

# 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\_1\_KG

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

**Boneless**  
Canada AA or USDA  
Select or higher

**9.99/lb** striploin steak  
22.02/kg cut from Canada AA or USDA  
20798456\_KG Select grade beef or higher

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

**First of the SEASON** or Abate pears product of Argentina, Extra Fancy grade

**1.69/lb** 3.73/kg 20154799001\_KG/20083454001\_KG

Heirloom tomatoes product of Ontario, Canada no. 1 grade  
**2.49** 170 g 20051015001\_EA/20152465001\_EA

blueberries or blackberries product of U.S.A. or Mexico

**JUMBO** jumbo cauliflower product of U.S.A. or Mexico, no. 1 grade or Eat Smart  
**3.49** each 20674118\_EA/20135377001\_EA

**EAT SMART** Chopped Salad Kit Salade hachée prête à servir

**SUPERFOOD SELECTIONS** Sweet Kale ou frisé doux 7

**Blue MENU**

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

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

**MARC ANGELO**

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

**Optimum**

**1,000** (1000g)

**9.99** Saputo mini Friulano cheese  
500 g 20708981\_EA

**Optimum**

**1,000** (1000g)

**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** PEANUT BUTTER

**4.99** each 20057892\_EA/20152629\_EA

**500 g**

**PC® Naturally Smoked** bacon 500 g or Lou's peameal bacon chub 800 g, selected varieties

**Ponte Reale**

**5.99** 125 g 21453166\_EA/21526450\_EA

Ponte Reale buffalo mozzarella pearls or with truffle, or Maldera burrata all varieties

**Wonder**

**2.99** each 20123948\_EA/20276296\_EA

Wonder bread 675 g+ PC® English muffins or crumpets 6's, all varieties

**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 croutons 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  
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

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

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



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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  
Athos  
Fresh 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



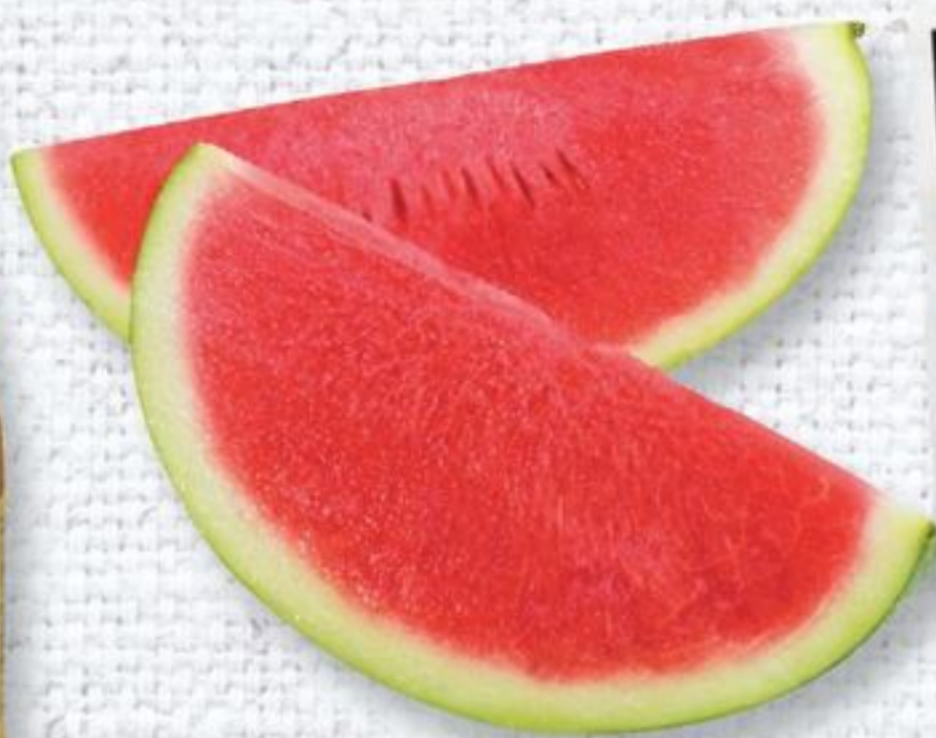
**3.49** 3 lb  
yellow onions  
product of Canada, Canada no. 1 grade  
20811994001\_EA



**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  
Optimum 500  
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



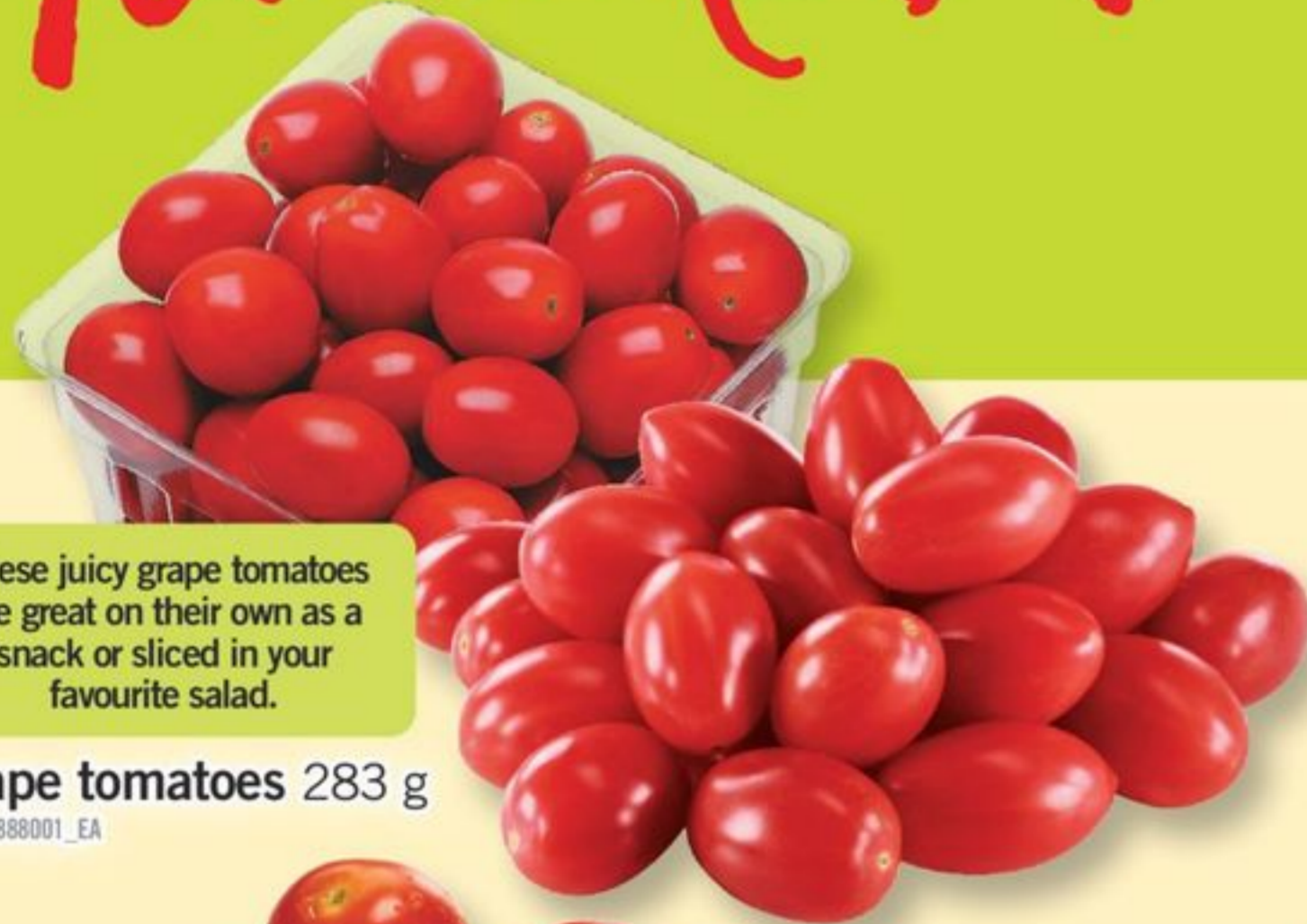
**6.99** 9.8 oz  
PC® Organics blueberries  
product of Argentina, no. 1 grade  
21179699001\_EA



**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.



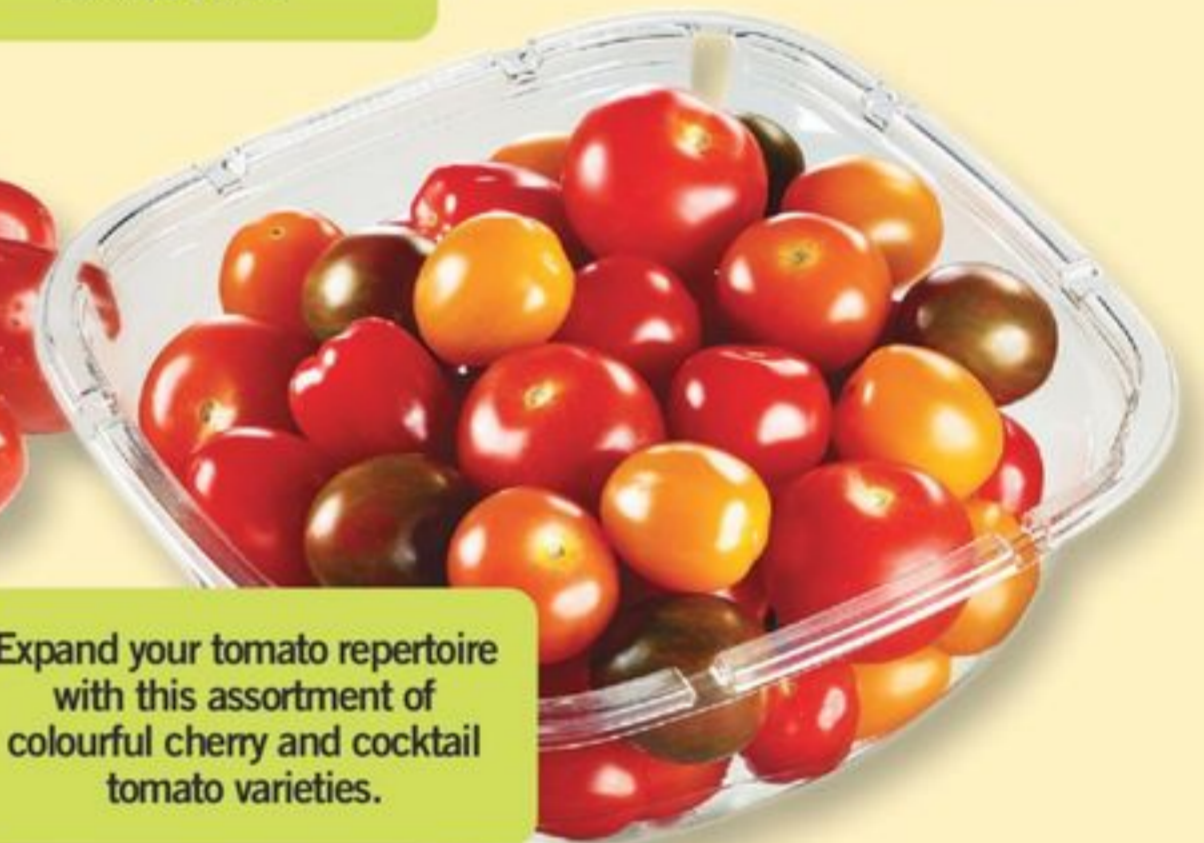
A crisp, juicy bite that finishes with sweet flavour. Greenhouse grown in Canada and the USA.

**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

**19<sup>99</sup>**  
1 kg



**10<sup>99</sup>**  
293 g  
PC® half rack ribs  
21576667\_EA



**6<sup>49</sup>**  
482-680 g  
Reser's Main St Bistro sides selected varieties  
20864164\_EA



*5 varieties!*

**4<sup>79</sup>**  
200 g  
crostini selected varieties  
20921281\_EA/20921334\_EA

**DELI • Always freshly sliced or shaved your way!**



**9<sup>99</sup>lb**  
2.20/100 g  
Venetian Genoa salami selected varieties, deli sliced or shaved  
20303649\_KG



**12<sup>99</sup>lb**  
2.86/100 g  
Bittner's turkey breast or PC® Natural Choice™ chicken breast selected varieties  
20008089\_KG/20301114\_KG



**12<sup>99</sup>lb**  
2.86/100 g  
PC® Natural Choice® Angus roast beef deli sliced  
20155374\_KG



**4<sup>49</sup>**  
60 g  
Marcangelo Snackissimo all varieties  
21194746\_EA/21195340\_KG



**6<sup>99</sup>**  
400-454 g  
PC® hummus or dips  
20584098\_EA



**15<sup>99</sup>lb**  
35.25/kg  
Jarlsberg cheese or Castello Danish fontina cheese by the piece  
21388103\_KG/20128148\_KG



**14<sup>99</sup>lb**  
33.05/kg  
Balderson medium or marble cheddar by the piece or deli sliced  
20689990\_KG



**6<sup>99</sup>**  
250 g  
Brandt Kolbassa chubs selected varieties  
20353446\_EA/20353652\_EA

**BAKERY • Baked fresh by Bakers with passion!**



**29<sup>99</sup>**  
1 kg  
strawberry shortcake 8"  
20592878\_EA/20593060\_EA



**26<sup>99</sup>**  
800 g-1 kg  
LA ROCCA CREATIVE CAKES  
Grand 6" cakes lemon mousse, birthday confetti, carrot or strawberry dream  
21378263\_EA



**3<sup>99</sup>**  
50-110 g  
zepole pastry or fresh fruit tart all varieties  
20592677\_EA/20592789\_EA



**1<sup>99</sup>**  
each  
PANE Fresco muffins selected varieties, baked in store  
21461882\_EA



**11<sup>49</sup>**  
550/600 g  
Elite Sweets scoop & serve cakes carrot, red velvet or tiramisu, frozen  
21397643\_EA



**4<sup>99</sup>**  
260-480 g  
Promise gluten free loaf or buns all varieties  
21465953\_EA/21524889\_EA



**3<sup>79</sup>**  
8's  
Wonder hot dog or hamburger buns all varieties  
20305135\_EA



**3<sup>49</sup>**  
206-336 g  
Vachon snack cake selected varieties  
20963606\_EA

# GROCERY



**249**  
2 L  
Coca-Cola,  
Canada Dry or  
Pepsi soft drinks  
selected varieties  
20296826002\_EA/20316026002\_EA



**349**  
540 mL  
Dole fruit  
selected varieties  
21297584\_EA/21297574\_EA



**299**  
191/200 g  
Cheez-It baked  
snack crackers  
selected varieties  
21214560\_EA/21350259\_EA



**499**  
350/400 g  
Grissol  
Melba toast  
selected varieties  
20307218001\_EA/21520208\_EA



**179**  
540 mL  
Primo  
canned beans  
selected varieties  
21187516\_EA



**429**  
8/10x200 mL  
Minute Maid,  
Five Alive or  
Nestea iced tea  
drink boxes  
selected varieties  
20276002\_EA/21092667\_EA



**229**  
255 g  
Manny's  
corn soft  
tortillas  
21497563\_EA



**399**  
125-384 g  
Kellogg's  
Rice Krispies,  
Nutri-Grain bars  
or Pop-Tarts  
selected varieties  
20126567001\_EA/20313984003\_EA



**899**  
340 g  
PC® single  
origin coffee  
selected varieties  
21380579\_EA



**329**  
340/375 g  
Catelli  
Smart pasta  
selected varieties  
20527263\_EA



**349**  
90 g  
Ferrero Rocher  
chocolate tablet  
selected varieties  
21428863\_EA



**349**  
266-550 g  
Betty Crocker  
baking mixes  
selected varieties  
20325452004\_EA/20754542\_EA



**699**  
480-650 g  
Kellogg's  
family size cereal  
selected varieties  
21430738\_EA/21449784\_EA



**399**  
52 mL  
Nestea  
liquid water  
enhancer  
20667088004\_EA



**399**  
645 mL  
Prego  
pasta sauce  
selected varieties  
20325820001\_EA

## Celebrate ORTHODOX EASTER



**999**  
375 mL  
Divina  
stuffed olives  
feta or  
blue cheese  
21154522\_EA/21154535\_EA



**699**  
580 mL  
Fino  
Fine Foods  
ajvar  
mild or hot  
21397598\_EA/21397463\_EA



**799**  
1.5 L  
Fino  
Fine Foods  
fire roasted  
red peppers  
21397324\_EA



**499**  
796 mL  
S&F red sour  
pitted cherries  
20125969\_EA



**499**  
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.

**24<sup>99</sup>** 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!*

**19<sup>99</sup>** 60's

Suku gummy vitamins selected varieties

21310256\_EA/21311636\_EA



**29<sup>99</sup>** each

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

21418529\_EA/21418543\_EA



**23<sup>99</sup>** 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



**49<sup>99</sup>** each

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

20700876001\_EA/21391726\_EA



**29<sup>99</sup>** 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**

**8<sup>29</sup>** 12's  
Alderwood Farms pasture raised eggs

21434214001\_EA



**9<sup>99</sup>** 284 g

Kicking Horse organic ground coffee selected varieties

20982074\_EA



**5<sup>99</sup>** 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



**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!

**19<sup>99</sup>**  
100/125 g

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



Enjoy High Tea  
With Mom!



On May 12<sup>th</sup>, 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!



**12<sup>99</sup>**  
266-357 g

**Stellar Eats** baking mix  
21500871\_EA/21568692\_EA

Gluten, nut & dairy free!



**LOCALLY MADE**

**6<sup>99</sup>**  
116-500 g

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

Small batch, made without palm oil!

**14<sup>99</sup>**  
240 g

**NutJar spread**  
selected varieties  
21550500\_EA/21550503\_EA



**5<sup>99</sup>**  
1.4 L

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



Dairy free!

**5<sup>99</sup>**  
200-227 g

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



Perfect for  
vegan appetizers  
or tea sandwiches!

**7<sup>99</sup>**  
100 g

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



**3<sup>99</sup>**  
235 mL

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



**5<sup>79</sup>**  
400 g

**PC® gluten free**  
pancake mix  
20796973\_EA



**5<sup>99</sup>**  
250 g

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



**2<sup>49</sup>**  
120 g

**PC® Organics**  
rice cakes  
21408855\_EA/21408859\_EA



**5<sup>79</sup>**  
113 g

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

Gluten free!



**6<sup>99</sup>**  
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!

**8<sup>99</sup>**  
250-296 mL

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

20984039\_EA/21454574\_EA



**6<sup>99</sup>**  
250 mL

**Good Food For Good**  
ketchup  
or BBQ sauce

21172444\_EA/21172451\_EA

Gluten free!



**5<sup>99</sup>**  
296 mL

**San-J tamari**  
or cooking sauce  
selected varieties

20028533\_EA/2029886001\_EA



**3<sup>99</sup>**  
227 g

**Sunflower Kitchen dips**  
selected varieties

21100651\_EA/21100664\_EA



**3<sup>99</sup>**  
135 g

**humble potato chips**

21524167\_EA/21524235\_EA



**6<sup>99</sup>**  
125-185 g

**elan organic nuts**  
selected varieties

21306310\_EA/21306368\_EA

**1<sup>99</sup>**  
398 mL

**PC® Organics**  
canned beans  
selected varieties

21403943\_EA/21403992\_EA



**4<sup>99</sup>**  
325-473 mL

**PC® Organics**  
mustard or  
sauerkraut

20959827\_EA/21355242\_EA



**5<sup>99</sup>**  
575 mL

**PC® Organics**  
ketchup

20021787\_EA



**3<sup>99</sup>**  
946 mL

**PC® Organics**  
lemonade  
selected varieties

20936902\_EA/21022888\_EA



**6<sup>99</sup>**  
each

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

21080770\_EA/21102225\_EA



**4<sup>49</sup>**  
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

**2<sup>99</sup>**  
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.

**6<sup>99</sup>**  
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!*

**9<sup>99</sup>**  
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.

**4<sup>99</sup>**  
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!

**6<sup>99</sup>**  
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!*

**12<sup>99</sup>**  
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

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



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# DAIRY & FROZEN



**349**  
425/500 mL

Gay Lea  
sour cream  
selected  
varieties  
20317536001\_EA

**179**  
310 mL

Milk2Go  
chocolate  
or strawberry  
1% milk  
21062620\_EA

**399**  
4's

Pillsbury  
pizza pops  
selected varieties,  
frozen  
21435996\_EA

**399**  
250 g

Heluva Good!  
dips  
selected varieties  
20179979002\_EA

**449**  
4's

Danone Oikos  
Greek yogurt  
selected varieties  
20625055\_EA/21006595\_EA



**599**  
200-240 g

Cracker Barrel  
natural cheese  
slices  
selected varieties  
21290684\_EA/21290705\_EA



Mama Yolanda's  
lasagna  
selected varieties,  
frozen  
21217142\_EA

**2799**  
2.72 kg



**349**  
815/907 g

Cheemo perogies  
selected varieties,  
frozen  
20527369\_EA



**399**  
8's

Kellogg's  
Eggo waffles  
selected varieties,  
frozen  
20302779\_EA



**649**  
320-390 g

Dr. Oetker  
Ristorante  
or Casa Di  
Mama pizza  
selected varieties,  
frozen  
20296100001\_EA/20852957\_EA



Autentico gelato  
selected varieties,  
frozen  
21213951\_EA

**899**  
1 L



Chapman's  
Original ice cream  
selected varieties,  
frozen  
20315236001\_EA/20854843\_EA

**499**  
2 L



Halo Top  
frozen dessert  
selected varieties  
21087005\_EA/21087007\_EA

**699**  
473 mL



Kawartha Dairy  
ice cream  
frozen  
21595784\_EA/21595813\_EA

**849**  
1.5 L



no name®  
ice cream  
sandwiches  
or bars club size,  
selected varieties,  
frozen  
21013432\_EA

**999**  
24/30's



PC® mochi  
selected varieties,  
frozen  
21166581\_EA

**599**  
6x35 mL



Chapman's  
Lolly novelties  
selected varieties,  
frozen  
20348169\_EA

**499**  
28's



Gay Lea  
whipped cream  
selected varieties  
20048223001\_EA

**449**  
225 g



Tenderflake pastry  
selected varieties,  
frozen  
20303840001\_EA

**449**  
255-397 g



PC® Cream First  
ice cream frozen  
20810301\_EA

**699**  
1.5 L

# 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.

## Crofter's premium organic fruit spread selected varieties

**5.99**  
383 mL

20887211\_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



**23<sup>99</sup>** Nestlé Nido formula  
850 g  
21378097\_EA



**29<sup>99</sup>** Huggies Goodnites or Pull Ups  
selected varieties  
34-74's  
20963841\_EA/20963933\_EA



**5<sup>99</sup>** Live Clean shampoo, lotion or bath wash  
selected varieties  
227-300 mL  
20307664001\_EA/20799984\_EA



**11<sup>99</sup>** 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

**1<sup>99</sup>** each



Gerber pouches selected varieties  
21024838\_EA/21024943\_EA

**1<sup>79</sup>** 128 mL



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

**2<sup>49</sup>** 85 mL



**4<sup>99</sup>** Baby Gourmet oatmeal cereal 227 g or Squoosh 360 g  
2062551002\_EA/20649780001\_EA

# HOUSEHOLD



**29<sup>99</sup>** each  
or Tide Power Pods 63's selected varieties  
21450133\_EA/21450151\_EA



**9<sup>99</sup>** 200's  
21170996\_EA



**4<sup>49</sup>** 950 mL-2.5 L  
20977116\_EA/21027899\_EA



**23<sup>99</sup>** 24=72 rolls  
21189845\_EA



**14<sup>99</sup>** 26-30's  
21217935\_EA/21517982\_EA



**9<sup>99</sup>** 1.35 kg  
21218157\_EA/21218531\_EA



**4<sup>99</sup>** 10-90's  
20300461001\_EA/20871415\_EA



**5<sup>99</sup>** 75's  
20348537002\_EA/20348537003\_EA



**10<sup>99</sup>** 2x20/40 mL  
20342475001\_EA/21166513\_EA



**15<sup>99</sup>** 6 pk  
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](http://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



**4<sup>99</sup>** Crystal Waters  
fresh crab cakes  
116 g 21540956\_EA

**13<sup>99</sup>** PC® bacon-wrapped  
wild sea scallops  
frozen  
260 g 21220644\_EA

**14<sup>99</sup>** Crystal Waters  
salmon skewers  
selected varieties, frozen  
320/340 g 21547020\_EA/21547850\_EA

**7<sup>99</sup>** BOS smoked  
Atlantic salmon  
selected varieties  
125 g 21192437\_EA/21192711\_EA

# EASY MEALS



**7<sup>99</sup>** Schneiders Juicy  
Jumbos wieners  
selected varieties  
375/450 g 20770591\_EA



**1<sup>99</sup>** Carl Buddig  
sliced meat  
selected varieties  
55 g 20074681\_EA



**4<sup>49</sup>** Lunchables  
selected varieties  
89-138 g 21592663\_EA



**12<sup>99</sup>** each  
Marcangelo  
bacon wrapped  
turkey 340 g  
or chicken herb  
medallions 452 g  
21025498\_EA/21378258\_EA



**15<sup>99</sup>** Royal Meats burgers  
pork and beef  
or beef and lamb  
1.02 kg 21542193\_EA



**15<sup>99</sup>** PC® Thick & Juicy™  
chicken or turkey  
burgers frozen  
1.13 kg 20155317\_EA/20956689\_EA



**11<sup>99</sup>** Janes Pub Style turkey  
strips, nuggets or burgers  
frozen  
600 g 21431735\_EA/21431776\_EA



**7<sup>99</sup>** Marcangelo  
jumbo sausages  
selected varieties,  
frozen  
675 g 21365170\_EA

Your pharmacist  
can now write  
you a  
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