

FORTINOS®

**GARDEN CENTRES
NOW OPEN**

2/\$36
or \$20 ea.

PC® deluxe annual
hanging basket
11 inch
20753918_EA



WILD FRESH PACIFIC HALIBUT

NOW IN SEASON!
WE'LL CUT YOUR ORDER FRESH FROM THE BIG GUY,
ANY SIZE OR THICKNESS YOU DESIRE!

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

Come in & see **THE BIG GUY- ONE WEEK ONLY!**

19.99/lb Pacific fresh halibut steaks
44.07/kg 20853054_KG/20853055_KG

21.99/lb Pacific fresh halibut fillet
48.48/kg 20853054_KG/20853055_KG

Boneless
Canada AA or USDA
Select or higher

8.99/lb striploin steak
19.82/kg cut from Canada AA or USDA
Select grade beef or higher 20798456_KG

New CROP Forelle pears product of South Africa, Extra Fancy grade or Abate pears product of Argentina, Extra Fancy grade
1.49/lb 3.28/kg 20168424001_KG/20143210001_KG

First of the SEASON Heirloom tomatoes product of Ontario, Canada no. 1 grade or Vidalia onions product of U.S.A., no. 1 grade
1.69/lb 3.73/kg 20154799001_KG/20083454001_KG

JUMBO blueberries or blackberries product of U.S.A. or Mexico
2.49 170 g 20051015001_EA/20152465001_EA

JUMBO jumbo cauliflower product of U.S.A. or Mexico, no. 1 grade or Eat Smart sweet kale salad product of U.S.A., 340 g
3.49 each 20674118_EA/20135377001_EA

EAT SMART Chopped Salad Kit Salade hachée prête à servir

Blue MENU

- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

5.99 PC® Blue Menu® ground chicken or turkey
454 g 21100091_EA

MARCI ANGELO

16.99 Marcangelo lamb or chicken & bacon spiedini frozen
480 g 21100221_EA/21466254_EA

Optimum

1,000

9.99 Saputo mini Friulano cheese
500 g 20708981_EA

Optimum

1,000

6.99 REA cacciatore sausage sweet or hot
180 g 21596411_EA/21596431_EA

PC® Black Tiger raw Zipperback® shrimp 16-20 per lb, 400 g or Toppits tempura shrimp 500 g, frozen
12.99 each 20801192_EA/21079660_EA

Lou's

4.99 PC® Naturally Smoked bacon 500 g or Lou's peameal bacon chub 800 g, selected varieties
each 20057892_EA/20152629_EA

Ponte Reale

5.99 Ponte Reale buffalo mozzarella pearls or with truffle, or Maldera burrata all varieties
125 g 21453166_EA/21526450_EA

Wonder

2.99 Wonder bread 675 g, PC® English muffins or crumpets 6's, all varieties
each 20123948_EA/20276296_EA

4.99 each
Neilson Trutaste 4 L, lactose free 2 L or chocolate 4 L milk selected varieties
20136554_EA/20148677_EA

2.99 100-160 g
Rio Mare tuna or salad selected varieties
20970856_EA/20984234_EA

3.99 each
Kraft Singles 24 or Philadelphia cream cheese 227/250 g or dips 227 g or Kraft singles 410-450 g, selected varieties
20299760001_EA/20866816002_EA

3.99 lb 8.80/kg
dried cranberries
20076360_KG

5.49 each
Häagen-Dazs ice cream novelties, Drumstick, Confectionary novelties or tubs selected varieties and sizes, frozen
20302298001_EA/20316827_EA

3.99 24x500 mL
EskA natural spring water
20071779_C24

2.99 each
PC® vinaigrette 350 mL or croustons 140 g or Kraft dressing 425 mL selected varieties
20796248002_EA/21072462_EA

6.99 12x355 mL
Coke, Canada Dry or Pepsi soft drinks selected varieties
20318694002_C12/20322361002_C12

3.99 each
Frank's RedHot sauce 354 mL, French's ketchup 750 mL/1 L or Stubb's BBQ sauce 450 mL selected varieties
20187632001_EA/20835068_EA

2.49 251-303 g
Oreo or Chips Ahoy! cookies selected varieties
21361508_EA/21573672_EA

3.99 each
Activa yogurt 8x100 g or Simply juice 1.54 L selected varieties
20325384002_EA/21086068_EA

40% OFF
up to **2.99** each
Jamieson vitamins
20299993_EA/20303216001_EA

1.49 200 g
no name® potato chips
21302821_EA/21302802_EA

2.99 200/250 g or 20's
Caffe Gioia ground coffee, PC® tea or Reko Pizzelle
20011981_EA/20949283_EA

5.99 each
So Delicious non-dairy frozen dessert tubs 500 mL or Remedy kombucha drink 4x330 mL, selected varieties
20931171_EA/21428760_C04

Prices effective at Hamilton, Stoney Creek and Ancaster stores only.

Flyer prices effective from Thursday, April 25th, to Wednesday, May 1st, 2024

Visit us at [fortinos.ca](https://www.fortinos.ca). FOLLOW US ON

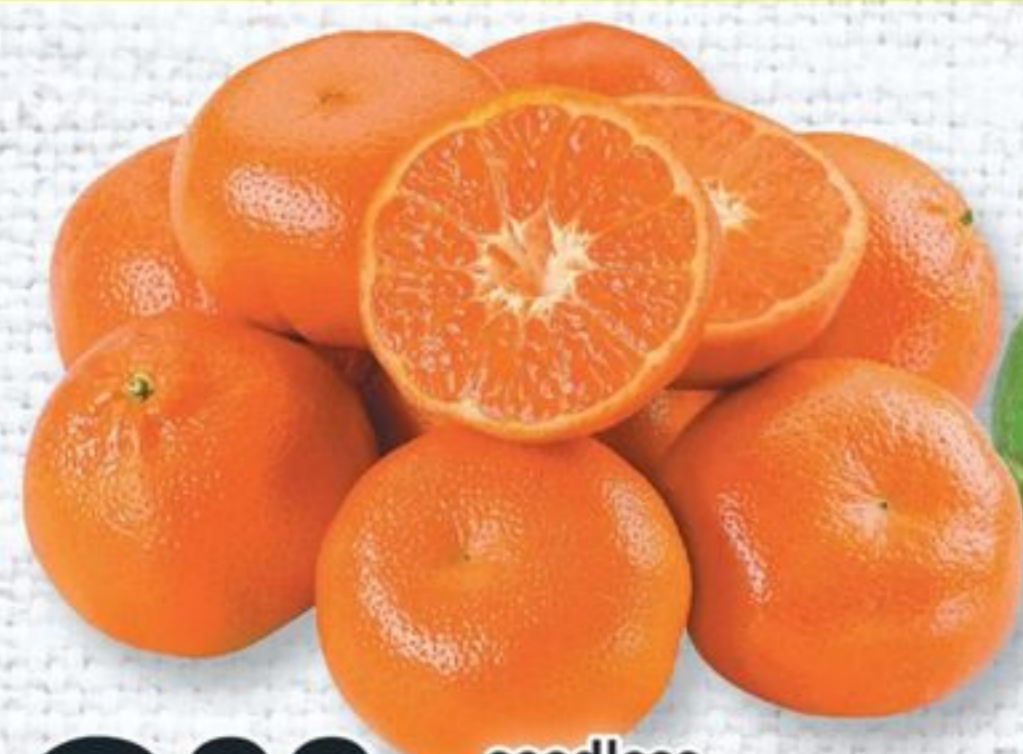


Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit [pcoptimum.ca](https://www.pcoptimum.ca). We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2024 Loblaws Inc. All rights reserved.

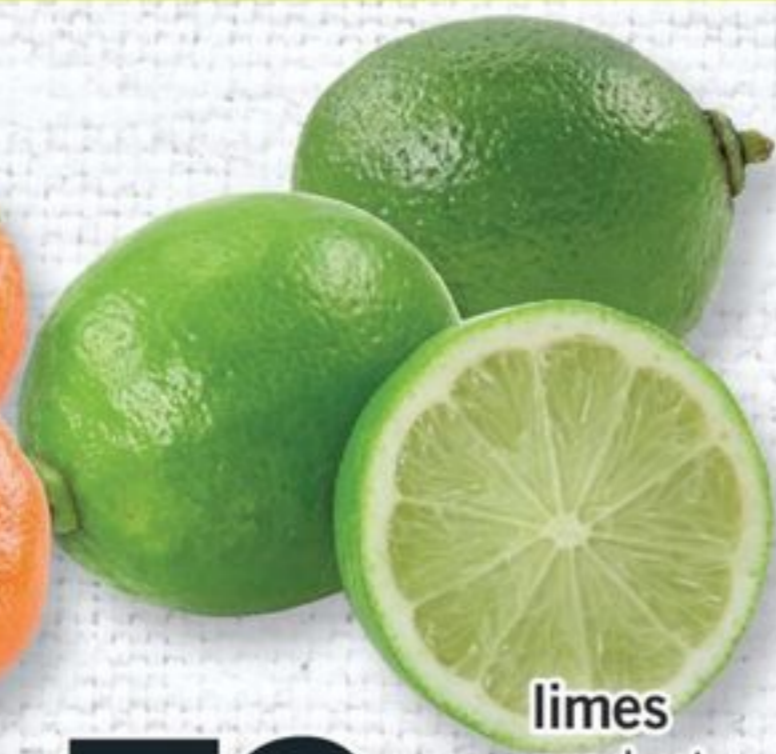
this product is printed using vegetable-based inks



PRODUCE • Nature's Bounty arriving fresh daily!



3.99 lb
8.80/kg
seedless Orri mandarins
product of Israel
20072482001_KG



.79 each
limes
product of Mexico or Brazil
20040489001_EA



4.99 each
JUMBO
jumbo pomegranate
product of Peru
20134767001_EA



5.99
320 g
Barhi dates
product of Peru
21460584001_EA



3.99
454 g
PC® mini sweet peppers
product of Canada
20920821001_EA



2.29 lb
5.05/kg
Roma tomatoes
product of Ontario, Canada no. 1 grade
20143381001_KG



4.49
255 g
Cherto tomatoes
product of Ontario, Canada no. 1 grade
21046464001_EA



2.89 lb
6.37/kg
mini yellow or red potatoes
product of Canada, Canada no. 1 grade
20017252001_KG



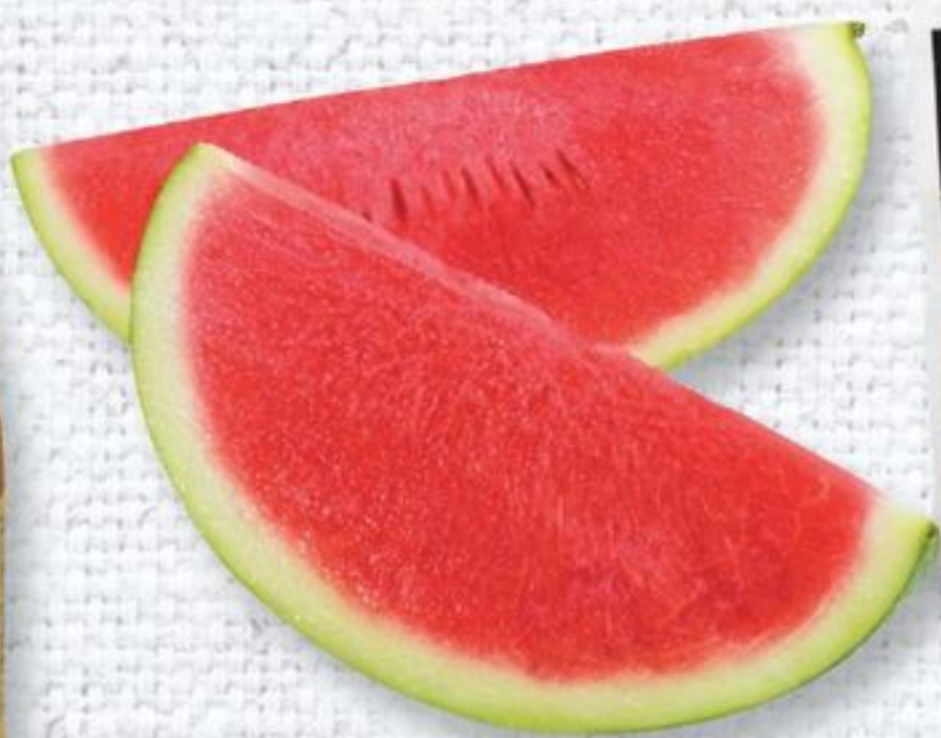
3.49
3 lb
yellow onions
product of Canada, Canada no. 1 grade
20811994001_EA



1.69 bunch
green onions
product of Mexico
20107500001_EA



6.49
300 mL
Greenhouse organic cold-pressed juice
selected varieties,
product of Ontario
21107323_EA/21107324_EA



1.49 lb
3.28/kg
seedless watermelon cuts
product of U.S.A.
20503182_KG



4.99
85 g
Sombbrero ancho or chipotle powder
product of Mexico
21381116_EA/21381120_EA



4.99
227-340 g
Marzetti dips
selected varieties,
product of U.S.A.
20080394_EA/20304684_EA



4.49 each
Mann's snap peas 227 g or snow peas 170 g
product of U.S.A.
20712998_EA/20712967_EA

PICK ORGANIC • Over 150 items available every day!



4.49
283 g
PC® Organics grape tomatoes
product of Mexico, no. 1 grade
21587871001_EA



3.99 each
PC® Organics garlic 115 g,
product of U.S.A. or ginger 160 g,
product of Peru
20717130001_EA/21102204001_EA



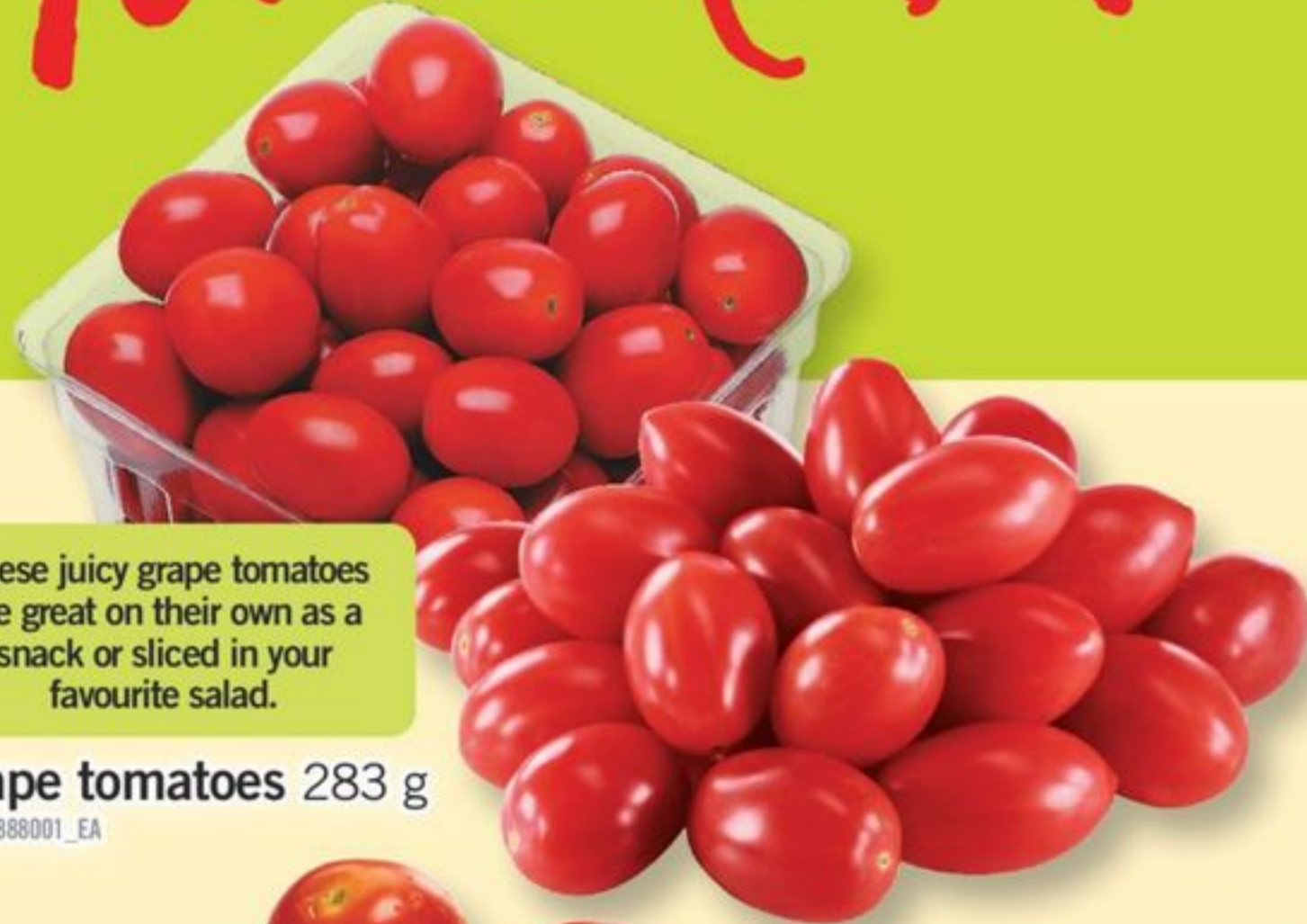
6.99
9.8 oz
PC® Organics blueberries
product of Argentina, no. 1 grade
21179699001_EA



5.89
1 lb
PC® Organics stuffer mushrooms
product of Ontario
21005187_EA

Tomato. Tamatoe

Grape & mini tomatoes are packed with flavour and health benefits! A great source of vitamins, this heart healthy fruit is high in lycopene. Perfect in salads, on pizza, or just pop into your mouth.



These juicy grape tomatoes are great on their own as a snack or sliced in your favourite salad.

grape tomatoes 283 g
21367888001_EA



Heavenly villagio marzano tomatoes 681 g
20889119001_EA



A mini plum variety that has an amazingly crisp and sweet flavour.



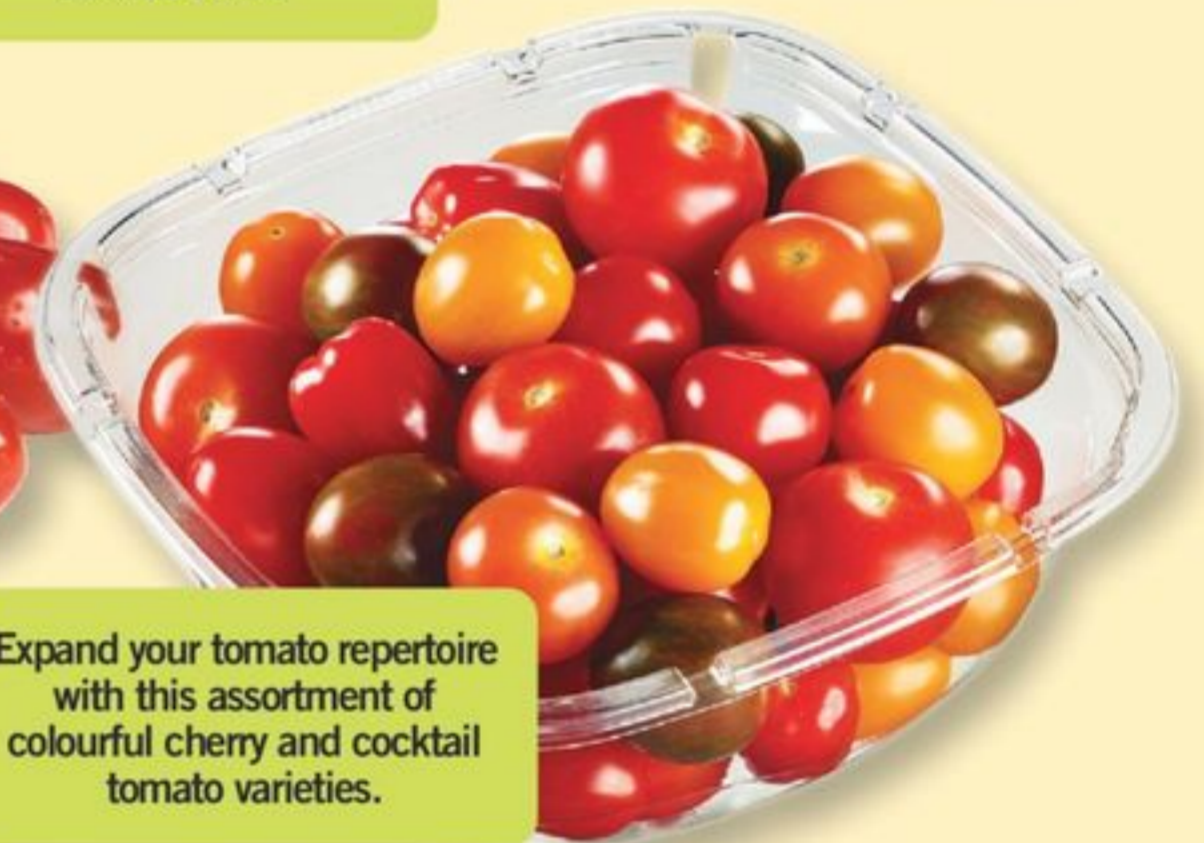
A crisp, juicy bite that finishes with sweet flavour. Greenhouse grown in Canada and the USA.

PC® Axiandy tomatoes 255 g
21089853001_EA



This mix adds a multi-coloured twist to this classic with yellow, red and orange varieties.

PC® Mixiandy tomatoes 255 g
21285976001_EA



Expand your tomato repertoire with this assortment of colourful cherry and cocktail tomato varieties.

PC® variety pack tomatoes 681 g
20949866001_EA



Kept on-the-vine to achieve traditional tomato flavour and freshness.

Cherto vine cherry tomatoes 255 g
21046464001_EA



These super sweet cherry tomatoes are grown in Quebec. Perfect for snacks & in salads.

Cerizo cherry stem tomatoes 190 g
21217711001_EA



Ontario greenhouse grown. Super sweet and packed with flavour. They've been kept on the vine for maximum flavour.

Savorries sweet strawberry tomatoes 340 g
21592940001_EA



Juicy, sweet tomatoes, small in size but big in taste.

PC® cocktail sweet tomatoes 340 g
20779176001_EA

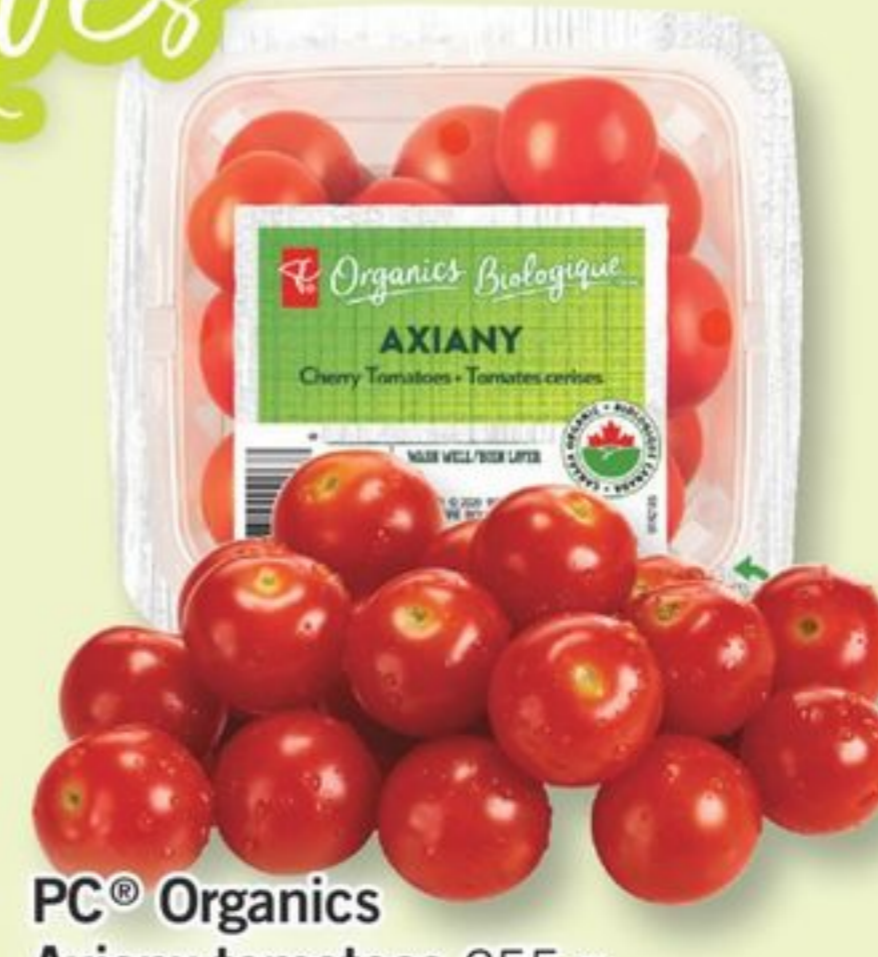
Organic Snacking Tomatoes



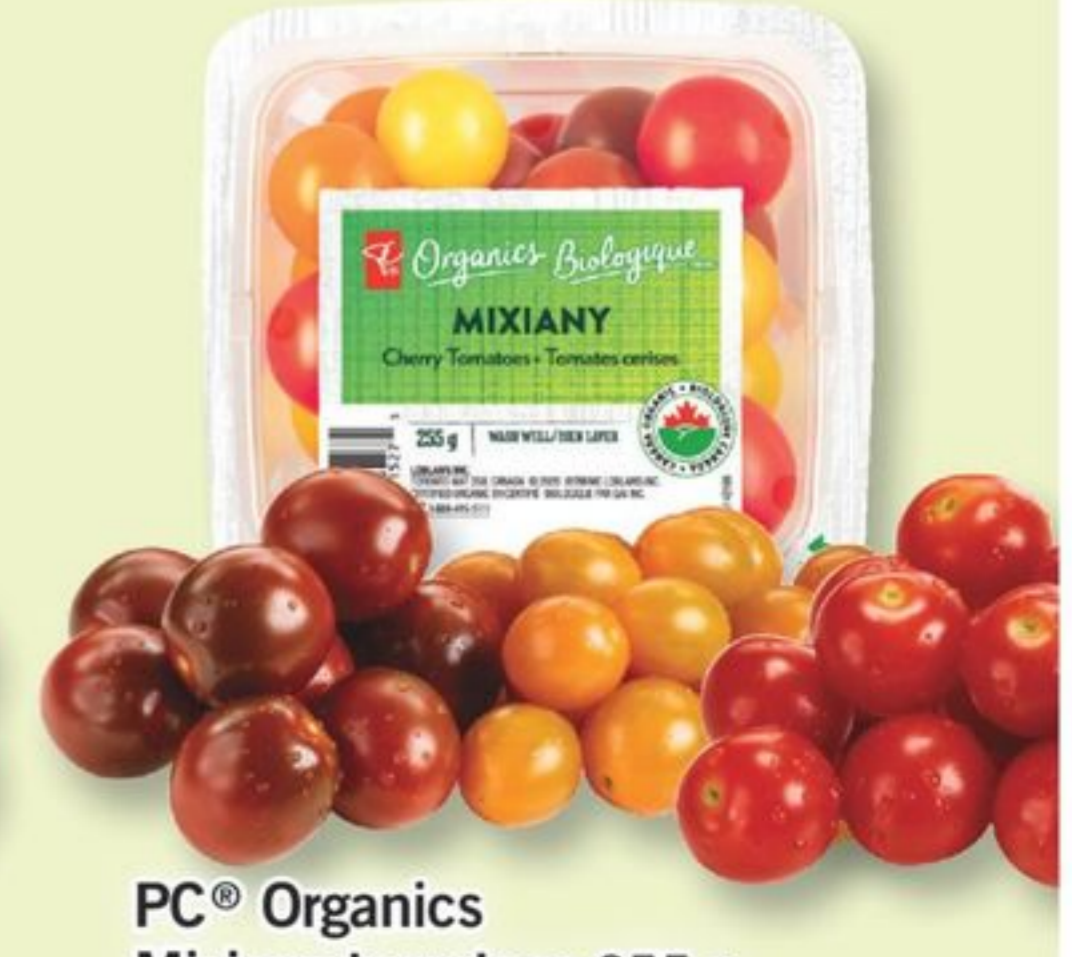
PC® Organics grape tomatoes 255 g
20799491001_EA



organic grape tomatoes 680 g
20966838001_EA



PC® Organics Axiandy tomatoes 255 g
21284821001_EA



PC® Organics Mixiandy tomatoes 255 g
21285892001_EA

NEW

a proud
FORTINOS
recipe

MADE FRESH



FRANK'S
RedHot

5 varieties!
1/2 lb each!

100%
Ground
CHUCK

Frank's Red Hot burger

Certified Angus Beef seasoned with salt, pepper and Frank's Red Hot sauce



Herb & Garlic chicken breast skewer

Marinated in a herb & garlic sauce



Souvlaki chicken breast skewer

Seasoned with rosemary, thyme, parsley, fresh lemon juice & garlic



Herb & Garlic beef skewer

Certified Angus Beef marinated in a herb & garlic sauce



9.99
4's

Turkey burger

Made with Ontario turkey. Raised without antibiotics.
21606850_EA/21606920_EA



9.99
4's

Homestyle BBQ burger

A blend of Certified Angus Beef and Ontario Pork, gluten free.
21606850_EA/21606920_EA

PANE Fresco
Eating Well Made Easy

1 kg

organic
rotisserie chicken
21104363_EA

19⁹⁹
1 kg

ORGANIC
ROTISSERIE CHICKEN
BIODIVERSE



10⁹⁹
293 g

PC® half rack ribs
21576667_EA



6⁴⁹
482-680 g

Reser's Main
St Bistro sides
selected varieties
20864164_EA

5 varieties!



4⁷⁹
200 g

crostini
selected varieties
20921281_EA/20921334_EA

DELI • Always freshly sliced or shaved your way!



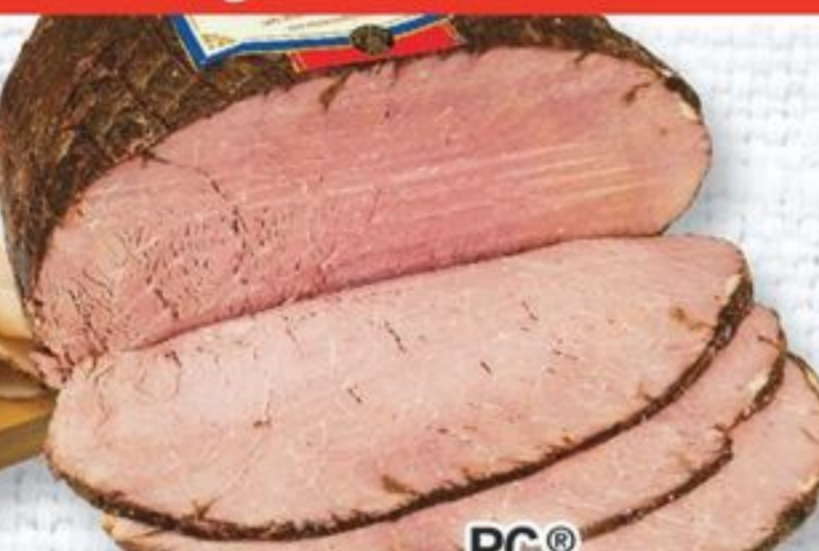
9⁹⁹lb
2.20/100 g

Venetian
Genoa salami
selected varieties,
deli sliced or shaved
20303649_KG



12⁹⁹lb
2.86/100 g

Bittner's turkey breast
or PC® Natural Choice™
chicken breast
selected varieties
20008089_KG/20301114_KG



12⁹⁹lb
2.86/100 g

PC®
Natural Choice®
Angus roast
beef deli sliced
20155374_KG



Marcangelo
Snackissimo
all varieties
21194746_EA/21195340_KG

4⁴⁹
60 g



6⁹⁹
400-454 g

PC® hummus or dips
20584098_EA



15⁹⁹lb
35.25/kg

Jarlsberg cheese
or Castello Danish
fontina cheese
by the piece
21388103_KG/20128148_KG



14⁹⁹lb
33.05/kg

Balderson medium
or marble cheddar
by the piece
or deli sliced
20689990_KG



6⁹⁹
250 g

Brandt
Kolbassa chubs
selected varieties
20353446_EA/20353652_EA

BAKERY • Baked fresh by Bakers with passion!



1/4 slab
\$42.99 1.3 kg

29⁹⁹
1 kg

strawberry
shortcake 8"
20592878_EA/20593060_EA



LA ROCCA
CREATIVE CAKES

Grand 6" cakes
lemon mousse,
birthday confetti, carrot
or strawberry dream
21378263_EA

26⁹⁹
800 g-1 kg



3⁹⁹
50-110 g

zepole pastry
or fresh fruit tart
all varieties
20592677_EA/20592789_EA



PANEFresco
muffins
selected varieties,
baked in store
21461882_EA

1⁹⁹
each

Elite Sweets
scoop & serve cakes
carrot, red velvet
or tiramisu, frozen
21397643_EA

11⁴⁹
550/600 g



4⁹⁹
260-480 g

Promise gluten free
loaf or buns all varieties
21465953_EA/21524889_EA

Wonder hot dog
or hamburger buns
all varieties
20305135_EA

3⁷⁹
8's



Optimum
1,000^{pts}

3⁴⁹
206-336 g



Vachon snack cake
selected varieties
20963606_EA

GROCERY



2.49
2 L
Coca-Cola,
Canada Dry or
Pepsi soft drinks
selected varieties
20296826002_EA/20316026002_EA



3.49
540 mL
Dole fruit
selected varieties
21297584_EA/21297574_EA



2.99
191/200 g
Cheez-It baked
snack crackers
selected varieties
21214560_EA/21350259_EA



4.99
350/400 g
Grissol
Melba toast
selected varieties
20307218001_EA/21520208_EA



1.79
540 mL
Primo
canned beans
selected varieties
21187516_EA



4.29
8/10x200 mL
Minute Maid,
Five Alive or
Nestea iced tea
drink boxes
selected varieties
20276002_EA/21092667_EA



2.29
255 g
Manny's
corn soft
tortillas
21497563_EA



3.99
125-384 g
Kellogg's
Rice Krispies,
Nutri-Grain bars
or Pop-Tarts
selected varieties
20126567001_EA/20313984003_EA



8.99
340 g
PC® single
origin coffee
selected varieties
21380579_EA



3.29
340/375 g
Catelli
Smart pasta
selected varieties
20527263_EA



3.49
90 g
Ferrero Rocher
chocolate tablet
selected varieties
21428863_EA



3.49
266-550 g
Betty Crocker
baking mixes
selected varieties
20325452004_EA/20754542_EA



6.99
480-650 g
Kellogg's
family size cereal
selected varieties
21430738_EA/21449784_EA



3.99
52 mL
Nestea
liquid water
enhancer
20667088004_EA



3.99
645 mL
Prego
pasta sauce
selected varieties
20325820001_EA

Celebrate ORTHODOX EASTER



9.99
375 mL
Divina
stuffed olives
feta or
blue cheese
21154522_EA/21154535_EA



6.99
580 mL
Fino
Fine Foods
ajvar
mild or hot
21397598_EA/21397463_EA



7.99
1.5 L
Fino
Fine Foods
fire roasted
red peppers
21397324_EA



4.99
796 mL
S&F red sour
pitted cherries
20125969_EA



4.99
796 mL
Kühne
sauerkraut
20068748_EA

Fun Favourites



Mr. Freeze
21031219_C01
5.99
48x42 mL



7.99
600 g
PC® S'mores Kit
20655672_EA



Nestlé
KitKat or Aero
chocolate tablet
selected varieties
21247054_EA
2.49
95-120 g



1.99
170 g
Icee slush drinks
selected varieties
21519303_EA/21519322_EA



3.79
311-454 g
Twizzlers
candy pack
selected
varieties
20022328004_EA



PC® sugar
ice cream cones
selected varieties
20340143_EA
2.99
142 g



9.99
814/816 g
Maynards candy bags
21210257_EA/21210265_EA



2.49
150 g
Mamba
candy
21508893_EA



4.99
200 g
Poppa Corn
Lucky Elephant
cotton candy
21287186_EA



Bear Paws
cookies
selected varieties
21080777_EA/21531448_EA
3.49
168-240 g



1.79
80 g
Pzazz
Crunchy Nuts
21566349_EA/21566442_EA



Gogo Squeeze
fruit sauce
selected varieties
20987663_EA/21358429_EA
9.49
12x90 g



9.99
428/448 g
Frito Lay
variety pack
snack
selected
varieties
21584889_EA/21584982_EA



4.99
700 g
Campside
Super Giant
marshmallows
20570414002_EA



Glaceau
Vitaminwater
selected varieties
20333194003_EA/20333194006_EA
2.79
591 mL



6.99
6x340 mL
Ocean Spray
sparkling
cranberry
selected varieties
21474384_C06



14.99
650-800 g
M&M's
chocolate pouches
selected varieties
21464560_EA/21464572_EA



Nestea
or Peace Tea
iced tea
selected varieties
21242429_C12
7.99
12x341 mL



Red Bull
20134482001_EA
3.49
355 mL



NATURE'S TREASURE

by **FORTINOS**

It's Spring at Nature's Treasure

Welcome the arrival of warmer weather with foods & supplements to keep you feeling healthy and energized.

De-stress and enjoy spending time with loved ones, getting outdoors, being active and engaged in life.

Explore Nature's Treasure family health-focused products and discover better and healthier versions of your favourite foods.

24⁹⁹ each

CanPrev magnesium bis-glycinate 120's, synergy B 60's or D3K2 softgels 120's

20776243_EA/20776245_EA



Naturopath formulated!

Great support for respiratory health!

19⁹⁹ 60's

Suku gummy vitamins selected varieties

21310256_EA/21311636_EA



29⁹⁹ each

NOW vitamin C 250's or NAC extra strength 120's

21418529_EA/21418543_EA



23⁹⁹ each

NutraSea Omega-3 liquid 200 mL, soft gels 30-60's or kids Omega gummy chew 30's, selected varieties

21566820_EA/20923836_EA



49⁹⁹ each

Iron Vegan protein powder or athlete's blend 1 kg or Progressive VegEssentials protein powders 840-850 g

20700876001_EA/21391726_EA



29⁹⁹ each

North Coast Naturals whey isolate 680 g or PVL sport whey or plant-based protein powder 840-908 g

20306852001_EA/20650127001_EA



249 33 g
Mid-Day Squares selected varieties

21487220_EA/21487247_EA

Gluten Free!

399 156-350 g

Que Pasa organic tortilla chips selected varieties

21031315_EA/21031316_EA



249 500-1000 mL

Flow alkaline spring water or vitamin water selected varieties

20987454_EA/21521432_EA



LOCALLY RAISED

8²⁹ 12's
Alderwood Farms pasture raised eggs

21434214001_EA



9⁹⁹ 284 g

Kicking Horse organic ground coffee selected varieties

20982074_EA



5⁹⁹ 325-400 g

Jordan's Morning Crisp cereal or granola selected varieties

21522230_EA/21522267_EA



Flyer prices effective from Thursday April 18 to Wednesday May 15, 2024



Celiac & Food Allergy Awareness

Nature's Treasure takes gluten allergies seriously – that's why we have an entire section dedicated to Gluten & Wheat Free Products. Recognizing the increasing prevalence of this auto-immune disease, we provide the product range that is free of Gluten & other top-allergens to meet any dietary need!

Our Certified Practitioners are in stores daily to help you navigate the best gluten-free choices for anyone new to this diagnosis, or looking for different, tastier options!



9.99

227-907 g
Bob's Red Mill gluten free oats or hemp seeds selected varieties

21127426_EA/21380047_EA



No emulsifiers,
No added sugars,
No GMOs!

7.99

295 g
Little Creek organic dressing all varieties

21484650_EA/21484656_EA



4.99

200-400 g
Liviva gluten free noodles selected varieties

21102192_EA/21154073_EA

Non-GMO!



5.99

64.5-180 g
Schar cookies or crackers selected varieties

21051334_EA/21403645_EA

Made with cassava flour!



9.99

425 g
Quesava gluten free perogies, samosas, ravioli or 3-cheese poppers frozen

21455982_EA/21455984_EA

7.99

241 g
Lucky gluten free Thai spring rolls frozen

21497038_EA/21497039_EA

6.99

180 g
RW Garcia sweet potato or beetroot crackers selected varieties

20898753002_EA/21561018_EA

NEW

6.99

140 g
Walkers gluten-free shortbread selected varieties

21505216_EA/21508151_EA

Keto!

4.49

64 g
Unbun gluten free almond flour crackers

21529822_EA/21529824_EA

5.49

300 g
Prana Granolove granola selected varieties

21393188_EA/21475909_EA

4.99

135/154 g
FreeYumm gluten free soft baked cookies or bars selected varieties

21048233_EA/21048242_EA

Only 3g of sugar per bag!

2.99

50 g
Better Bears vegan gummy candy

21428804_EA/21496367_EA

Gluten & refined sugar free!

19⁹⁹
100/125 g

Blume
superfood latte
or hot cacao
selected varieties
21499653_EA/21530842_EA



Enjoy High Tea With Mom!



On May 12th, celebrate in style with afternoon tea. A relaxed occasion that allows everyone to slow down and unwind, it's a perfect time for moms, grandmothers and even moms-to-be.

Delicious, elegant finger foods can be prepared in advance, leaving lots of time to chat and enjoy being together. Considering we don't do this every day, there's a special sense of fun and occasion. Wear hats, dress up and create a day to remember!

Gluten free!



12⁹⁹
266-357 g

Stellar Eats baking mix
21500871_EA/21568692_EA

Gluten, nut & dairy free!



LOCALLY MADE

6⁹⁹
116-500 g

Queen St. Bakery
bread or bagels
selected varieties, frozen
21411425_EA/21529684_EA

Small batch, made without palm oil!

14⁹⁹
240 g

NutJar spread
selected varieties
21550500_EA/21550503_EA



5⁹⁹
1.4 L

Califia Farms
dairy-free beverage
refrigerated,
selected varieties
21030981_EA/21397053_EA



Dairy free!

5⁹⁹
200-227 g

Violife
dairy-free cheese
selected varieties
21339312_EA/21433755_EA



Perfect for
vegan appetizers
or tea sandwiches!

7⁹⁹
100 g

Save da Sea
plant-based
smoked salmon
or tuna salad
21450747_EA



3⁹⁹
235 mL

PC® Organics
fruit spread
selected varieties
21085953_EA/21086014_EA



5⁷⁹
400 g

PC® gluten free
pancake mix
20796973_EA



5⁹⁹
250 g

PC® Organics salted
or unsalted butter
21588696_EA/21588708_EA



2⁴⁹
120 g

PC® Organics
rice cakes
21408855_EA/21408859_EA



Gluten free!

5⁷⁹
113 g

PC® cauliflower
or butternut squash
mini crackers
selected varieties
21471630_EA/21471638_EA



6⁹⁹
600 g

PC® Organics
frozen fruit
selected varieties
20149390_EA/20431483003_EA



Outdoor BBQ

Backyard BBQ season means food, friends and family plus lots of healthy sunshine and Vitamin D. Explore delicious BBQ choices for everyone, from vegetarians & vegans to traditional meat loving carnivores.

Grilled spring vegetables, vegan kabobs, plant based burgers and lots of salads ensure everyone is happy. Get outside!

8⁹⁹
250-296 mL

Naked & Saucy
soy-free sauce
or nooch dressing
selected varieties

20984039_EA/21454574_EA



6⁹⁹
250 mL

Good Food For Good
ketchup
or BBQ sauce

21172444_EA/21172451_EA

Gluten free!



5⁹⁹
296 mL

San-J tamari
or cooking sauce
selected varieties

20028533_EA/2029886001_EA



3⁹⁹
227 g

Sunflower Kitchen dips
selected varieties

21100651_EA/21100664_EA



3⁹⁹
135 g

humble potato chips

21524167_EA/21524235_EA



6⁹⁹
125-185 g

elan organic nuts
selected varieties

21306310_EA/21306368_EA

1⁹⁹
398 mL

PC® Organics
canned beans
selected varieties

21403943_EA/21403992_EA



4⁹⁹
325-473 mL

PC® Organics
mustard or
sauerkraut

20959827_EA/21355242_EA



5⁹⁹
575 mL

PC® Organics
ketchup

20021787_EA



3⁹⁹
946 mL

PC® Organics
lemonade
selected varieties

20936902_EA/21022888_EA



6⁹⁹
each

PC® Organics
apple cider
vinegar 1 L or
olive oil spray 140 g
selected varieties

21080770_EA/21102225_EA



4⁴⁹
227 g

PC® Organics
gluten-free pasta
selected varieties

21358020_EA/21358056_EA

Great for pasta salads!



Rich in naturally occurring probiotics!

349
355 mL

Tonica kombucha
selected varieties

20818822001_EA/20818822006_EA



Stay Hydrated!

Staying properly hydrated is key to living an active & energized lifestyle. Hydration benefits our bodies by supporting nutrient transportation to cells, protecting joints and organs, and promoting removal of waste.

More beverages with reduced or no sugar, artificial flavours or colours make it easier to than ever to stay healthy and hydrated. Nature's Treasure also offers electrolyte infused drinks, plus probiotic and prebiotic beverages that help keep our gut healthy.

Talk to our Certified Practitioners for more information and choose the beverages that work for you.

Zero sugar!

249
355 mL

Cove organic probiotic soda
selected varieties

21496787_EA/21496788_EA



199
355 mL

WakeWater zero sugar, caffeinated sparkling water
selected varieties

21404358_EA/21404371_EA



Natural caffeine plus L-theanine from green tea!

NEW

High in electrolytes & minerals!

399
1 L

Maple3 pure organic maple water

21559596_EA



Up to 2 million vegan probiotics per pop!

699
320 mL

Squamish Water Kefir Company probiotic popsicles

21527516_EA/21527524_EA



With hidden veggies!

899
5x50 mL

Eville smoothie cubes or pops
selected varieties, frozen

21122023_EA/21122182_EA



Electrolytes & Hydration Support

Infused with minerals & fulvic acid!

199
500 mL

blk alkaline water

21561019_EA/21561074_EA



249
532 mL

Roar organic electrolyte drink
all varieties

21106394_EA/21160578_EA



Made from coconut water, a natural source of potassium!

249
330 mL

Thirsty Buddha sparkling coconut water
selected varieties

21014419_EA/21068404_EA



UP TO
20% OFF

Nuun electrolyte tablets
10-12's
all varieties

21393717_EA/21393748_EA



Organika electrolyte powder 70 g or sticks 360 g
all varieties

21414684_EA/21546545_EA



Water retention support for balanced hydration levels & reducing excess water!

Aeryon Wellness supplements
all varieties & sizes

21537231_EA



Nutritious Organic Avocados

Avocados contain:

- ✓ 80 calories per 50 gram serving (approximately 1/3 medium avocado)
- and...
- ✓ 3 grams of fibre
- ✓ 0 grams of sugar
- ✓ 5 grams of monounsaturated fat
- ✓ 1 gram of polyunsaturated fat
- ✓ 1 gram of saturated fat



249 each

organic avocado
product of Mexico or Peru

20146327001_EA

Jackfruit Pods

Available year round, jackfruit has a musky aroma with sweet and mellow flavours of banana and pineapple.

Often used as a meat substitute, typically jackfruit is peeled and eaten out of hand, added to desserts or shredded for stews.

We've done the work for you in preparing these bright yellow chunks, ready to enjoy. Full of phytonutrients and antioxidants.

Potassium-packed snack!



TIP: Try freezing.

Then thaw when ready to eat to soften the pods for an even juicier texture!



- Certified Organic
- 7 varieties

Salads



Baby Spinach
142 g
203052770_EA / 21020920_EA



Baby Arugula
142 g
20314039_EA



Romaine Hearts
3 pk
20599776001_EA



Blueberries
Product of Argentina,
no. 1 grade, 277 g
21179969001_EA

The perfect salad topper!

Try Something **NEW** This Spring

2⁹⁹
355 mL

Poppi
pre-biotic soda
selected varieties

21564497_EA/21564498_EA



Bringing soda back. The twist? It's better for you this time. Poppi brings you that mouth-watering swirl of flavours and bubbles without feeling bad about it! Get all the soda feels with 5g sugar and 25 calories, or less, and prebiotics for your gut.

6⁹⁹
227 g

Lotus Foods organic
traditional noodles
selected varieties

21562606_EA/21562629_EA



Discover the delicious world of Lotus Foods! These rice & noodles are your ticket to guilt-free dining—certified organic, gluten-free, vegan, and non-GMO. With a focus on quality, the ingredients list is short, pure and simple, ensuring you get nothing but the best!

Fermented side dishes for a probiotic boost to any meal!

9⁹⁹
500 mL

Naturally Amped kraut
selected varieties

21561594_EA/21561631_EA



Carefully crafted krauts and kimchi with innovative flavour profiles. Curated from whole ingredients sourced locally to ensure maximum freshness and packed with probiotics and enzymes to support a flourishing microbiome. Indulge in a culinary experience that nourishes your body & soul.

4⁹⁹
120 g

Pokko rice & chickpea chips

21590759_EA/21590916_EA



Guilt-free rice and chickpea chips, deliciously infused with authentic South Asian flavours. Packed with protein-rich chickpeas and nutritious rice for a great source of fibre, bursting with flavour from authentic spices like turmeric & Kashmiri chili. Pokko is sure to become your favourite go-to snack!

6⁹⁹
946 mL

Better Moo(d)
plant-based gluten free
oat beverage

21585760_EA

Infused with organic herbs & flowers!



What truly differentiates Moodrink plant based oat beverage, is that it achieves outstanding nutrition while providing milk-like neutral taste and great texture. Enjoy 8g plant based protein and 4g fibre in every 250 mL serving!

Naturally lactose free!

12⁹⁹
325 g

L'Ancêtre organic cheese
selected varieties

21551880_EA/21551978_EA



Our Canadian butters and cheeses offer you a whole new world of flavour. They are simply delicious and are sure to add a distinctive touch to all your gourmet dishes and healthy meals. Not only is organic food better for you—it also tastes fantastic!

UP TO 20% OFF

NutraMeltz
sublingual
supplements

60's
selected varieties

21578837_EA/21578909_EA



A 100% Canadian and family owned company with a modern approach to natural health products. Nutrameltz Inc. was born to make taking supplements as easy as possible for everyone. Utilizing their new Quick Dissolving Tablets (QDT) technology, you just drop one on your tongue and go.

Alterra Herbasante
homeopathic and
herbal-based remedies

all varieties & sizes

21542211_EA/21542184_EA



Established in 1984 in Montreal, Alterra & Herbasante are a family-owned and operated company, with all products manufactured entirely in Canada. They offer a comprehensive line of herbal and homeopathic products tailored to specifically meet the different needs of men, women & children.

New line extension!

Prairie Naturals
supplements

all varieties & sizes

21209168_EA/21592686_EA



A privately owned family business headquartered near Vancouver, BC, Prairie Naturals makes products designed to help you "Live the Healthy Life". They are dedicated to your health success & design products based on current nutritional research – so you get the results you need and want.

New all-in-one formula!

Genuine Health
all-in-one shakes
643-675g or BCAAs
with creatine 440g

21564778_EA/21565340_EA



A Toronto based family-owned company and for over 30 years have been designing sophisticated gut friendly formulations backed by science and research. Their promise is to provide pure, powerful and proven ingredients for genuine living.

UP TO 20% OFF

ALL Vitamins, Supplements & Protein Powders in our Nature's Treasure department!

Genuine Health greens+
all varieties & sizes
20008157_EA
20317697_EA



AOR professional supplements
all varieties & sizes
21302192_EA/21309840_EA



Platinum Naturals supplements
all varieties & sizes
20026988001_EA
20026988002_EA



St. Francis herbal tinctures & supplements
all varieties & sizes
20731316_EA/21192044_EA



Orange Naturals supplements
all varieties & sizes
21190140_EA/21190744_EA



A.Vogel premium natural supplements
all varieties & sizes
21235725_EA/21235730_EA



249
50 g
Clifbar nut butter filled snack
all varieties
21012470001_EA/21012470003_EA



4g of sugar or less per serving!
499
98/100 g

ChocXO organic chocolate
all varieties
21335526_EA/21411801_EA



399
100-150 g
Made Good granola snacks
selected varieties
20797052001_EA/21352121_EA



299
4x200 mL or 1 L
Kiju organic juice
selected varieties
20312710001_EA/20333714004_EA



549
220 g
Snyder's of Hanover gluten free pretzels
all varieties
21082616_EA/21082619_EA



649
234-284 g
Amy's frozen entrées
selected varieties
20819961_EA/20820314_EA



Sweetened with Stevia,
0g of sugar!
699
6x355 mL
Zevia sugar-free soda
all varieties
21106231_C06/21544078_C06



Flyer prices effective from Thursday April 18, 2024 to Wednesday May 15, 2024

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DAIRY & FROZEN



349 Gay Lea sour cream selected varieties
425/500 mL 20317536001_EA

179 Milk2Go chocolate or strawberry 1% milk
310 mL 21062620_EA

399 Pillsbury pizza pops selected varieties, frozen
4's 21435996_EA

399 Heluva Good! dips selected varieties
250 g 20179979002_EA

449 Danone Oikos Greek yogurt selected varieties
4's 20625055_EA/21006595_EA

599 Cracker Barrel natural cheese slices selected varieties
200-240 g 21290684_EA/21290705_EA

2799 Mama Yolanda's lasagna selected varieties, frozen
2.72 kg 21217142_EA

349 Cheemo perogies selected varieties, frozen
815/907 g 20527369_EA

399 Kellogg's Eggo waffles selected varieties, frozen
8's 20302779_EA

649 Dr. Oetker Ristorante or Casa Di Mama pizza selected varieties, frozen
320-390 g 20296100001_EA/20852957_EA

899 Autentico gelato selected varieties, frozen
1 L 21213951_EA

499 Chapman's Original ice cream selected varieties, frozen
2 L 20315236001_EA/20854843_EA

699 Halo Top frozen dessert selected varieties
473 mL 21087005_EA/21087007_EA

849 Kawartha Dairy ice cream frozen
1.5 L 21595784_EA/21595813_EA

999 no name® ice cream sandwiches or bars club size, selected varieties, frozen
24/30's 21013432_EA

599 PC® mochi selected varieties, frozen
6x35 mL 21166581_EA

499 Chapman's Lolly novelties selected varieties, frozen
28's 20348169_EA

449 Gay Lea whipped cream selected varieties
225 g 20048223001_EA

449 Tenderflake pastry selected varieties, frozen
255-397 g 20303840001_EA

699 PC® Cream First ice cream frozen
1.5 L 20810301_EA

Interesting Finds for the FOODIE



Rachel's beef bacon

21598462_EA

9.99
300 g

Premium breakfast strips from Ontario-based St. Helen's. Made with Halal beef and smoked giving each strip a crisp texture and rich flavour. A classic twist on bacon.



Stonemill artisan 12 grain or San Francisco style sourdough bread

4.49
550 g

21556097_EA

Honouring 100-year-old family baking traditions, Toronto based Stonemill breads still start with a unique sourdough starter flown in from Germany every month. These crusty breads are naturally fermented, with no artificial flavours, colours or preservatives.



Tocco d'Oro Italian risotto or soup selected varieties

21542079_EA

11.99
270 g

Imported from Italy, these premium risottos are from the Lombardy region. Made with butter, white wine, vegetables and olive oil, they're an easy meal, ready to eat in 4-5 minutes. 7 varieties! You'll also find their heat & serve soups delicious too with 3 varieties.



The Fentiman family has crafted botanical, non-alcoholic sodas in Northumberland, UK since 1905. These award winning beverages are brewed traditionally and made with premium ingredients.

9.99 Fentimans cherry cola, rose lemonade or ginger beer

4x275 mL 21051263_C04/21051337_C04



BeaverTails spreads

21548221_EA/21549780_EA

4.49
375/425 g

These irresistible spreads are proudly Canadian. The perfect companion for your favourite treat or snack. Creamy & delicious, these spreads are palm oil and gluten-free.

Produced in Ontario for 35 years, Crofters use sustainable farming methods and best tasting fruits sourced from organic farms. Sweetened with fair trade cane sugar, every jar has 33% less sugar than traditional preserves.

5.99 Crofter's premium organic fruit spread selected varieties

383 mL 20987211_EA/21345291_EA



Available in
Nature's Treasure!

BODY & HEALTH



349 each
Dial Foaming hand soap 221 mL, Skintimate or Edge shaving cream 198 g selected varieties
20355517001_EA/203555769001_EA



399 70-150 mL
Colgate toothpaste selected varieties
20312052002_EA/21166665_EA



899 each
Biore, Jergens or Curel skin care selected varieties and sizes
20213025001_EA/20853307_EA



549 each
Dove hair care 142-198 g/355 mL or deodorant 45 g selected varieties
20302753001_EA/20551359_EA



699 73/85 g
Secret or Old Spice deodorant selected varieties
21075255_EA/21078091_EA



899 1 L
Listerine mouthwash selected varieties
20701283_EA/21088044_EA



699 each
Live Clean body wash 500 mL or Belle Color hair colour selected varieties
20317076002_EA/20756639_EA



899 each
Olay bar soap or Clean & Clear face care selected varieties and sizes
20017410_EA/20604134_EA



799 each
Dr Squatch bar soap 141 g or Every Man Jack body wash 500 mL selected varieties
20987291_EA/21573583_EA



349 each
Life Brand® pads 14-20's or liners 34-64's selected varieties
21202878_EA/21203468_EA



1899 each
Depends or Poise 12-60's or liners 114-126's selected varieties
20558843005_EA/21100737_EA



349 58-60 g
Quest or Grenade bars selected varieties
20859040_EA/21462313_EA



399 each
Quest chips 32 g or peanut butter cups 42 g
21298648_EA/21379420_EA



799 30-275's
Life Brand® vitamins selected varieties
21286148_EA/21286182_EA



399 24-30's
Halls bags selected varieties
2031568001_EA/20315680012_EA



2999 30-50's
Aerius or Claritin selected varieties
20153318_EA/21172407_EA



1499 40-120's
Aleve or Aspirin selected varieties
20067407002_EA/20078831_EA

BABY



23⁹⁹ Nestlé Nido formula
850 g
21378097_EA



29⁹⁹ Huggies Goodnites or Pull Ups
selected varieties
34-74's
20963841_EA/20963933_EA



5⁹⁹ Live Clean shampoo, lotion or bath wash
selected varieties
227-300 mL
20307664001_EA/20799984_EA



11⁹⁹ PC® ready to drink selected varieties
6x235 mL
20432096001_EA/20432096002_EA

Baby Gourmet pouches 128 mL or Love Child Love Ducks 30 g selected varieties
20368074001_EA/20433609002_EA

1⁹⁹ each



Gerber pouches selected varieties
21024838_EA/21024943_EA

1⁷⁹ 128 mL



Once Upon A Farm refrigerated pouches selected varieties & sizes
21191599_EA

2⁴⁹ 85 mL



Baby Gourmet oatmeal cereal 227 g or Squoosh 360 g
2062551002_EA/20649780001_EA

4⁹⁹ each



HOUSEHOLD



29⁹⁹ each
Tide Pods 85/112's or Tide Power Pods 63's selected varieties
21450133_EA/21450151_EA



9⁹⁹ 200's
Snuggle fabric softener sheets
21170996_EA



4⁴⁹ 950 mL-2.5 L
Allen's multi-purpose cleaners selected varieties
20977116_EA/21027899_EA



23⁹⁹ 24=72 rolls
Cashmere Ultra bathroom tissue selected varieties
21189845_EA



14⁹⁹ 26-30's
Finish Quantum dishwasher tabs selected varieties
21217935_EA/21517982_EA



9⁹⁹ 1.35 kg
Resolve Oxi Action fabric stain remover
21218157_EA/21218531_EA



4⁹⁹ 10-90's
Ziploc sandwich or freezer bags selected sizes and varieties
20300461001_EA/20871415_EA



5⁹⁹ 75's
Clorox disinfecting wipes selected varieties
20348537002_EA/20348537003_EA



10⁹⁹ 2x20/40 mL
Air Wick essential oils selected varieties
20342475001_EA/21166513_EA



15⁹⁹ 6 pk
PC® facial tissue with lotion 3 ply
20978539_EA

GARDEN CENTRES

NOT ALL ITEMS AVAILABLE IN ALL LOCATIONS

THURSDAY - SUNDAY: 9 AM - 6 PM
MONDAY - WEDNESDAY: 8 AM - 8 PM



2/\$36 PC® deluxe annual hanging basket selected varieties, 11 inch
or \$20 ea. 20753918_EA



PC® deluxe annual planter 12 inch
\$30 20753963_EA



PC® perennials selected varieties, 9 cm
21350463_EA
2/\$9
or \$5 ea.



PC® Anouk lavender shrub
20926885_EA

\$25 11 inch



less than 4, \$3 ea.

4/\$11 PC® black earth soil 25 L
21357792_EA



less than 4, \$4.50 ea.

3/\$12 no name® cedar mulch available in natural, black or red, 42.5 L
21358573_EA



less than 2, \$7 ea.

2/\$12 PC® enriched lawn soil 25 L
21349080_EA

Fresh FLOWERS

visit flowersbyfortinos.ca

18 stem rose bouquet with greens and baby's breath
21590863_EA

79.99 each



3 stems hydrangea white or blue
21529338_EA

3/\$32 or \$12.99 ea.



rainbow tulips assorted colours
21022558_EA

24.99 20 stems



BULK



.88 /100 g gnarly sour grapes
3.99/lb 21163873_KG



220 /100 g M&M's chocolate plain or peanut
9.99/lb 20297695_KG



.77 /100 g sour watermelon slices
3.49/lb 21127285_KG



.77 /100 g peach slices
3.49/lb 21206506_KG



353 /100 g pecan halves or pieces
15.99/lb 20730612_KG



.88 /100 g roasted Virginia peanuts salt or no salt
3.99/lb 20120042_KG



264 /100 g natural roasted pistachios salted or unsalted
11.99/lb 20664648_KG



176 /100 g Turkish apricots
7.99/lb 20120073_KG



154 /100 g deluxe treat mix
6.99/lb 20184238_KG



220 /100 g Arnie's all natural raw nut mix
9.99/lb 20165178_KG



132 /100 g Sierra mix
5.99/lb 20050090_KG



132 /100 g cranberry cocktail mix
5.99/lb 20132638_KG



331 /100 g bourbon walnuts
14.99/lb 21595089_KG



264 /100 g butterscotch blanched almonds
11.99/lb 21595150_KG



264 /100 g everything seasoned cashews
11.99/lb 21595070_KG



132 /100 g nut crisps selected varieties
5.99/lb 21593191_KG

SEAFOOD



4⁹⁹ Crystal Waters
fresh crab cakes
116 g 21540956_EA

13⁹⁹ PC® bacon-wrapped
wild sea scallops
frozen
260 g 21220644_EA

14⁹⁹ Crystal Waters
salmon skewers
selected varieties, frozen
320/340 g 21547020_EA/21547850_EA

7⁹⁹ BOS smoked
Atlantic salmon
selected varieties
125 g 21192437_EA/21192711_EA

EASY MEALS



7⁹⁹ Schneiders Juicy
Jumbos wieners
selected varieties
375/450 g 20770591_EA



1⁹⁹ Carl Buddig
sliced meat
selected varieties
55 g 20074681_EA



4⁴⁹ Lunchables
selected varieties
89-138 g 21592663_EA



12⁹⁹ each
Marcangelo
bacon wrapped
turkey 340 g
or chicken herb
medallions 452 g
21025498_EA/21378258_EA



15⁹⁹ Royal Meats burgers
pork and beef
or beef and lamb
1.02 kg 21542193_EA



15⁹⁹ PC® Thick & Juicy™
chicken or turkey
burgers frozen
1.13 kg 20155317_EA/20956689_EA



11⁹⁹ Janes Pub Style turkey
strips, nuggets or burgers
frozen
600 g 21431735_EA/21431776_EA



7⁹⁹ Marcangelo
jumbo sausages
selected varieties,
frozen
675 g 21365170_EA

Your pharmacist
can now write
you a
prescription.*

*if appropriate



For minor health
conditions like:

- UTI
- Allergies
- Cold sores
- Acid reflux
- And more

Book now at fortinos.ca/minorillness
or through the *PC Health* app.



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- ✓ REAL MEAT
- ✓ NO ARTIFICIAL COLOURS
- ✓ SOURCE OF CALCIUM, PROTEIN, AND WHOLE GRAIN

Lunchables
Lunch Kits
89 - 138 g **\$4.49**



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account
is the
real deal.

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pcfinancial.ca/supermarket

Earn up to
125K pts
in welcome
offers*



No
monthly
fee

PC Money™ Account

Close to your heart

Avid points collector

Life-long partner

*Limited time offer. Conditions apply. ™ Used under license. PC Money™ Account is provided by President's Choice Bank.

Our bonus redemption event is on.*

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REDEEM
30K (pts)
FOR \$40 OFF

THAT'S AN
EXTRA
\$10!

REDEEM
50K (pts)
FOR \$75 OFF

THAT'S AN
EXTRA
\$25!

* Visit www.joefresh.com/offerdetails for full details

V-Neck
Smocked Blouse

29



Toddler Boys'
Cargo Jogger

19



Men's
Button-Down

35



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