight your taste buds with an exotic mix of Taro, Sweet Potato, Yuca, Batata, Parsnip, and Ruby Taro.

SALE

\$3.99 EA

Okanagan Rawsome Krumbleez and Crisps

340g

Raw, Vegan and naturally Gluten Free snacks made in the Okanagan with simple ingredients: fresh organic produce, lentils, nuts, & seeds.

SALE

\$9.99 EA



Organic Green Kale

Product of BC

SALE

2\$4 FOR



Badger Sunscreen

Unscented

Badger's natural sunscreens are certified organic and natural and they provide broad spectrum protection with the mineral zinc oxide. Safe for the entire family.

SALE

20% OFF



Botanica Goji Berries

300g and 500g

Botanica searched the world over to find the juiciest, tastiest Goji berries that are also certified organic. Chewy, nutrient-rich and full of energy!

SALE

20% OFF

Offers Valid until closing,
Sunday July 30th, 2014.

2755 Lougheed Hwy, Port Coquitlam
pommenaturalmarket.com

(604) 475-2505
Open 8am - 10pm 7 Days a Week

Grocery

Good Food Changes Everything!



Endangered Species Natural Chocolate Bars

85g
Milk and dark chocolate bars made with ethically traded, shade grown cocoa and natural ingredients.

SALE \$2.99 EA



Maison Orphée Organic Deodorized Coconut Oil

850g
This coconut oil with its neutral flavour is an ideal substitute for butter or margarine in your favourite recipes.

SALE \$12.99 EA



Glutenfreeda Frozen Burritos and Wraps

113-128g
Gluten-free burritos and wraps made with an authentic tasting gluten-free flour tortilla wrapped around traditional ingredients and finished with just the right amount of spice.

SALE 2\$7 FOR

Mackie's of Scotland Potato Crisps

150g
Mackie's potato crisps deliver natural goodness and tasteable difference in every crunch.

SALE 2\$5 FOR



Daiya Dairy Free Cheese Substitute Shreds

227g
Create the perfect gooey, hot and delicious meal. Daiya Shreds deliver rich goodness one small flavour burst at a time.

SALE \$3.99 EA



SeaSnax Grab & Go Seaweed Snacks

5g
A nutrient-packed roasted seaweed snack made using 100% olive oil and just a pinch of salt.

SALE 2\$3 FOR



Simply Natural Organic Condiments, Dressings, Salsa's & BBQ Sauces

303-575ml
Made with the finest ingredients to create a homemade flavour that will leave you simply wanting more.

SALE 2\$5 FOR



Once Again Natural Almond Butter

454g
Unblanched almonds dry roasted and milled to create a smooth almond butter.

SALE \$8.99 EA



Tofurky Beer Brats

397g
These Big Dogs SIZZLE on the grill and really fill out a bun with mustard and sauerkraut.

SALE \$3.99 EA

Featured Item



Solar Raw Kale Chips

100g
Organic, Raw, Delicious and nutritious, gently air dried Kale Chips made with simple ingredients.

SALE \$6.99 EA



Wild Ocean Wild Ocean Fish Assorted Fillets

227g / Assorted Fillets
Wild Ocean Fish is a premium sustainably harvested seafood from the icy waters of British Columbia.

SALE 10% OFF



Smooze! Fruit Ice

8x65ml
100% Natural with real fruit purees and juices

SALE \$5.99 EA

Rico 'n Lalo Frozen Fruit Bars

4x80ml
Made with the finest ingredients: fresh, whole fruit, purified water and evaporated organic cane juice.

SALE \$4.99 EA



So Delicious Purely Decadent Non-Dairy Frozen Dessert

500ml
Dairy free frozen desserts that are so smooth and creamy, you'll never miss ice cream again.

SALE \$4.99 EA



Healthy Living



MegaFood Balanced B Complex Assorted

Balanced ratio of FoodState B complex vitamins in their most bioavailable whole food form. Promotes energy and health of the nervous system. Easy to digest and no after taste.

SALE 20% OFF



New Roots StrongBones Assorted Sizes

Each daily dose provides 900mg of exactly the right calcium for the human body. Contains 22 essential nutrients to ensure proper utilization by the body, resulting in new healthy bone mass and stronger bones.

SALE 20% OFF



A. Voğal Absolut Arnica Twin Pack 50ml

High concentration of arnica. Fast acting, non-greasy gel. Traditionally used to soothe muscle and joint inflammation. Great for sore muscles from hiking, jogging, biking or bruises and sprains.

SALE \$17.00 EA

Kiss My Face Moisture Shaves Assorted Sizes

A smooth shave with vitamin E, olive oil, coconut oil, and aloe. Does not contain parabens, phthalates or artificial ingredients your sensitive face does not need.



SALE 20% OFF

Garden Of Life Raw Plant Proteins Assorted Sizes

Featuring 13 RAW organic sprouts, RAW Protein is an excellent source of all essential amino acids, providing 17 grams protein per serving. Contains no fillers, no artificial flavors and no synthetic ingredients and its gluten-free and dairy-free.



SALE 20% OFF

Nature's Way Raw Coconut Assorted Sizes

Made from pure, unrefined, unbleached, non-GMO coconuts; No solvents (hexane-free), non-hydrogenated, no trans-fat. Provides 2 grams of fiber per serving



SALE 20% OFF



Prairie Naturals Liquid Solutions Assorted Sizes

Simple to take, Easy to absorb, Fast-acting. Liquid nutrients bound to a water molecule creating a solution that is readily available to your body for noticeable health benefits.

SALE 20% OFF



Vega Protein Smoothies Assorted Sizes

Take the chore out of your daily protein quest. Every serving has 15g protein and the equivalent of two servings of veggies. It's family-friendly and made from non-GMO ingredients. Just add water, shake and go! MyVega.com

SALE \$15.99 EA



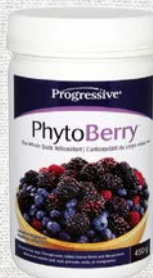
Orçanika Organic Quinoa Powder 300g

An excellent source of iron, folate, and fibre. A nutritious option for Celiacs and gluten-free diets. Gelatinized for easy digestion and instant solubility.

SALE 20% OFF

Progressive PhytoBerry 425g

Designed to offer whole body antioxidant protection by using a combination of nutrients that work together in targeting each organ and system in order to protect you from head to toe, inside and out.



SALE \$34.99 EA

Progressive VegEssential All in One 360g

Embraces the wisdom of consuming an alkaline-forming, whole-food diet and draws on almost 100 plant-based ingredients to deliver both micro and macro nutrients. Equivalent to 6-8 Servings of fresh vegetables.



SALE \$27.99 EA

Progressive VegeGreens 265g

The nine botanical families in VegeGreens are Plant Oils, Green Food Concentrates, Sea Vegetables, Land Vegetables, Phytonutrients, Cruciferous Vegetables, Herbal Co-Factors, Digestive Aids and Fibre.



SALE \$34.99 EA

Social Conscience Free Trade Sports Balls Assorted Balls

Social Conscience produces professional soccer balls, including practice balls, match balls, and minis, as well as pro volleyballs, beach volleyballs, and basketballs. We also have for a limited time World Cup Mini Flag Soccer Balls.

The Fairtrade premiums paid on our sports balls have contributed to various social programs benefiting the factory employees and their families. Programs such as eye exams, diabetes tests, school supplies for employee's children, as well as clean drinking water in their schools. Under the umbrella of the Fairtrade International, workers who assemble Fairtrade certified Sports Balls are assured a minimum wage and fair employment conditions, as well as funding to invest in social and economic initiatives in their communities. Further, children under the age of 15 are prohibited from working in the factories and stitching centres.



SALE 20% OFF



Check out the Progressive VegeGreens display in-store for a chance to win a trip to GREECE!



pommenaturalmarket.com

Open 8am - 10pm 7 Days a Week

Deli



Kan's Fritter Boxes

254g
Delicious vegan bite-size snacks made locally in Burnaby.



SALE \$4.99 EA

Wise Bites Assorted Cookies, Bars & Muffins

250-340g
Gluten Free and Vegan healthy tasty treats made in Richmond BC.



SALE \$6.79 EA

Samaya Delights Baklava

180g
Vegan Baklava, locally made in small batches with fresh ingredients. Available in 3 flavours - Rosewater, Cinnamon and Maple.



SALE \$1.00 OFF

Udi's Classic & Whole Grain Hamburger Buns

295-306g
Grilling in the backyard has never tasted so good - and it's gluten free!



SALE \$4.99 EA

Roasted Sweet Potato & Chutney Salad

SALE \$1.49 100g



Manjo & Peanut Millet Salad

SALE \$1.49 100g



Employee Spotlight

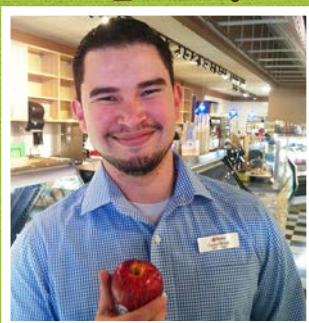
Carlos Molina

Delicatessen Department Manager

Meet our Deli Department Manager, Carlos Molina! Carlos loves that Pomme supports local businesses and farmers, and that we believe in a natural way to heal the body. He feels we do this by offering natural supplements and vitamins as well as promoting healthy eating by providing customers fresh cooked items from our Deli Department and Kitchen. "I just love the core values of this company and I am blessed to be surrounded by great, smart and hardworking people." Carlos enjoys many items in our store but if he had to choose, his favourites would be our in store Roasted chickens, Woodstown Farms Thick Bacon and Barkley's Chocolates!

Carlos is very thankful for the amazing people in his life that have encouraged and supported him and have given him the opportunity to shine and better himself. Carlos feels that here at Pomme, his co-workers are his second family. They have fun working together and enjoy making Pomme bigger and better on a daily basis!

Carlos is very proud to be contributing to the success of Pomme, he feels that people need to change their eating habits and demand quality, healthy, local foods, as well as protect our planet by supporting businesses that have high ethical standards. He truly believes in Pomme's philosophy "Good Food Changes Everything". Please come by the Deli and say Hi to Carlos!



Raw Cashew Dill Dip

What You'll Need:

- 1 cup cashews
- 1/3 cup freshly squeezed lemon juice
- 2 tbsp unpasteurized honey or raw ašave nectar
- 1 1/2 tbsp minced fresh dill weed
- 1 tbsp onion powder
- 1 tsp salt

Instructions:

Soak the cashews in a generous amount of cold water for at least one hour. Rinse well under cool water and drain. Combine all ingredients in a blender and process until smooth and creamy. Stir in a little extra chopped dill weed. To make into a sauce, add water until you reach desired consistency.

Recipe provided by Afke Zonderland from Okanagan Rawsome



Organic Produce

We currently have over 30+ local items in stock and only supply certified organic produce.

Organic Cantaloupe

Product of BC (Local)



SALE 2 \$5 FOR



Organic Green Leaf Lettuce

Product of BC (Local)

SALE 2 \$4 FOR



Organic Red Chard

Product of BC (Local)

SALE 2 \$4 FOR

Organic Nectarines

Product of California/Washington



SALE \$3.29 LB

Organic Basil

Product of BC (Local)



SALE 2 \$3 FOR

Organic Avocados

Product of Mexico



SALE 2 \$3 FOR