

food Basics

WOW

HEINZ ALPHA GETTI
ALPHABET PASTA
ET TOMATO SAUCE
LES 100 FORMES DE LETTRES
avec SAUCE TOMATE

HEINZ BEANS ORIGINAL
In Tomato Sauce
HIGH SOURCE OF FIBRE

Kraft
87¢ EACH

HEINZ CANNED MEAL OR BEANS
390 ML
SELECTED VARIETIES

Silk Almond
ZERO SUGAR
35% ALMOND MILK

Silk NEXTMILK
PLANT-BASED MILK
TASTE
DAILY-FREE

SILK ALMOND OR NEXTMILK BEVERAGE
1.8L-3.0L
SELECTED VARIETIES

DANONE
ONE PLANT. ONE WORLD.

2.88 EACH

KEURIG
GENUINE K-CUP PODS
CAPSULES K-CUP AUTHENTIQUE

Timothy's
MEDIUM ROAST / TORREFACTION
MOYENNE

COLOMBIAN LA VEREDA
COLOMBIEN LA VEREDA

Keurig Dr Pepper

9.98 EACH

TIMOTHY'S COFFEE PODS
30'S
SELECTED VARIETIES

Jamieson
GENTLE/DOUCE
Iron/Fer
28 mg

Jamieson
VITAMIN C OR D3
1,000 IU
120 - 240'S
IRON
90'S
SELECTED VARIETIES

Jamieson
CHEWABLE
NATURAL TANGY ORANGE
C
500 mg

BONUS
100-200
Supports a healthy immune system

4.98 EACH

ALWAYS MORE

GET READY TO SAVE! GREAT PRICES START

JUST LOW PRICES

No gimmicks. Easy to understand prices.

SELECTION
10 croissants
500 g

4.99 EACH

SELECTION CROISSANTS
10'S

ONTARIO PEACH
PEACH AND VANILLA
ICE CREAM WITH
PIECES

The Creamiest
SUNDAES MADE WITH CREAM
Bordeaux Cherry

4.44 EACH

IRRESISTIBLES ICE CREAM
1.5L
NOVELTIES
4 - 5'S
SELECTED VARIETIES

Life Smart
NATURALIA

BEEF BURGERS

12.99 EACH

LIFE SMART NATURALIA BEEF BURGERS
700 G
FROZEN
SELECTED VARIETIES

10" HANGING BASKETS
ASSORTED VARIETIES
SELECTED STORES
WHILE QUANTITIES LAST

12.98 EACH

food Basics

THE GROCER WITH THE BEST COMPETITIVE PRICES* **wow Leger**



WOWZA!

ATLANTIC SALMON FILLET FAMILY PACK 23.99/KG

WOWZA!
\$10⁸⁸ /LB

GUARANTEED FRESHNESS YOU CAN TRACE FROM THE CATCH TO THE PLATE

ALWAYS CANADIAN

WE LOVE LOCAL

FRESH FROM THE FARM OR ZABIHA HALAL BONELESS SKINLESS CHICKEN BREAST FAMILY PACK (AIR CHILLED) 10.98/KG

WOWZA!
\$4⁹⁸ /LB

Zabiha Halal CHICKEN POULET

FRESH FROM THE FARM LOCAL ONTARIO LOCAL L'ONTARIO CHICKEN POULET

MARC ANGELO ITALIAN SLICED DELI MEAT, PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA OR IRRESISTIBLES GOAT CHEESE 100 - 375 G SELECTED VARIETIES

WOWZA!
\$4⁸⁸ EACH

PRODUCT OF ITALY

SCHNEIDERS BACON 375 G SELECTED VARIETIES

WOWZA!
\$3⁸⁸ EACH

Schneiders BACON COUPE CLASSIQUE

LEMONS PRODUCT OF U.S.A. OR SOUTH AFRICA, 2 LB BAG GALA, AMBROSIA, HONEYCRISP, MCINTOSH, RED PRINCE OR RED DELICIOUS APPLES PRODUCT OF ONTARIO CANADA FANCY GRADE 3 LB BAG

WOWZA!
\$2⁹⁸ EACH

WE LOVE LOCAL

BLUEBERRIES PRODUCT OF U.S.A. OR MEXICO NO. 1 GRADE 1.75 G SEEDLESS NAVAL ORANGES PRODUCT OF SPAIN OR EGYPT 3 LB BAG

WOWZA!
\$1⁸⁸ EACH

HÄAGEN-DAZS ICE CREAM 450 ML NOVELTIES 3-4'S SELECTED VARIETIES

WOWZA!
\$4⁹⁸ EACH

vanilla almond vanille amande

YELLOW ONIONS PRODUCT OF ONTARIO OR U.S.A. NO. 1 GRADE 2 LB BAG CARROTS PRODUCT OF ONTARIO, U.S.A. OR MEXICO NO. 1 GRADE 2 LB BAG BROCCOLI CROWNS PRODUCT OF U.S.A. OR MEXICO

WOWZA!
\$1²⁵ EACH

BRAR'S Samosa Potatoes & Peas 240 G

WOWZA!
\$4⁹⁸ EACH

Vegetable Dumpling Dumpling Aux Légumes

HUY FONG SRIRACHA SAUCE 214 ML PH DUMPLINGS OR BRAR'S SAMOSAS 500 - 624 G FROZEN SELECTED VARIETIES

RED MANGOES PRODUCT OF MEXICO

WOWZA!
\$67^c EACH

PREMIUM DOZEN ROSES ASSORTED COLOURS

WOWZA!
\$16⁸⁸ EACH

HAPPY MOTHER'S DAY

HEREFORD CORNED BEEF OR SPAM LUNCHEON MEAT 340 G GOLD SEAL PINK SALMON 213 G OCEAN'S ALBACORE TUNA 170 G SELECTED VARIETIES

WOWZA!
\$2⁹⁸ EACH

GOLD SEAL PINK SALMON

HEREFORD CORNED BEEF BOEUF SALE

SPAM

ALWAYS MORE FOR LESS

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MAY 9TH TO WEDNESDAY, MAY 15TH, 2024

WOWZA!

CRACKER BARREL TEX MEX 120 G
BLACK DIAMOND CHEESTRINGS OR STICKS 252 - 384 G
CRACKER BARREL SHREDDED CHEESE 320 G
 SELECTED VARIETIES

\$ 5.99 EACH

Dempsters 12 GRAIN 100% WHOLE GRAINS
Dempsters Signature BUNS 5 - 8'S
 SELECTED VARIETIES

\$ 2.99 EACH

Natrel LACTOSE FREE OR ORGANIC MILK 2 L
SIGGI'S SKYR YOGURT 750 G
 SELECTED VARIETIES

\$ 4.99 EACH

McCain Superfries EXTRA CRISPY CROQUETILLANTES
McCain Superfries EXTRA CRISPY CROQUETILLANTES
 SELECTED VARIETIES

\$ 2.99 EACH

HELLMANN'S REAL VRAIE MAYONNAISE 710 - 850 ML
 SELECTED VARIETIES

\$ 5.99 EACH

GENERAL MILLS CINNAMON TOAST CRUNCH 354 G
GENERAL MILLS HONEY NUT CHEERIOS 430 G
QUAKER HARVEST CRUNCH 475 G
 SELECTED VARIETIES

\$ 3.33 EACH

COCA-COLA CANADA DRY OR PEPSI 6 x 750 ML
 SELECTED VARIETIES

\$ 3.99 EACH

CLOVER LEAF LIGHT TUNA 770 G
FLAVOURED TUNA 85 G
 SELECTED VARIETIES

\$ 1.49 EACH

COCA-COLA ORIGINAL TASTE 12 x 330 ML (4.28 L)

PEPSI 12 x 355 ML

\$ 6.99 EACH

RUFFLES POTATO CHIPS, DORITOS TORTILLA CHIPS, SMARTFOOD POPCORN, CHEETOS OR MUNCHIES SNACKS 150 - 285 G
 SELECTED VARIETIES

2/6.50

CASHMERE BATHROOM TISSUE 12 - 24'S
SPONGE TOWELS ULTRA 6'S
SCOTTIES FACIAL TISSUE 6'S
 SELECTED VARIETIES

\$ 7.49 EACH

TIDE OR GAIN LAUNDRY DETERGENT 49 - 107 LOADS, 2.48 - 4.35 L
DOWNY FABRIC SOFTENER 150 LOADS, 7.29 L
 SELECTED VARIETIES

\$ 14.99 EACH

***IN STOCK POLICY:** Food Basics+ offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop by Nosso Talho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; if there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in store or at Foodbasics.ca. Certain prices and special offers advertised in our flyers may vary by area. For the flyer applicable to your area, go to foodbasics.ca/flyer or see the flyer at your local store. Some illustrations in this flyer do not necessarily represent items on sale and are for design only. We reserve the right to correct any unintentional errors that may occur in the copy or in illustration. References to savings or sale prices are in comparison to our regular retail prices. Prices are effective Thursday 8 a.m. through closing Wednesday. Other exemptions may apply. "Compare at" references are in comparison to at least 1 other regular retail price. Commercial resale of our products is prohibited. UNAUTHORIZED COPYING OF THIS FLYER IN ANY MEDIUM (INCLUDING POSTING ONLINE) WITHOUT THE PRIOR WRITTEN CONSENT OF METRO ONTARIO INC. IS NOT PERMITTED. CUSTOMER CARE: 1-866-595-5554

9:21



DIGITAL DEAL OF THE WEEK

SAVE \$3



**BLACK DIAMOND
SHREDED CHEESE***
907 G

VISIT OUR APP FOR DETAILS.
*LIMIT ONE PER CUSTOMER,
PER TRANSACTION.

DIGITAL DEAL Food Basics

14⁹⁹ EACH

\$17.99 WITHOUT COUPON

NEW DEALS ON THE FOOD BASICS APP





ALWAYS FRESH

ALWAYS GREAT PRICES

ALWAYS IN STOCK

ALWAYS Save Every Day



SELECTION LOAF CAKE
400 G
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
3.99
EACH



SELECTION POTATO CHIPS
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
1.49
EACH



SELECTION SLICED DELI MEAT
400 G
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
8.99
EACH



SELECTION OR IRRESISTIBLES LIFE SMART BEANS
540 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
1.49
EACH

**ALWAYS
MORE
FOR LESS**

**MEANS
MORE**

Ways to Save



**OVER 3000
WEEKLY DEALS
IN STORE**



**249
EACH**
**EVERYDAY
LOW PRICES**



**WE
LOVE
LOCAL**
for less



**399
EACH**
\$4.99 WITHOUT COUPON
**EXCLUSIVE
APP
OFFERS**



**LOCKED
DOWN**



**PRIVATE LABEL
SAVINGS**

V.I.P.
**VERY INCREDIBLE
PRICE EVENT**

**CRAZY
SALE 8**

**WOW
ZA!**

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TONS OF NEW DEALS EVERY WEEK

SUN CHIPS - MULTIGRAINS - HARVEST CHEDDAR CHEDDAR DE CAMPAGNE \$
Miss Vickie's ORIGINAL RECIPE RECETTE ORIGINALE \$
399 EACH
 MISS VICKIE'S POTATO CHIPS OR SUN CHIPS MULTIGRAIN CHIPS 190-205 G SELECTED VARIETIES

PEPSICO CANADA
ROLD GOLD SNACKS 370 G SELECTED VARIETIES \$
399 EACH
STICKS-BÂTONNETS 370 g

QUAKER **CHewy** CHOCOLATE CHIP HUMMUS CHOCOLATES \$
2/450
DIPPS CHOCOLATEY CHIP BRISURES CHOCOLATES \$

GATORADE SPORT DRINKS 6 X 250 ML 6 X 355 ML SELECTED VARIETIES \$
549 EACH

MONTELLIER CARBONATED WATER OR BUBLY SPARKLING WATER BEVERAGE 12 X 200 ML 12 X 250 ML SELECTED VARIETIES \$
599 EACH

Summer Fresh
Tzatziki Yogurt Dip - Trempeite au yaourt \$
299 EACH
 SUMMER FRESH HUMMUS OR DIPPS 200-227 G SELECTED VARIETIES

Summer Fresh HUMMUS \$
449 EACH
 SUMMER FRESH TOPPED HUMMUS 250 G SELECTED VARIETIES

Summer Fresh HUMMUS \$
549 EACH
 SUMMER FRESH HUMMUS OR DIPPS 250 G SELECTED VARIETIES

Summer Fresh HUMMUS \$
649 EACH
 SUMMER FRESH DIP VARIETY PACK SELECTED VARIETIES

Summer Fresh HUMMUS \$
799 EACH
 SUMMER FRESH DELI SALADS 800-700 G SELECTED VARIETIES

Dare
VEGGIE CRISPS LÉGUME sea salt and de mer \$
2/550
 DARE CRISPS CRACKERS 100 G SELECTED VARIETIES

Dare Ultimate **Fudge** chocolate \$
2/\$5
 DARE CRISPS CRACKERS OR BEAR PAWS 140-205 G SELECTED VARIETIES

Dare Ultimate **Maple** crème \$
2/\$5

Dare **Whippet Sticks** Coconut \$
299 EACH
 DARE CRACKERS OR BEAR PAWS 140-205 G SELECTED VARIETIES

Dare **Breton** original CRACKERS 200 g \$
2/550
 DARE BRETON CRACKERS 135-225 G SELECTED VARIETIES

Dare **Vinta** ORIGINAL \$

Dare **Juicee Jubes** DARE JUICE GUMMIE BEARS OR JUBES 500-700 G SELECTED VARIETIES \$
399 EACH

Mini 90 YOGURT TUBES \$
2/\$5
 YOPLAIT TUBES OR MINIGO YOGURT 6 X 5.3 G SELECTED VARIETIES

General Mills **Annie's** ANNIE'S SHELLS & CHEESE 270 G SELECTED VARIETIES \$
2/\$5

General Mills **Old El Paso** OLD EL PASO TACO KIT 250-400 G SALSA 670 ML SELECTED VARIETIES \$
399 EACH

Liberté **LIBERTÉ GREC GREEK** LIBERTÉ GREEK YOGOURT 4% MÉDITERRANÉE YOGOURT 500 G SELECTED VARIETIES \$
299 EACH

Liberté **LIBERTÉ méditerranéenne** BLACK CHERRY 500g \$

Nature Valley **TRAIL MIX** FRUIT & NUT \$
299 EACH
 NATURE VALLEY GRANOLA BARS 250-270 G SELECTED VARIETIES

Nature Valley **CRUNCHY** \$
299 EACH

LACTALIS CANADA
Lactantia **UltraPur** 50% MORE PROTEIN NO SUGAR ADDED ESSENTIAL NUTRIENTS 1.5 L \$
549 EACH
 LACTANTIA LACTOSE FREE OR ULTRA PUR MILK 1.5-2 L SELECTED VARIETIES

Lactantia **PurFiltre** 2% \$
399 EACH
 LACTANTIA PUR FILTRE MILK 1.5 L SELECTED VARIETIES

Lactantia **SANS Lactose FREE** 2% \$

Black Diamond **Black Diamond** 220 g \$
449 EACH
 BLACK DIAMOND NATURAL CHEESE SLICES 220-240 G SELECTED VARIETIES

Parkay **PARKAY** 1.9 L \$
499 EACH
 PARKAY MARGARINE 850 G SELECTED VARIETIES

Minute Maid
Simply Orange NO SUGAR ADDED SANS SUCRE AJOUTÉ \$
399 EACH
 SIMPLY ORANGE JUICE 1.5 L SELECTED VARIETIES

Minute Maid **Minute Maid** 2% \$
299 EACH
 MINUTE MAID TETRAS 6 X 200 ML 10 X 200 ML SELECTED VARIETIES

Minute Maid **Simply Lemonade** \$
349 EACH
 SIMPLY LEMONADES 1.5 L

Minute Maid **Simply Orange** \$
349 EACH
 MINUTE MAID LEMONADES 1.5 L SELECTED VARIETIES

Minute Maid **Minute Maid** \$
2/\$3
 MINUTE MAID ORANGE JUICE OR DRINKS 200 ML FROZEN SELECTED VARIETIES

PRODUCE

WE LOVE LOCAL
SEEDLESS CUCUMBER
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

THIS WEEK ONLY
2/\$3

WE LOVE LOCAL
BLACKBERRIES
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE 150-170 G

THIS WEEK ONLY
2.98
EACH

WE LOVE LOCAL
WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
454 G

1 LB
THIS WEEK ONLY
3.98
EACH

FIRST OF THE SEASON
WE LOVE LOCAL
ASPARAGUS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
8.77/KG

THIS WEEK ONLY
3.98
/LB

WE LOVE LOCAL
TOMATOES ON THE VINE
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
4.37/KG

THIS WEEK ONLY
1.98
/LB

Clementines
CLEMENTINES
PRODUCT OF SPAIN OR MOROCCO
2 LB BAG

THIS WEEK ONLY
3.98
EACH

WE LOVE LOCAL
KIWIS
PRODUCT OF GREECE, 600 G

THIS WEEK ONLY
3.98
EACH

WE LOVE LOCAL
KALE
PRODUCT OF U.S.A.

THIS WEEK ONLY
1.98
EACH

EXTRA LARGE
EXTRALARGE RED SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA OR CHILE
NO. 1 GRADE
8.77/KG

THIS WEEK ONLY
3.98
/LB

DEMI
GREEN BEANS HARICOTS VERTS
PRODUCT OF U.S.A.
340 G

THIS WEEK ONLY
3.77
EACH

Fresh Florida
SWEET CORN
PRODUCT OF U.S.A.
PKG OF 4

THIS WEEK ONLY
3.98
EACH

Dole
CLASSIQUE Kit
CAESAR CÉSAR
PRODUCT OF U.S.A.
188 - 303 G

THIS WEEK ONLY
3.98
EACH

Dole
SUPREME Kit
SOUTHWEST SALADE DU SUD
PRODUCT OF U.S.A.
188 - 303 G

THIS WEEK ONLY
3.98
EACH

LIMES
LIMES
PRODUCT OF MEXICO OR BRAZIL, 1 LB BAG

THIS WEEK ONLY
2.98
EACH

WE LOVE LOCAL
HOTHOUSE GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE 215 G

THIS WEEK ONLY
1.98
EACH

WE LOVE LOCAL
MINI CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1, 397 G

THIS WEEK ONLY
1.98
EACH

WE LOVE LOCAL
MINI SEEDLESS WATERMELON
PRODUCT OF U.S.A.

THIS WEEK ONLY
3.98
EACH

WE LOVE LOCAL
THE LITTLE POTATO CO.
LITTLE YELLOWS PITTES JAUNES
PRODUCT OF CANADA
CANADA NO. 1 GRADE
680 G

THIS WEEK ONLY
2.98
EACH

WE LOVE LOCAL
LPC POTATOES
PRODUCT OF CANADA
CANADA NO. 1 GRADE
680 G

THIS WEEK ONLY
2.98
EACH

WE LOVE LOCAL
AVOCADOS
PRODUCT OF MEXICO OR PERU BAG OF 5 OR 8

THIS WEEK ONLY
4.98
EACH

WE LOVE LOCAL
SWEET ASSORTED PEPPERS
PRODUCT OF HONDURAS OR MEXICO, PKG OF 4

THIS WEEK ONLY
4.98
EACH

WE LOVE LOCAL
ONTARIO HEIRLOOM TOMATOES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
547 G

THIS WEEK ONLY
2.98
EACH

WE LOVE LOCAL
ONTARIO GREENHOUSE STRAWBERRIES
PRODUCT OF ONTARIO
CANADA NO. 1
340 G

THIS WEEK ONLY
3.98
EACH

WE LOVE LOCAL
IRRESISTIBLES NUTS
200 - 250 G
SELECTED VARIETIES

THIS WEEK ONLY
3.98
EACH

WE LOVE LOCAL
FONTAINE SANTÉ TOFU
400 G
SELECTED VARIETIES

THIS WEEK ONLY
2/\$5

MEAT

FRESH FROM THE FARM OR ZABIHA HALAL WHOLE CHICKEN
W/ SKIN & GIBBETS
7.69/KG

THIS WEEK ONLY
3.49
/LB

FRESH MEDIUM GROUND BEEF FAMILY PACK
11.00/KG

THIS WEEK ONLY
4.99
/LB

BUTTERBALL
BUTTERBALL FRESH RAISED WITHOUT ANTIBIOTICS SEASONED TURKEY THIGHS OR DRUMSTICKS 9.90/KG

THIS WEEK ONLY
4.49
/LB

SELECTION HONEY GARLIC MIEL D'AIL
FRESH SELECTION PORK SAUSAGES
FAMILY PACK
HOT MILD, HONEY GARLIC OR BREAKFAST
9.90/KG

THIS WEEK ONLY
4.49
/LB

CHICKEN WINGS AILES DE POULET
CHICKEN WINGS, SPICE GLAZED
AILES DE POULET, MEXICAN, SLICED
1.2 kg

THIS WEEK ONLY
10.99
EACH

TILLSONBURG SPLIT CHICKEN WINGS
INCLUDING HALAL
1.2 KG FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
10.99
EACH

FRESH BONELESS PORK COMBINATION CHOPS
INCLUDING CENTRE CUT CHOPS
11.00/KG

THIS WEEK ONLY
4.99
/LB

CHICKEN INCH POULTE
TASTY CHICKEN
375 G

THIS WEEK ONLY
4.99
EACH

ULTIMATE
MAPLE LODGE ULTIMATE DINNER OR BREAKFAST SAUSAGES OR CAVENDISH POTATO PATTIES
375 G - 1.2 KG
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH

SELECTION SMOKED BONELESS HALF HAM
675 G SELECTED VARIETIES

THIS WEEK ONLY
\$8
EACH

SCHNEIDERS SMOKIES OR ORIGINAL JUMBO WIENERS
800 G - 1.5 KG
SELECTED VARIETIES

THIS WEEK ONLY
11.99
EACH

Buddig
BUDDIG SLICED DELI MEAT
25 G
SELECTED VARIETIES

THIS WEEK ONLY
1.49
EACH

Tre Stelle
PANIERI
TRE STELLE PANIERI HALLOUMI
200 - 230 G
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH

natural
MAPLE LEAF NATURAL SELECTION 5 SLICED DELI MEAT
125 - 175 G SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH

Pogo
POGO ORIGINAL BREADED SAUSAGES
1.5 KG FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
13.99
EACH

Fontaine Santé
FONTAINE SANTÉ SALADS OR RESER'S SIDES
350 - 547 G
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH

SEAHORSE
SEAHORSE COOKED SHRIMP
91 - 120 CT
340 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
6.49
EACH

Naturalia
LIFE SMART NATURALIA COD, HADDOCK OR SOLE FISH FILLETS
140 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH

Pan-Sear
HIGH LINER PAN-SEAR SIGNATURE CUTS OR CATCH OF THE DAY FISH FILLETS
425 - 1.12 KG
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
11.99
EACH

BAKERY

IRRESISTIBLES BRIOCHE BREAD OR BUNS
480 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
4.49
EACH

SELECTION BAGELS
340 - 310 G
ENGLISH MUFFINS
6'S
SELECTED VARIETIES

THIS WEEK ONLY
1.99
EACH

IRRESISTIBLES PIE
750 G - 1 KG
COFFEE CAKE
850 G SELECTED VARIETIES

THIS WEEK ONLY
6.99
EACH

SELECTION SQUARES
400 - 450 G
CHARLOTTE'S CAKE
400 - 475 G
SELECTED VARIETIES

THIS WEEK ONLY
5.49
EACH

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES. ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

LOCKED DOWN



ASTRO ORIGINAL OR BIOBEST YOGOURT
630 - 750 G
SELECTED VARIETIES

267
EACH



PILLSBURY PIZZA POPS
300 G
TOASTER STRUDEL
325 G FROZEN
SELECTED VARIETIES

299
EACH



DANONE TWO GOOD GREEK YOGURT
SELECTED VARIETIES

333
EACH



JORDANS MORNING CRISP OR MUESLI CEREAL
400 G
SELECTED VARIETIES

599
EACH



NATURA ORGANIC SOY BEVERAGE
946 ML
SELECTED VARIETIES

249
EACH



POWERADE SPORT DRINK OR PEA/ICED TEA
495 - 750 ML
SELECTED VARIETIES

99¢
EACH



ROCKSTAR ENERGY DRINK
473 ML
SELECTED VARIETIES

249
EACH



HALO TOP FROZEN DESSERT
473 ML
SELECTED VARIETIES

649
EACH



TROPHY CASHEWS OR DELUXE MIXED NUTS
200 G
SELECTED VARIETIES

349
EACH



GALLO OLIVE OIL
1 L

1499
EACH



CAMPBELL'S CONDENSED SOUP
284 ML
SELECTED VARIETIES

199
EACH



CLUB HOUSE SPICES
70 - 270 G
SELECTED VARIETIES

599
EACH



HAMBURGER HELPER
165 - 200 G
SELECTED VARIETIES

199
EACH



ALLEN'S WHITE OR CLEANING VINEGAR
2.5 - 4 L
SELECTED VARIETIES

299
EACH



PLEDGE FURNITURE POLISH
275 G
SELECTED VARIETIES

699
EACH



LYSOL DISINFECTANT SPRAY OR WIPES
350 G, 75 - 84'S
SELECTED VARIETIES

599
EACH



AIR WICK SPRAY OR REFILLS
175 - 190 G, 20 ML
SELECTED VARIETIES

699
EACH



ALCAN ALUMINIUM FOIL
180 G, 20 ML
SELECTED VARIETIES

799
EACH

Happy Mother's Day

\$10 OFF

\$50 Boston Pizza and \$50 H&M Gift Cards
Offer valid May 9 - 15, 2024

Available at 



\$50



\$50/50S

Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

ALWAYS GREAT PRICE



IRRESISTIBLES PIZZA
340 - 390 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.97
EACH



IRRESISTIBLES FRUIT
400 - 600 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.44
EACH



SELECTION CHOCOLATE CHIPS
835 G - 1 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

10.99
EACH



SELECTION DRINKS
283 ML FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

99¢
EACH



1.13 KG

SELECTION DELUXE MIXED NUTS
1.13 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

19.99
EACH



IRRESISTIBLES OR SELECTION PARMESAN CHEESE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

6.49
EACH



IRRESISTIBLES CRANBERRY COCKTAIL OR JUICE BLENDS
1.89 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH



SELECTION ORIENTAL SAUCE
350 - 355 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH



SELECTION KETCHUP
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.27
EACH



SELECTION SALAD DRESSING
473 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.79
EACH



SELECTION FLAVOURED SPARKLING WATER
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

99¢
EACH



SELECTION RELISH
375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.79
EACH



SELECTION OR LIFE SMART SWEETENER
300 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.99
EACH



SELECTION CANNED FRUIT
296 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH



SELECTION ECO PAPER STRAWS
100'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.99
EACH



SELECTION BOWLS OR PAPER PLATES
24 - 30'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.99
EACH



SELECTION DISHWASHING DETERGENT
600 - 828 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.97
EACH



SELECTION BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.49
EACH

ALL AISLES LEAD HOME KITCHENS OF THE WORLD



7 LB RED ONIONS
PRODUCT OF U.S.A. OR HOLLAND
NO. 1, GRADE

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.98
EACH



LONG SQUASH
PRODUCT OF HONDURAS OR MEXICO
TURNIP
PRODUCT OF CANADA
2.84/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.29
/LB



RAPINI
PRODUCT OF U.S.A.

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.98
EACH



SOUR TAMARIND
PRODUCT OF THAILAND
400 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.48
EACH



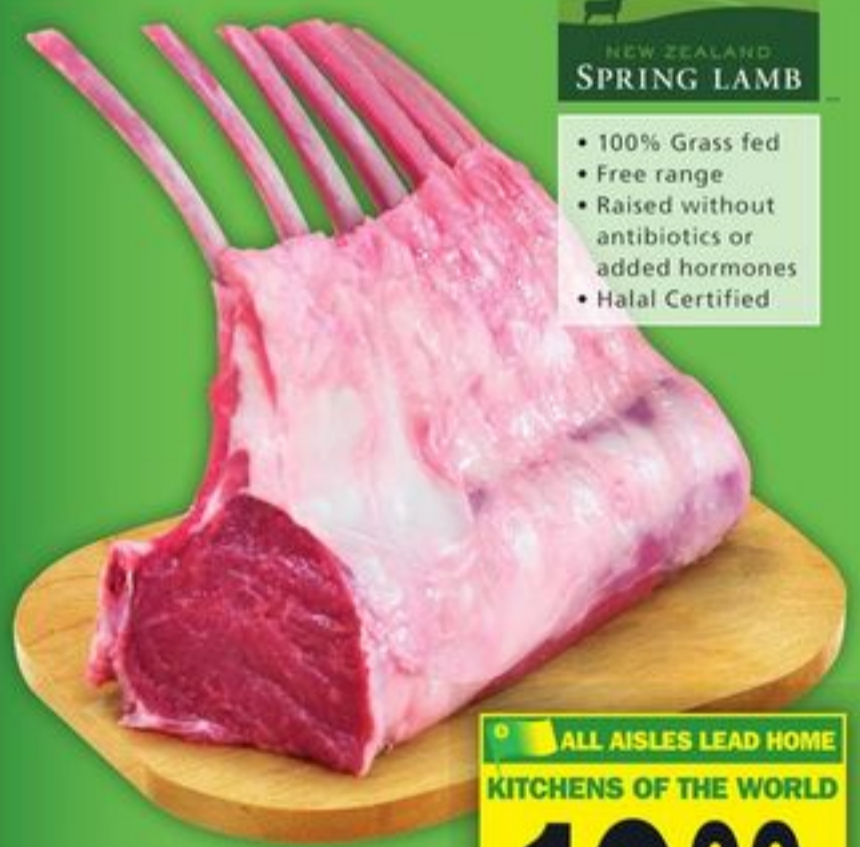
TASTY FISH BALLS
180 G FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



FONTAINE FRESH SEASONED VEAL KEFTA
GRAIN-FED
16.51/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.49
/LB



NEW ZEALAND SPRING LAMB
• 100% Grass fed
• Free range
• Raised without antibiotics or added hormones
• Halal Certified

NEW ZEALAND FRENCHED LAMB RACK
FROZEN
SELECTED VARIETIES
WHILE QUANTITIES LAST
44.07/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
19.99
/LB



CRISPY NAAN
500 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



SURATI CHIPS
80 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4/\$5



CASABLANCA BASIL DRINKS
290 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.29
EACH



CASABLANCA COCONUT MILK POWDER
300 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



DIVYA PUNJABI CANE SUGAR
908 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH

SHARE A
S'MORE
LIKE NEVER BEFORE



CADBURY DAIRY MILK BARS
200 G
SELECTED VARIETIES
LOCKED DOWN
3.99
EACH



CADBURY CHOCOLATE POUCHES
152 - 170 G
SELECTED VARIETIES
LOCKED DOWN
3.99
EACH



CHRISTIE HONEYMAID WAFERS
400 G
SELECTED VARIETIES
LOCKED DOWN
4.99
EACH



SELECTION MARSHMALLOWS
554 G
SELECTED VARIETIES
ALWAYS GREAT PRICE
2.99
EACH

COCOA LIFE IS OUR SUSTAINABLE COCOA SOURCING PROGRAM THAT DOES GOOD BY ENCOURAGING RESPONSIBLE FARMING, AND BY HELPING FIGHT DEFORESTATION AND SUPPORT COCOA FARMING COMMUNITIES. COCOALIFE.ORG

**START YOUR
SUMMER
RIGHT**



CHRISTIE FAMILY SIZE COOKIES
408 - 488 G
SELECTED VARIETIES
LOCKED DOWN
3.99
EACH



LOCKED DOWN
3.99
EACH



SOUR PATCH KIDS OR FUZZY PEACH MAYNARDS CANDY
150 - 154 G
SELECTED VARIETIES
LOCKED DOWN
3/\$7



CHRISTIE BITS & BITES OR CRISPERS SNACKS
145 G
SELECTED VARIETIES
LOCKED DOWN
2.49
EACH

LOCKED DOWN
2.49
EACH



TRISCUIT CRACKERS
185 - 200 G
SELECTED VARIETIES
LOCKED DOWN
2.49
EACH



LOCKED DOWN
2.49
EACH



CHRISTIE RITZ OR WHEAT THINS CRACKERS
180 - 386 G
SELECTED VARIETIES
LOCKED DOWN
2.49
EACH

LOCKED DOWN
2.49
EACH



OREO OR CHIPS AHOY! MINI SNAK PAKS
150 - 156 G
SELECTED VARIETIES
LOCKED DOWN
2.49
EACH



CHRISTIE PEAK FREANS OR DAD'S OATMEAL COOKIES
275 - 330 G
SELECTED VARIETIES
LOCKED DOWN
2/\$6

LOCKED DOWN
2/\$6

BREAKFAST FOR MOM



HAPPY MOTHER'S DAY
4.99
EACH

IRRESISTIBLES MUFFINS 500 G SELECTED VARIETIES



HAPPY MOTHER'S DAY
4.49
/LB

FRESH SELECTION PORK SAUSAGES FAMILY PACK HOT MILD HONEY GARLIC OIL BREAKFAST 9.90/KG



HAPPY MOTHER'S DAY
4.49
EACH

NESTLÉ COFFEE MATE 828 - 946 ML SELECTED VARIETIES



HAPPY MOTHER'S DAY
4.44
EACH

SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER 750 G - 1 KG SELECTED VARIETIES



HAPPY MOTHER'S DAY
3.88
EACH

IRRESISTIBLES ORANGE JUICE 1.5 L SELECTED VARIETIES



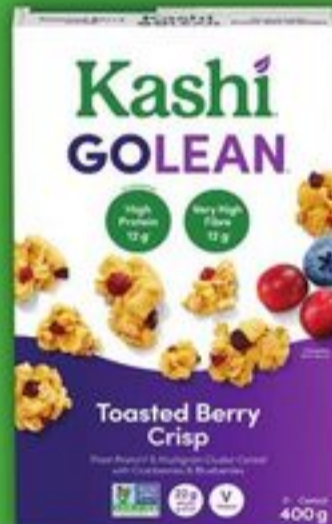
HAPPY MOTHER'S DAY
3.99
EACH

KELLOGG'S MINI-WHEATS 510 G VECTOR CEREAL 400 G SELECTED VARIETIES



HAPPY MOTHER'S DAY
3.99
EACH

ACTIVIA YOGOURT 8x 100 G SELECTED VARIETIES



HAPPY MOTHER'S DAY
4.99
EACH

KASHI CEREAL 345 - 460 G SELECTED VARIETIES



HAPPY MOTHER'S DAY
6.99
EACH

LIFE SMART NATURALIA FREE RUN OMEGA-3 EGGS 12'S SELECTED VARIETIES



HAPPY MOTHER'S DAY
2.88
EACH

SELECTION OATS 1 KG INSTANT OATMEAL 330 - 430 G SELECTED VARIETIES



HAPPY MOTHER'S DAY
5.99
EACH

SELECTION HONEY 375 G SELECTED VARIETIES



HAPPY MOTHER'S DAY
2.77
EACH

SELECTION WAFFLES OR PANCAKES 280 - 320 G FROZEN SELECTED VARIETIES



HAPPY MOTHER'S DAY
11.47
EACH

STARBUCKS NESPRESSO VERTUO COFFEE CAPSULES 8 - 10'S SELECTED VARIETIES



HAPPY MOTHER'S DAY
3.49
EACH

BURNBRAE EGG BAKES 200 G FROZEN SELECTED VARIETIES



HAPPY MOTHER'S DAY
2.97
EACH

SELECTION WHIPPING CREAM 473 ML SELECTED VARIETIES



HAPPY MOTHER'S DAY
4.49
EACH

IMPERIAL MARGARINE 450 G SELECTED VARIETIES



HAPPY MOTHER'S DAY
2.99
EACH

BETTY CROCKER BROWNIE MIX 440 G SELECTED VARIETIES



HAPPY MOTHER'S DAY
2.97
EACH

SELECTION PANCAKE MIX 750 G TABLE SYRUP 750 ML SELECTED VARIETIES

HAPPY MOTHER'S DAY

PREMIUM DOZEN ROSES ASSORTED COLOURS

HAPPY MOTHER'S DAY

16⁸⁸ EACH

MOTHER'S DAY MIXED BOUQUET ASSORTED COLOURS

HAPPY MOTHER'S DAY

18⁸⁸ EACH

MIXED LARGE BOUQUET ASSORTED COLOURS

HAPPY MOTHER'S DAY

\$12 EACH

MIXED SIGNATURE BOUQUET OR GRAB'N GO VASE ARRANGEMENT ASSORTED COLOURS

HAPPY MOTHER'S DAY

\$15 EACH

10 STEM TULIPS

HAPPY MOTHER'S DAY

\$7 EACH

15 STEM CARNATIONS ASSORTED COLOURS

HAPPY MOTHER'S DAY

11⁸⁸ EACH

4.5" SINGLE BLOOM HYDRANGEAS ASSORTED COLOURS

HAPPY MOTHER'S DAY

6⁸⁸ EACH

MIXED DELUXE BOUQUET ASSORTED COLOURS

HAPPY MOTHER'S DAY

\$25 EACH

6" MINI ROSES

HAPPY MOTHER'S DAY

8⁹⁸ EACH

5" PREMIUM ORCHIDS OR 6" HYDRANGEAS ASSORTED COLOURS

HAPPY MOTHER'S DAY

14⁸⁸ EACH

6" ASSORTED SPRING BULBS

HAPPY MOTHER'S DAY

5⁹⁸ EACH

ASSORTED FRUIT PLANTS 1 GALLON SELECTED STORES WHILE QUANTITIES LAST

HAPPY MOTHER'S DAY

10⁹⁸ EACH

10" HANGING BASKETS SELECTED STORES WHILE QUANTITIES LAST ASSORTED VARIETIES

HAPPY MOTHER'S DAY

12⁹⁸ EACH

10" MAJESTY PALMS SELECTED STORES WHILE QUANTITIES LAST

HAPPY MOTHER'S DAY

19⁹⁸ EACH