

MAY

**HIT
OF THE
MONTH**

**LIMIT 6
AFTER LIMIT
\$2.50 EA.**



\$1⁵⁰

**CHEEZ-IT BAKED
SNACK CRACKERS
SELECTED VARIETIES
191/200 G
CRAQUELINS CUIVS CHEEZ-IT
21214560_EA/21350253_EA**

**LIMIT 6
AFTER LIMIT
\$4.50 EA.**



\$3

**PLANTERS DELUXE
WHOLE CASHEWS
SALTED OR UNSALTED
200 G
NOIX DE CAJOU DE LUXE
PLANTERS
21021617_EA/21021618_EA**



\$3⁵⁰

**NEW TREASURE LONG GRAIN
WHITE RICE
2 KG
RIZ BLANC À LONG GRAIN
NEW TREASURE
21590582_EA**

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local areas.
**Must be a registered PC Optimum® member to get this offer.
Valid from May 1 - 31, 2024. While quantities last. See in-store for details.

Mother's Day well spent

Give the best to mom.

4 DAYS ONLY!
May 9th TO 12th

Optimum
20,000^{pts}
for every '\$100' spent

\$20
Value

IN THE GARDEN CENTER
AU CENTRE DE JARDINAGE
21357792_EA/21352664_EA



PC[®] DELUXE ANNUAL HANGING BASKET
SELECTED VARIETIES
11 INCH PANIER SUSPENDU D'ANNUELLES DE LUXE PC^{MD}
20753918_EA

WHEN YOU BUY 2
SAVE \$4

2/\$36
LESS THAN 2 \$20 EA.

Optimum
7,000^{pts}

\$7
Value

PREMIUM & ELITE MOTHER'S DAY BOUQUETS
SELECTED VARIETIES
EACH
BOUQUET DE LA FÊTE DES MÈRES DE QUALITÉ SUPÉRIEURE ET ÉLITE
21087827_EA

FROM \$32

Optimum
5,000^{pts}

\$5
Value

LA ROCCA OCCASION CAKES
8 INCH SELECTED VARIETIES
1.1-1.7 KG GÂTEAUX D'OCCASION LA ROCCA
21496166_EA

6 VARIETIES

29⁹⁹



Optimum™

Members save more.



click or visit
pcoptimum.ca
to become a member

See back page for details.



Members save
\$3

Optimum
Members-Only Price™
\$12
Non-members
\$15

SMALL VEGETABLE PLATTER
872-962 G OR
FRUIT PLATTER 1.17-1.2 KG
PREPARED FRESH
IN-STORE DAILY
PETIT PLATEAU DE LÉGUMES
OU DE FRUITS FRAIS
20079394_EA/20171929_EA



Members save
\$2.30

Optimum
Members-Only Price™
3.49
Non-members
5.79

PC® BLUE MENU® THIN AND CRISPY, LOADS OF, FOCACCIA OR FLAT BREAD PIZZAS
SELECTED VARIETIES
FROZEN
330-455 G
PIZZAS MINCE ET CROUSTILLANTE, PLEINE DE, FOCACCIA OU PAIN PLAT
PC®®, MENU BLEU®®
20971494_EA/21013867_EA



APP EXCLUSIVE OFFER

Open your PC Optimum® app or visit pcoptimum.ca to get the offer



Members save
\$2.50

Optimum
Members-Only Price™
2.99
Non-members
5.49

PC® SALSA
SELECTED VARIETIES
650 ML
SALSA PC®®
20309646002_EA/20309646003_EA



More offers. More points.

Get the most offers when you:

1. Use the PC Optimum™ App
2. Check out the weekly flyer
3. Visit the digital coupon board



Scan to see our complete digital flyer



Atlantic Superstore

WHOLE CHICKEN
5.49/KG
POULET ENTIER
20729008_KG

STRIPLOIN GRILLING STEAK
FAMILY SIZE. CUT FROM UNGRADED BEEF
19.58/KG
BIFFECK DE CONTRE-FILET À GRILLER
21564957_KG

CUT BY OUR BUTCHERS

MUST BUY
May 9 - 12

SAVE THIS WEEK

2.49
LB

8.88
LB

PORK BACK RIBS
CRYOVAC PKG 2'S
9.90/KG
CÔTES DE DOS DE PORC
20289672_KG

1 LB

STRAWBERRIES
PRODUCT OF U.S.A. NO. 1 GRADE
1 LB
FRAISES
20049778001_EA

SALE
SAVE \$2^{LB}

4.49
LB

2.99

CANADIAN SNOW CRAB CLUSTERS LEG AND CLAW
FROZEN OR PREVIOUSLY FROZEN
17.61/KG
GRAPPES DE CRABE DES NEIGES CANADIEN
PATTES ET PINCES
21534626_KG

PC[®] PACIFIC LARGE WHITE SHRIMP
RAW OR COOKED
PEELED 31-40 PER LB
FROZEN
400 G
GROSSES CREVETTES BLANCHES DU PACIFIQUE PC[®]
20789931_EA/20791381_EA

SALE
SAVE \$2

7.99
LB

7.99

FARMER'S MARKET[™] ENGLISH CUCUMBERS
PRODUCT OF ATLANTIC CANADA OR
GREENHOUSE PEPPERS
PRODUCT OF CANADA
3'S
CONCOMBRES ANGLAIS OU POIVRONS DE SERRE
DÉLICIES DU MARCHÉ[™]
20828461001_EA/
20085851001_EA

PKG OF 3

SAVE AT LEAST \$1

3.99

PC[®] SMOKED SALMON
SELECTED VARIETIES
FROZEN
150 G
SAUMON FUMÉ PC[®]
20055009_EA/21047088_EA

BLACK DIAMOND CHEESE BARS 400 G, SHREDS
300-320 G OR PC[®] CHEESE
SHREDS 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE, FROMAGE RÂPÉ BLACK DIAMOND OU FROMAGE RÂPÉ PC[®]
21278839_EA/21279221_EA

SALE
SAVE \$2

8.99

SALE THIS WEEK

4.88

WONDER BREAD OR BUNS
SELECTED VARIETIES AND SIZES
PAIN OU PETITS PAINS WONDER
20305674_EA
20297455_EA
20305135_EA

PRICE DROP

BUY 2 OR MORE

\$3
EA.
LESS THAN 2 \$3.49 EA.

BANANA BOAT, COPPERTONE OR NEUTROGENA SUNSCREEN
SELECTED VARIETIES AND SIZES
ÉCRAN SOLAIRE BANANA BOAT COPPERTONE OU NEUTROGENA
21352122_EA
21524980_EA

COCA-COLA OR PEPSI SOFT DRINKS
SELECTED VARIETIES
24X355 ML
BOISSONS GAZEUSES COCA-COLA OU PEPSI
20306687002_C24
20308197001_C24

SALE
SAVE UP TO 30%

11.49

CASHMERE BATHROOM TISSUE 12 DOUBLE ROLLS, SPONGETOWELS
PAPER TOWELS
6 ROLLS OR SCOTTIES
FACIAL TISSUE 6'S
SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE, ESSUIE-TOUT SPONGETOWELS OU MOUCHOIRS SCOTTIES
21189812_EA/21204739_EA

6.99

TETLEY 216'S OR KING COLE TEA
120/216'S
SELECTED VARIETIES
THÉ TETLEY OU KING COLE
20025699_EA/21250568_EA

SAVE AT LEAST \$6

8.99

200 pts

for every dollar spent on: Baby, Health & Beauty.

*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer. Excludes: Prescription Drugs, Optical and Apparel.

APP EXCLUSIVE OFFER
Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.

20% in Value

Flyer prices effective from Thursday, May 9th to Wednesday, May 15th, 2024. SEE BACK PAGE FOR DETAILS.



NEW TREASURE LONG GRAIN WHITE RICE
2 KG
RIZ BLANC À LONG GRAIN
NEW TREASURE
21596582_EA/21599501_EA

\$3⁵⁰



PLANTERS DELUXE WHOLE CASHEWS
SALTED OR UNSALTED
200 G
NOIX DE CAJOU ENTIÈRES DE LUXE
PLANTERS
21021617_EA/21021618_EA

\$3



CHEEZ-IT BAKED SNACK CRACKERS
SELECTED VARIETIES
191/200 G
CRAQUELINS CUITS
CHEEZ-IT
21214560_EA/21350253_EA

\$1⁵⁰

As compared to other major grocery retailers within your local areas. *Must be a registered PC Optimum™ member to get this offer. Valid from May 1st - 31st, 2024. While quantities last. See in-store for details.



SUNCHIPS MULTIGRAIN FLAVOURED SNACKS
SELECTED VARIETIES
205 G
GRIGNOTINES DE MULTIGRAINS AROMATISÉES SUNCHIPS
21370313_EA/21370317_EA

2⁵⁰



ACTIVIA OR OIKOS SMOOTHIE
SELECTED VARIETIES 190 ML
BOISSON FRAPPÉE ACTIVIA OU OIKOS
21396076_EA/21348503_EA

\$1



SCOPE CLASSIC ORIGINAL MINT OR COOL PEPPERMINT MOUTHWASH
1 L
RINCE-BOUCHE SCOPE MENTHE ORIGINALE CLASSIQUE OU MENTHE POIVRÉE FRAÎCHE
20948747_EA/20948867_EA

\$4



STARBUCKS GROUND OR WHOLE BEAN COFFEE*
311-340 G, K-CUPS 10'S,
COLD BREW 946 ML OR
INSTANT COFFEE 90 G
SELECTED VARIETIES
CAFÉ MOULU OU EN GRAINS,
K-CUPS, INFUSÉ À FROID
OU CAFÉ INSTANTANÉ
STARBUCKS
20548682002_EA/20547343003_EA

9⁹⁹



FRIED TORTILLA CHIPS
450 G
CROUSTILLES DE TORTILLA FRITES
21534615_EA

2/\$8
LESS THAN 2 \$5 EA.



MAPLE LEAF BACON READY CRISP BACON OR SCHNEIDERS BACON
SELECTED VARIETIES
65-375 G
BACON OU BACON READY CRISP MAPLE LEAF OU BACON SCHNEIDERS
20732366_EA/20164959_EA

5⁹⁹



NO NAME® MARSHMALLOW
SELECTED VARIETIES
400 G
GUMMAUVE SANS NOM®
20304672001_EA/21023141_EA

2/\$7
LESS THAN 2 \$3.99 EA.



STOK COLD BREW COFFEE 1.42 L
SIMPLY JUICE OR GOLD PEAK ICED TEA 2.63 L
SELECTED VARIETIES
CAFÉ INFUSÉ À FROID STOK, JUS SIMPLY OU THE GLACÉ GOLD PEAK
20151025001_EA/21203739_EA

6⁹⁹



SCOTSBURN OR BAXTER CREAM
SELECTED VARIETIES
1 L
CRÈME SCOTSBURN OU BAXTER
20082602_EA

3⁴⁹



DORITOS FLAVOURED TORTILLA CHIP OR TOSTITOS TORTILLA CHIPS
SELECTED VARIETIES
205-295 G
CROUSTILLES DE TORTILLA AROMATISÉES DORITOS OU CROUSTILLES DE TORTILLA TOSTITOS
21369118_EA/21050575_EA

2/\$7
LESS THAN 2 \$3.99 EA.



CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L OR HALO TOP FROZEN DESSERT 473 ML
SELECTED VARIETIES FROZEN CRÈME GLACÉE MARKDALE CREAMERY CHAPMAN'S OU DESSERT GLACÉ HALO TOP
20315236001_EA/21087007_EA

3⁹⁹



NESTLÉ DRUMSTICK 4'S OR HÅGEN-DAZS 414-450 ML OR BARS 3/4'S
SELECTED VARIETIES FROZEN DRUMSTICK NESTLÉ OU HÅGEN-DAZS OU BARRES
20322380001_EA/21513578_EA

5⁴⁴



CLOVER LEAF SOCKEYE SALMON
213 G
SAUMON SOCKEYE
CLOVER LEAF
21314811_EA

4²⁹



BLUEWATER FISH, SHRIMP OR AIR FRIED
210-600 G OR GIUSEPPE STUFFED CRUST PIZZA 685-771 G
SELECTED VARIETIES FROZEN POISSON, CREVETTES OU FRITS À L'AIR BLUEWATER OU PIZZA CRÔUTE FARCIE GIUSEPPE
21555699_EA/21555844_EA

6⁹⁹



SMART SWEETS CANDY
SELECTED VARIETIES
50 G
FRIANDISES
SMART SWEETS
21154474_EA/21195935_EA

3⁴⁹



GATORADE OR POWERADE SPORTS DRINK
SELECTED VARIETIES
24X591 ML
BOISSON DÉSALTÉRANTE GATORADE OU POWERADE
20298835002_C24/20854130_C24

21⁹⁹



PC® PAPER TOWELS CLUB SIZE
12 ROLLS
ESSUIE-TOUT PC®
FORMAT CLUB
21558605_EA

21⁹⁹



FINISH 40-55'S, CASCADE 30-48'S OR CASCADE ACTION PACS 60'S, GAIN FLINGS 42'S, GAIN/DOWNY FABRIC SOFTENER 2.4-3.29 L
BEADS 515 G OR BOUNCE SHEETS 250'S
SELECTED VARIETIES DÉTERGENT POUR LAVE-VAISSELLE FINISH CASCADE OU ACTION PACS CASCADE, FLING GAIN, ASSOULISSANT TEXTILE PERLES GAIN/DOWNY OU FEUILLES BOUNCE
20660832001_EA/20959627_EA

14⁹⁹



TIDE LAUNDRY DETERGENT
SELECTED VARIETIES
1.09 L
DÉTERGENT À LESSIVE TIDE
20751974_EA/20752014_EA

4⁹⁹

CUSTOMER RELATIONS 1-866-727-0771. VISIT atlanticsuperstore.ca FOR STORE HOURS.

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Produce



BLACKBERRIES
PRODUCT OF MEXICO
170 G
MÛRES
20051015001_EA

3⁹⁹



2 LB BAG
FARMER'S MARKET™ LEMONS
PRODUCT OF SOUTH AFRICA
2 LB
CITRONS
DÉLICIES DU MARCHÉ™
20795315001_EA

3⁹⁹



AVOCADO
PRODUCT OF MEXICO
EACH
AVOCAT
21097012001_EA

1⁹⁹



CANADA
PC® MIXIANY CHERRY
TOMATOES
PRODUCT OF CANADA
680 G
TOMATES CERISES MIXIANY
PC™
21285888001_EA

7⁴⁹



10 LB
FARMER'S MARKET™
RUSSET
4.54 kg 10 lb
Produit de France
CANADA NO. 1 - PRODUCT OF CANADA/PRODUIT DU CANADA

5⁴⁹



BROCCOLI CROWNS
PRODUCT OF MEXICO OR
U.S.A.
EACH
COURONNES DE BROCOLI
21121560001_EA

2⁴⁹



PC® CHOPPED
SALAD KITS
PRODUCT
OF U.S.A.,
SELECTED
VARIETIES
285-369 G
TROUSSES DE
SALADES
HACHÉES PC™
21378071_EA/
21378098_EA

2/\$11
LESS THAN 2
\$5.99 EA.



CANADA
WELL COLD-PRESSED
JUICE
PRODUCT OF CANADA,
SELECTED
VARIETIES
333 ML
JUS PRESSÉ À
FROID WELL
21186483_EA/
21186518_EA

2/\$11
LESS THAN 2
\$5.99 EA.



FARMER'S MARKET™
GRAPEFRUIT
PRODUCT OF TURKEY
NAVEL ORANGES
PRODUCT
OF SPAIN, MOROCCO,
TURKEY OR EGYPT
3 LB
PAMPLEMOUSSE OU
ORANGES NAVEL
DÉLICIES DU MARCHÉ™
20118409001_EA/
20162945001_EA

3 LB BAG

6⁹⁹



CORED PINEAPPLE
MADE IN-STORE
DAILY
600 G
ANANAS ÉVIDÉ
FRAIS
20503143_EA

6⁹⁹

Butcher



LEAN GROUND BEEF
FAMILY SIZE
15.41/KG
BŒUF HACHÉ MAIGRE
20788281_KG

6⁹⁹
LB



CANADA
PC® BLUE MENU®
CHICKEN BREAST 3'S
OR **PC® SPLIT CHICKEN**
WINGS 730 G
AIR CHILLED
POITRINE DE POULET
PC™ MENU BLEU™ OU
AILES DE POULET
SÉPARÉES PC™
21340952_EA/21340973_EA

\$13



CHICKEN LEGS
BACK ATTACHED
FAMILY SIZE
5.49/KG
CUISSÉS DE POULET
20153925_KG

2⁴⁹
LB



SUFRA® HALAL LEAN
GROUND BEEF
454 G
BŒUF HACHÉ MAIGRE
HALAL SUFRA™
21397283_EA

8⁹⁹



BEEF STIR FRY STRIPS
250 G
LANIÈRES DE BŒUF À
SAUTER
21588067_EA

\$7



MARINATED PORK
BACK RIBS
13.21/KG
CÔTES DE DOS DE
PORC MARINÉES
21418296_KG

5⁹⁹
LB



BEYOND MEAT PLANT-
BASED BURGER
OR **BREAKFAST**
SAUSAGES
226-400 G
BURGERS OU
SAUCISSES À BASE
DE PLANTES
BEYOND MEAT
21193815_EA/21399630_EA

7⁴⁹



PC® NATURALLY
SMOKED BACON
SELECTED VARIETIES
375-500 G
BACON FUMÉ
NATURELLEMENT PC™
20057892_EA/20152629_EA

6⁹⁹



PC® BURGERS
SELECTED
VARIETIES,
FROZEN
568 G-1.36 KG
BURGERS PC™
20941230_EA/
20941443_EA

2/\$30
LESS THAN 2
\$16.99 EA.



PC® BBQ PORK BACK RIBS
FULLY COOKED,
SELECTED VARIETIES
500 G
CÔTES DE DOS DE
PORC BARBECUE PC™
21284538_EA/
21284542_EA

\$12



ST-HUBERT OR
SWISS CHALET
SINGLE PIES
FROZEN
470 G
PÂTES INDIVIDUELS
ST-HUBERT OU
SWISS CHALET
21047000_EA/21047192_EA

7⁴⁹

Seafood

Fresh seafood items subject to availability.



STEELHEAD TROUT
FILLETS
FROZEN OR
PREVIOUSLY
FROZEN
24.23/KG
FILETS DE TRUITE
STEELHEAD
21478771_KG

10⁹⁹
LB

FRESH SALMON
STEAKS
30.84/KG
DARNES FRAÎCHE
DE SAUMON
20850605_KG

13⁹⁹
LB



PC® PACIFIC LARGE WHITE
31-40 PER LB 400 G
JUMBO WILD ARGENTINIAN
SHRIMP RAW ZIPPERBACK®
21-30 PER LB 340 G
FROZEN
CREVETTES GROSSES
BLANCHES DU PACIFIQUE
OU ARGENTINES
SAUVAGES GÉANTES PC™
20788888_EA/21332386_EA

9⁹⁹



AQUASTAR WILD
CAUGHT KING CRAB
LEGS OR CLAWS
FROZEN
500 G
PÂTES OU
PINCES DE
CRABE ROYAL
SAUVAGE
AQUASTAR
21012170_EA

34⁹⁹

Bakery



BAKED IN-STORE
CINNAMON BUNS
 DANISH OR CREAM CHEESE ICED
 10'S
BRIOCHE À LA CANNELLE
 21467583_EA

\$6



FARMER'S MARKET™
BAR CAKES
 SELECTED VARIETIES
 675-770 G
GÂTEAUX
 RECTANGULAIRES
DÉLICIES DU MARCHÉ™
 21500612_EA

14.99



PC™ MERINGATA
 ORIGINAL OR
 SALTED CARAMEL
 FROZEN
 260 G
MERINGATA PC™
 21549377_EA

7.99



BAKED IN-STORE
CHOCOLATE CROISSANTS 4'S
 OR **PLAIN CROISSANTS** 6'S
CROISSANTS AU CHOCOLAT
 OU **CROISSANTS NATURE**
 21030153_EA/21527027_EA

\$4



FARMER'S MARKET™
HOMESTYLE TARTS
 SELECTED VARIETIES
 6/12'S
TARTELETTES GOÛT MAISON
DÉLICIES DU MARCHÉ™
 20308897_EA

6.99



BAKED IN-STORE
PREMIUM BULK BAGELS
BAGELS DE CHOIX
 EN VRAC
 20038964_EA

8/\$4
 LESS THAN 8
 79c EA.



D'ITALIANO
BREAD OR BUNS
 SELECTED SIZES
 AND VARIETIES
PAIN OU PETITS PAINS
D'ITALIANO
 20038335_EA/20627101_EA/
 20627103_EA

BUY 2 OR MORE
3.25
 EA.
 LESS THAN 2
 \$3.99 EA.



PC™ CLUB SIZE NAAN
DIPPERS TRADITIONAL
 400 G OR **PROMISE**
GLUTEN-FREE LOAF
 & **BUNS** 260-480 G
 SELECTED VARIETIES
BOUCHÉES NAAN
TRADITIONNEL PC™
FORMAT CLUB OU PAINS
ET PETITS PAINS SANS
GLUTEN PROMISE
 20999700_EA/21414753_EA

6.49



PC™ OR BLUE MENU®
ENGLISH MUFFINS
 SELECTED VARIETIES
 6'S
MUFFINS ANGLAIS
PC™ OU MENU BLEU™
 20810728_EA/20810793_EA

\$3

Great to go

Great to go items plus applicable taxes.



PRE-PACK SAUCED
WINGS WITH CELERY
AND CARROTS
 728 G
AILES AVEC SAUCE
PRÉEMBALLÉES AVEC
CÉLÉRI ET CAROTTES
 21532956_EA/21532957_EA

\$15



PIZZAS
 510-720 G
PIZZAS
 21456401_EA/21456254_EA

FROM \$9



PARTY PLATTERS
 SELECTED
 VARIETIES
 696 G-1.8 KG
PLATEAUX DE
CÉLÉBRATION
 21217521_EA/21217522_EA

\$25



FROM OUR CHEFS™
SERVICE CASE HAMS
 SELECTED
 VARIETIES
JAMBONS DU
COMPTOIR DE
SERVICE CONCOCTÉ
PAR NOS CHEFS™
 20974491_KG

2.99
 /100 G



BENTO SUSHI
 FAMILY PACK,
 SELECTED
 VARIETIES
 580-675 G
SUSHI BENTO
 20793972_EA/20793974_EA

FROM \$17



OLIVERI SAUCES
 160 G/300 ML OR
 SMALL PASTAS OR
 SKILLET GNOCCHI
 250-350 G
SAUCES OU PETITS
FORMATS DE PÂTES
OU GNOCCHI À
POÊLER OLIVIERI
 20093406_EA/
 21022065_EA

2/\$11
 LESS THAN 2
 \$6.79 EA.



MASTRO
GENOA CHUBS
 SELECTED
 VARIETIES
 600 G
SAUCISSONS
DE SALAMI DE
GÈNES MASTRO
 20181136_EA

SALE
SAVE UP TO 25%



PC™ BRIE
 SELECTED
 VARIETIES
 170-200 G
BRIE PC™
 20787327_EA

6.99



BAGUETTE SANDWICHES
 SELECTED VARIETIES
 269-325 G
SANDWICHES BAGUETTE
 21362121_EA/21496893_EA

\$7



FROM OUR CHEFS™
PIES
 590-600 G
PÂTES CONCOCTÉ
PAR NOS CHEFS™
 21579901_EA/
 21583326_EA

11.29



PC™ HUMMUS
 OR **DIPS**
 SELECTED
 VARIETIES
 227 G
HUMMUS OU
TREMPETTES PC™
 20584012_EA/
 20584212_EA

2/\$7
 LESS THAN 2
 \$4 EA.



BOURBIN SOFT CHEESE
 & FINES HERBES
 150 G, **CUISINE** 220 G
 OR **MARCANGELO**
SLICED MEATS 100 G
 SELECTED VARIETIES
FROMAGE À PÂTE
MOLLE, CUISINE
BOURBIN OU
MARCANDELLES
MARCANGELO
 20116794_EA/20864839_EA

5.99

Floral



10 STEM TULIPS
 SELECTED
 VARIETIES
10 TULIPES SUR TIGE
 21524898_EA

\$10



DOZEN ROSES
DOUZAINÉ DE ROSES
 21529061_EA

\$22



MOTHER'S DAY
ARRANGEMENT
DE LA FÊTE DES
MÈRES
 21105207_EA

\$45



DOUBLE SPIKE ORCHID
 IN **CÉRAMIC**
 SELECTED VARIETIES
 EACH
ORCHIDÉE À
DEUX TIGES
DANS UN POT EN
CÉRAMIQUE
 20293541_EA

\$28

East Coast meets the world



蝦餃
Shrimp Dumplings
Dumplings aux crevettes
1.04 kg (26 g x 40)

蝦餃
Shrimp Dumplings
Dumplings aux crevettes
1.04 kg (26 g x 40)

T&T SHRIMP DUMPLINGS
FROZEN
1.04 KG
QUENELLES DE CREVETTES T&T™
21471210_EA

Members
save
\$3

Optimum™
Members-Only Price™
12⁹⁹
Non-members
15⁹⁹



HALDIRAM SNACKS 150 G OR
MTR READY TO EAT MEALS 300 G
SELECTED VARIETIES
COLLATIONS HALDIRAM OU
REPAS PRÊTS À MANGER MTR
20769717008_EA/20769717011_EA

1⁷⁹

KNORR CHICKEN BOUILLON MIX
1 KG
MÉLANGE DE BOUILLON
DE POULET KNORR
20154074_EA

12⁹⁹



GRACE COCONUT MILK
400 ML
LAIT DE COCO GRACE
20047774_EA

1⁴⁹



RUBICON JUICE
AND BLENDS
SELECTED VARIETIES
1 L
JUS ET MÉLANGES
RUBICON
20029236001_EA/21557723_EA



2/\$5
LESS THAN 2
\$3.79 EA.



O'TASTY DUMPLINGS
SELECTED VARIETIES
FROZEN
567 G
BOULETTES DE PÂTE
O'TASTY
20319243001_EA/20319243004_EA

4⁹⁹



M.Y. SAN SKY FLAKES
CRACKERS
800 G
CRAQUELINS SKY
FLAKES M.Y. SAN
21176798_EA

5⁹⁹



ROOSTER FRAGRANT
JASMINE RICE
2 KG
RIZ PARFUMÉ AU
JASMIN ROOSTER
20144395_EA

4⁹⁹



SURAJ DAAL
SELECTED VARIETIES
907 G
DAAL SURAJ
20902123_EA/20902524_EA

3⁹⁹



LAY'S INTERNATIONAL
FLAVOURS
SELECTED VARIETIES
165 G
SAVEURS
INTERNATIONALES
LAY'S
21365049_EA/21533620_EA

2/\$6
LESS THAN 2
\$3.99 EA.



LA COSTEÑA SAUCE
OR SALSA DIP
SELECTED VARIETIES
436-455 ML
SAUCE OU TREMPETTE
SALSA LA COSTEÑA
2031865001_EA/20322953001_EA

4⁴⁹



KRITI GOLD
OLIVE OIL
750 ML
HUILE D'OLIVE
KRITI GOLD
20572876_EA



13⁹⁹

MAKE EVERY MEAL MEMORABLE
WITH *Tilda*

Tilda® Steamed Rice Assorted Flavours | 250 g
21009178_EA/21009160_EA

Tilda® Jasmine Rice | 907 g
21576625_EA

Tilda® Pure Basmati Rice | 1.81 kg
20013920_EA

Tilda® Golden Sella Rice | 4.54 kg
21594605_EA

The home dim sum experience has never been easier

T&T Shrimp Dumplings

T&T BBQ Pork Buns

WORLD'S LEADING BUTTER COOKIES
AUTHENTIC DANISH RECIPE • GUARANTEED QUALITY

Danisa
THE LUXURY OF TASTE

UFC Refresh
100% THAI COCONUT, NATURALLY REFRESHING

UFC Refresh 100% Coconut Water 500 mL x 6

UFC Refresh 100% Coconut Water 1 L

UFC Refresh 100% Coconut Water 500 mL

SETTING THE GOLD STANDARD

Extra Virgin Olive Oil 750 mL

KRITI Gold
HUILE D'OLIVE EXTRA VIERGE DE LA GRÈCE
EXTRA VIRGIN OLIVE OIL FROM GREECE

Garden Centre NOW OPEN

100% Canadian grown. Eh.

20,000 pts **\$20**
Value
for every \$100* spent
in the Garden Center

4 DAYS ONLY!

**THURSDAY MAY 9th
TO SUNDAY MAY 12th**



PERENNIALS
SELECTED
VARIETIES
9 CM
21347591_EA

2/\$8
LESS THAN 2
\$4.50 EA.



PERENNIALS
SELECTED
VARIETIES
13 CM
21347592_EA

2/\$14
LESS THAN 2
\$8 EA.

How do we recycle?

Empty Pots
are shipped back
to the greenhouse
where they are
compacted/
crushed.

Plastic
is shredded to
make pellets,
which are used to
make new pots
and flats.

Established in 2008.

May 2 - June 19
bring back your empty
pots/flats and you can earn

100 pts
for each pot or flat you return

Our container
grown cedars
are grown for
their great quality,
providing an
established root
system and
survival rate as the
roots are not cut
when harvested



EMERALD CEDAR
CONTAINER GROWN
EMERALD CEDAR
4"-6"
20058698_EA

29⁹⁹



NO NAME® CEDAR MULCH
AVAILABLE IN NATURAL
BLACK OR RED
42.5 L
21358531_EA/21358573_EA

3/\$12
LESS THAN 3
\$4.50 EA.



HOSTA
SELECTED
VARIETIES
1 GALLON
20135316_EA

\$12



HYDRANGEAS
SELECTED
VARIETIES
2 GALLON
21117393_EA

\$25



NO NAME®
COW MANURE
COMPOST
12.5 KG
21349331_EA

3/\$12
LESS THAN 3
\$4.50 EA.



PC® BLACK
EARTH SOIL
25 L
21357792_EA

4/\$11
LESS THAN 4
\$3 EA.



PC® FLOWER
& GARDEN
BED SOIL
50 L
21363856_EA

2/\$20
LESS THAN 2
\$11.50 EA.

Our plant guarantee

Evergreens*, trees, shrubs, rose bushes and perennials*
are guaranteed for one full year.

Bring your original receipt and the original plant back to one of our Garden Centres and we will be happy to refund your money.
All sales of "reduced to clear" plants are final. *Does not apply to evergreen and perennial planters in decorative containers.

Locally grown, locally found

Forest Glen Greenhouses

Forest Glen Greenhouses was started in 1985 by Lee and Judy Thompson with a small backyard operation located in Brookfield, NS. Now, joined by their daughter, Megan and son in law, Jason, the family business has grown into a seven-acre, gutter connect greenhouse facility. Forest Glen specializes in growing annuals, perennials, vegetables, herbs, mums and poinsettias



MIX AND MATCH
PC[®] DELUXE
ANNUAL
HANGING
BASKET
SELECTED
VARIETIES
11 INCH
20753918_EA

2/\$36
LESS THAN 2
\$20 EA.

PC[®] JUMBO
ANNUAL
HANGING
BASKET
SELECTED
VARIETIES
20753924_EA

2/\$50
LESS THAN 2
\$32 EA.

Mother's Day

Sunday, May 12



PC[®] COMBO
PLANTER
SELECTED
VARIETIES
10 INCH
20753958_EA

\$23



PC[®] DELUXE
ANNUAL PLANTER
SELECTED
VARIETIES
12 INCH
20753963_EA

\$30



PC[®] BOSTON FERN
HANGING BASKET
10 INCH
20845440_EA

\$22



PC[®] ANNUAL
BOWL
SELECTED
VARIETIES
10 INCH
20753946_EA

\$20



MIX & MATCH
PC[®] GIGANTICO[™] ANNUALS
SELECTED VARIETIES
4.33 INCH
21352664_EA



5/\$25
LESS THAN 5
\$5.50 EA.



MIX & MATCH
PC[®] GIGANTICO[™]
HERBS OR VEGETABLES
SELECTED VARIETIES
4.33 INCH
21350302_EA/21350301_EA



5/\$25
LESS THAN 5
\$5.50 EA.

Our plant guarantee

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are guaranteed for one full year.

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All sales of "reduced to clear" plants are final. *Does not apply to evergreen and perennial planters in decorative containers.

Greenhouse Grown

From the greenhouse to your house...



ORGANIC ENGLISH CUCUMBER
PRODUCT OF ATLANTIC CANADA
EACH
20080489001_EA

2⁹⁹



FARMER'S MARKETSM MINI CUCUMBERS
PRODUCT OF ATLANTIC CANADA
11'S
21070679001_EA

6⁹⁹



PC[®] ORGANICS
TOMATOES ON THE VINE
PRODUCT OF CANADA
9.90/KG
20127917001_KG

4⁴⁹
LB



PC[®] MINI PEPPERS
PRODUCT OF CANADA
454 G
20920821001_EA

5⁹⁹



GREENHOUSE
ROMA TOMATOES
PRODUCT OF MEXICO
5.49/KG
20143381001_KG

2⁴⁹
LB



PC[®] LIVE LETTUCE RED OR TRIO
PRODUCT OF CANADA
1'S
21506580_EA/21178850_EA

3⁹⁹

Celebrating Mom



MINI ROSE WITH TRELIS
SELECTED VARIETIES
EACH
21524787_EA

\$22



MOTHER'S DAY PLANTER
SELECTED VARIETIES
EACH
20963750_EA

\$27



CARNATION BUNCH
IN ASSORTED COLOURS
21087795_EA

\$9



3.5 INCH ORCHID
EACH
21065625_EA

\$22



PC® BAR DESSERT COLLECTION 145 G OR
CHOCOLATE SALTED CARAMELS 158 G
21197993_EA
21200083_EA

3⁹⁹



FERRERO ROCHER TABLETS
SELECTED VARIETIES
90 G
21428863_EA
21570452_EA

2/6⁵⁰
LESS THAN 2
\$3.99 EA.



LINDOR OR GHIRARDELLI CHOCOLATE BAGS
SELECTED VARIETIES
116-151 G
21390291_EA
21390363_EA

5⁹⁹



COCO BAKERY MACARON
SELECTED VARIETIES
206 G
21587432_EA

14⁹⁹



MINI MOTHER'S DAY DONUTS
6'S
21355442_EA

5⁹⁹



BAKED MOTHER'S DAY MESSAGE COOKIE CAKE
612 G
20966119_C10

11⁹⁹



BACK TO BASICS CHEESE BOARD
SELECTED VARIETIES
412-432 G
21405571_EA/21405538_EA

\$12



PIN WHEELS WRAP OR SMALL GAME NIGHT PLATTER
EACH
21558135_EA/21557919_EA

\$25



CHEESECAKE TRAY
108 G
2096282_EA

\$25

Natural foods



PC* GLUTEN-FREE COUSCOUS
SELECTED VARIETIES
375 G
20749043_EA

3⁹⁹



PC* ORGANICS GLUTEN-FREE CAKE MIX OR FLOUR
SELECTED VARIETIES
400/800 G
20689979001_EA/20809079_EA



5⁹⁹



PC* GLUTEN-FREE PIE CRUST OR CAULIFLOWER FLATBREAD
SELECTED VARIETIES
342-380 G
21311742_EA/21395544_EA



7⁹⁹



PC* GLUTEN-FREE WAFFLES OR PC* ORGANICS VEGAN PUFFS
SELECTED VARIETIES
142-198 G
21358684_EA/21419163_EA



2⁴⁹



PC* GLUTEN-FREE PANCAKE MIX
600 G OR **CRACKERS** 113 G
SELECTED VARIETIES
20898499_EA/21471630_EA



5⁴⁹



NEILSON ORGANIC MILK
SELECTED VARIETIES
4 L
20711395_EA

11⁹⁹



PC* GLUTEN-FREE PIZZA OR PRETZEL
SELECTED VARIETIES
340-400 G
21077582_EA/21092257_EA
21092293_EA

6⁹⁹



PC* ORGANICS ALMOND FLOUR
454 G
21411809_EA



12⁹⁹



GOGO QUINOA MAC & VEGAN CHEESE
SELECTED VARIETIES
170 G
21380709_EA

3⁹⁹



NEAL BROTHERS ORGANIC PASTA SAUCE
SELECTED VARIETIES
680 ML
21306298_EA/21306341_EA

7⁹⁹



NATURES PATH SUNRISE CEREAL 300 G OR PC* ORGANICS GLUTEN-FREE ROLLED OATS 900 G
SELECTED VARIETIES
20043938002_EA/21396198_EA



5⁴⁹



NATURE CLEAN LAUNDRY LIQUID 3 L, PLASTIC FREE LAUNDRY OR CLEANER STRIPS 32/36'S
SELECTED VARIETIES
20067905_EA/20757371001_EA

13⁹⁹



LEANFIT ORGANIC PLANT-BASED PROTEIN 715 G OR WHEY PROTEIN 517-579 G
SELECTED VARIETIES
21395716_EA/21403978_EA

39⁹⁹



AMYS KITCHEN
SELECTED VARIETIES AND SIZES
20042092002_EA/20371439001_EA

20%



SENSIBLE PORTIONS VEGGIE STRAWS
SELECTED VARIETIES
120-142 G
20377204001_EA/21380091_EA

\$2

Grocery

5,000^{PC} \$5 Value

14⁹⁹

NO NAME[®] PEANUTS PRODUCT OF U.S.A. 2 KG 20847582_EA/21359366_EA

1,000^{PC} \$1 Value

5⁴⁹

PC[®] CHOCOLATE COVERED FRUIT SELECTED VARIETIES FROZEN 200 G 21544051_EA/21544055_EA

4,000^{PC} for every '15' spent on \$4 Value

21397275_EA/21397537_EA

2⁷⁹

QUAKER DIPPS AND CHEWY GRANOLA BARS SELECTED VARIETIES 120-156 G 20847582_EA/21359366_EA

4⁹⁹

PC[®] BLUE MENU[®] MARGARINE 907 G OR HELUVA GOOD[®] 680 G SELECTED VARIETIES 2031278801_EA/20604565_EA

2/\$3 LESS THAN 2 \$1.69 EA.

NO NAME[®] MUSHROOMS OR PC[®] BLUE MENU[®] NSA MUSHROOMS SELECTED VARIETIES 284 ML 20097492_EA/21386702_EA

3⁷⁹

PC[®] BBQ SAUCE SELECTED VARIETIES 500 ML 21021473_EA/21021521_EA

2/\$8 LESS THAN 2 \$4.49 EA.

PC[®] MAYONNAISE SPREAD SELECTED VARIETIES 300 ML 20320456001_EA/21551335_EA

5⁹⁹

HELLMANN'S MAYONNAISE 710-890 ML OR KRAFT MIRACLE WHIP 650-890 ML SELECTED VARIETIES 20298681001_EA/20618579001_EA

2/\$7 LESS THAN 2 \$3.99 EA.

PC[®] OR BLUE MENU[®] COCKTAILS, 100% JUICE BLENDS OR CLAMATO JUICE SELECTED VARIETIES 1.89 L 20307025001_EA/20506849003_EA

2⁹⁹

COCA-COLA OR CANADA DRY SOFT DRINKS SELECTED VARIETIES 2 L 20311362001_EA/20316026002_EA

3⁹⁹

PATAK'S[®] COOKING SAUCE 400 ML OR BLUE DRAGON SAUCE 270 ML SELECTED VARIETIES 20217180002_EA/207121986_EA

2/\$5 LESS THAN 2 \$2.99 EA.

MINUTE RICE OR TILDA READY TO SERVE SELECTED VARIETIES 250 G 20110052001_EA/21009160_EA

4⁹⁹

GREEN GIANT[®] SPECIALTY VEGGIES 283-454 G OR MCCAIN[®] FRIES 1.5 KG SELECTED VARIETIES FROZEN 20799763_EA/21438371_EA

2⁹⁹

NO NAME[®] VEGETABLES SELECTED VARIETIES FROZEN 750 G 20306375_EA/20312260_EA

10⁹⁹

CAVENDISH[®] FRIES, ONION RINGS, WEDGES OR HASHBROWNS 1-2.25 KG OR JANES[®] ULTIMATES OR PAN-SEAR FISH 450-615 G SELECTED VARIETIES FROZEN 20827761_EA/21594894_EA

6⁴⁹

QUAKER[®] MUFFIN MIX SELECTED VARIETIES 900 G 20301064001_EA/20301064003_EA

6⁹⁹

SCOTSBURN PREMIUM ICE CREAM 1.5 L OR CHAPMAN'S PREMIUM ICE CREAM, FROZEN YOGURT OR SORBET SELECTED VARIETIES FROZEN 20314434005_EA/20323573001_EA

5⁹⁹

KELLOGG'S[®] EGGO WAFFLES 16'S OR MCCAIN[®] DEEP 'N DELICIOUS CAKES OR PIES 400-680 G OR MINI CAKES 4'S SELECTED VARIETIES, FROZEN 20099730004_EA/20310132002_EA

7⁹⁹

RIGHTEOUS[®] SORBET OR GELATO SELECTED VARIETIES FROZEN 473 ML 21577481_EA/21577531_EA

5⁹⁹

MERCI[®] FINEST CHOCOLATE SELECTION 250 G 21221352_EA

9⁹⁹

COTTONELLE[®] BATHROOM TISSUE 6-24 ROLLS OR FLUSHABLE WIPES 2'S SELECTED VARIETIES 20688530_EA/21554641_EA

19⁹⁹

CASHMERE[®] BATHROOM TISSUE SELECTED VARIETIES 24-72 ROLLS 21188845_EA/21443648_EA

26⁹⁹

HUGGIES[®] PULL UPS OR GOODNITES CLUB PACK TRAINING PANTS SELECTED VARIETIES 28-74'S 20952483_EA/20963841_EA

36⁹⁹

PAMPERS[®] EASY UPS ECONO PACK TRAINING PANTS SELECTED VARIETIES 86-112'S 21089297_EA/21089300_EA

For your family

APP EXCLUSIVE OFFER
Open your PC Optimizer™ app or visit pcoptimizer.ca to get the offer.

200 pts
for every dollar spent on
Baby, Health & Beauty

20% in Value

*Open your PC Optimizer™ app or visit pcoptimizer.ca to get the offer. Excludes: Prescription Drugs, Optical and Apparel.



PANTENE, HERBAL ESSENCES, HERBAL BIO, HAIR EXPERTISE HAIR CARE OR OLD SPICE HAIR STYLERS
SELECTED VARIETIES AND SIZES
21424214_EA/21428992_EA

6⁹⁹



SPEED STICK BASE ANTIPERSPIRANT 45-70 G OR SOFTSOAP LIQUID HAND SOAP PUMP 221 ML
SELECTED VARIETIES, EXCLUDES FOAMING
20145312002_EA/21073176_EA

1⁹⁹



COLGATE PREMIUM ADULT OR KIDS TOOTHPASTE 70-150 ML, OR COLGATE MANUAL TOOTHBRUSH
SELECTED VARIETIES
20306410001_EA/21166612_EA

2⁹⁹



SENSODYNE OR PRONAMEL TOOTHPASTE 75-100 ML, POLIDOR OR POLIGRIP, CREST 3D WHITE OR PRO-HEALTH TOOTHPASTE, SCOPE PRO HEALTH OR KIDS RINSE 500 ML, ORAL-B MANUAL TOOTHBRUSH OR FLOSS
SELECTED VARIETIES AND SIZES
20301179001_EA/21354700_EA

4⁹⁹



LIFE BRAND® OR VASELINE HAND OR BODY LOTION
SELECTED VARIETIES AND SIZES
21085011_EA/21102172_EA

SALE SAVE UP TO 20%



ALWAYS PADS 28-48'S, LINERS 96-162'S, TAMPAX PEARL 32-40'S, BASE TAMPONS 54'S, U BY KOTEX TAMPONS 31-34'S, PADS 26-34'S, OR LINERS 64-100'S
SELECTED VARIETIES
20319562001_EA/21518239_EA

9⁹⁹



GARNIER FRUCTIS, HERBAL ESSENCES OR AUSSIE HAIR CARE
SELECTED VARIETIES AND SIZES
21007198_EA/21247055_EA

3⁹⁹



DOVE BAR SOAP 3X106 G, BODY WASH 354/400 ML, BASE DEODORANT/ANTIPERSPIRANT 45-85 G OR DEGREE MOTION SENSE ANTIPERSPIRANT 74 G
SELECTED VARIETIES
20329036001_EA/21220515_EA

4⁹⁹



SIMILAC PRO-ADVANCE STEP 1 & 2 BABY FORMULA POWDER
SELECTED VARIETIES 859 G
21436985_EA/21437126_EA

46⁹⁹



REACTINE 24-36'S, CLARITIN 15-30'S, OR BENADRYL 25 MG 100'S CAPLETS, TABLETS, OR GELS
SELECTED VARIETIES
20308018001_EA 20550172_EA

21⁹⁹



CENTRUM MULTIVITAMINS, EMERGEN-C OR CALTRATE SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20997357_EA 21283427_EA

SALE SAVE UP TO 20%



WEBBER NATURALS VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES EACH
20860422_EA

2,000 pts when you buy 2 \$2 Value



OGX, AVEENO OR MAUI HAIR CARE
SELECTED VARIETIES AND SIZES
20340206004_EA 21165324_EA

7⁹⁹

1,000 pts \$1 Value



BATISTE DRY SHAMPOO
SELECTED VARIETIES AND SIZES 200 ML
20848082_EA/20850398_EA

8⁹⁹



GARNIER WHOLE BLENDS HAIR CARE 370 ML OR SHAMPOO BARS 60 G
SELECTED VARIETIES AND SIZES
20941723_EA/21424783_EA

4⁹⁹



TRESEMME HAIR CARE OR STYLING
SELECTED VARIETIES AND SIZES
20315303001_EA/21169718_EA

5⁹⁹



CETAPHIL GENTLE SKIN CLEANSER OR MOISTURIZERS
SELECTED VARIETIES AND SIZES
20432313001_EA 20432313002_EA

SALE SAVE UP TO 25%



ST. IVES SKIN CLEANSERS AND MOISTURIZERS OR DOVE HAND AND BODY LOTION
SELECTED VARIETIES AND SIZES
21006101_EA/21428038_EA

SALE SAVE UP TO 25%



L'ORÉAL PARIS REVITALIFT RETINOL NIGHT SERUM OR GARNIER SKINACTIVE MICELLAR WATER
SELECTED VARIETIES AND SIZES
21347222_EA 21040515_EA

SALE SAVE UP TO 20%



NIVEA SOFT MOISTURIZING, Q10 ADVANCED NIGHT CREAMS OR EUCERIN LOTIONS
SELECTED VARIETIES AND SIZES
20253595001_EA 20700027_EA

SALE SAVE UP TO 25%



BIORÉ CHARCOAL PORE STRIPS 8'S OR CUREL FRAGRANCE FREE LOTION
SELECTED VARIETIES AND SIZES
20213025001_EA/20853307_EA

8⁹⁹

For your pet



WHISKAS CAT FOOD
SELECTED VARIETIES
75 G
20945097_EA

\$1



CESAR DOG FOOD
SELECTED VARIETIES
24'S
21359656_EA

36⁹⁹



PURINA ONE DOG FOOD
SELECTED VARIETIES
368 G
21383287_EA

2¹⁹



PURINA ONE DRY CAT FOOD
SELECTED VARIETIES
1.45-1.8 KG
20421881002_EA

13⁹⁹



PURINA ONE SMARTBLEND DOG FOOD
SELECTED VARIETIES
1.72/1.81 KG
20912587_EA

11⁹⁹



PURINA ONE BITES FOR DOGS
SELECTED VARIETIES
198 G
21165880_EA

5⁴⁹



TIDY CATS LIGHT WEIGHT LITTER
SELECTED VARIETIES
5.44 KG
21217951_C01

23⁹⁹



MILKBONE SOFT & CHEWY TREATS FOR DOGS
SELECTED VARIETIES
708 G
20018670_EA

11⁹⁹



NATURE'S RECIPE DOG FOOD
SELECTED VARIETIES
1.8 KG
21549712_EA

16⁹⁹



PC[®] NUTRITION FIRST DOG FOOD
SELECTED VARIETIES
7 KG
21305879_EA

31⁹⁹



WHISKAS CAT FOOD
SELECTED VARIETIES
12'S
20548822_EA

15⁹⁹



ARM & HAMMER CLUMP & SEAL MULTICAT
9.1 KG OR
MULTI CAT CLOUD CONTROL LITTER
6.35 KG
21086970_EA

18⁹⁹

TRUSTED SOFTNESS, BETTER TEAR
*vs. leading US 1-ply bargain brand

17⁹⁹ Charmin Bath Tissue, 12=48 roll, soft
21549779_EA

Cleans Better So You Can Use Less
*vs. Leading USA 1-Ply Bargain Brand

17⁹⁹ Charmin Bath Tissue, 12=48 roll, strong
21484810_EA

+50% MORE ABSORBENT
*vs. leading ordinary brand.

17⁹⁹ Bounty Paper Towel, Select A Size, 6=12 roll
21515968_EA

THICKER AND MORE ABSORBENT
*vs. the leading US 2-ply napkin

10⁹⁹ Bounty Napkin 400's
21053171_EA

Don't leave any points behind at the pump!

Earn **10^{pts}** per litre

Add your phone number to your account on the **PC Optimum™ app**. Enter your phone number on the pump keypad before entering your payment card.

OR

Earn **10^{pts}** per litre

Insert your **PC Optimum™ card** into the card reader before entering your payment card.

OR

Earn at least **3c** per litre in points

Pay with your **PC® Mastercard®** and earn points on fuel.¹



¹ Points amount shown includes the 10 points per dollar for all purchases with the President's Choice Financial® Mastercard®. In addition, earn at least 10 PC Optimum™ points per purchased litre of gasoline or diesel fuel at Esso™ stations in Canada when you pay with your President's Choice Financial® Mastercard®. You will also earn at least 10 PC Optimum™ points per litre available to all PC Optimum™ loyalty members at Esso™ stations in Canada. Earn an additional (10 points per litre of premium gasoline) (Octane 89, 91, 93) at Esso™ stations. Should fuel prices fall below \$1/L, causing total points per litre awarded to fall below 30 points per litre, points will be topped up to ensure a minimum of 30 points per litre are awarded in all transactions paid with a PC Financial® Mastercard® at Esso™ locations. For full details including how points are awarded to your PC Optimum™ account and rounding rules, visit pcfinancial.ca/en/legal-stuff/pc-optimum-mastercard/. PC®, PC Financial®, and President's Choice Financial® are trademarks of Loblaw's Inc., used under license. Mastercard® is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. President's Choice Bank is a licensee of the marks. President's Choice Financial® Mastercard® is provided by President's Choice Bank. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee.

Dragon Boat

click here to shop our full assortment 



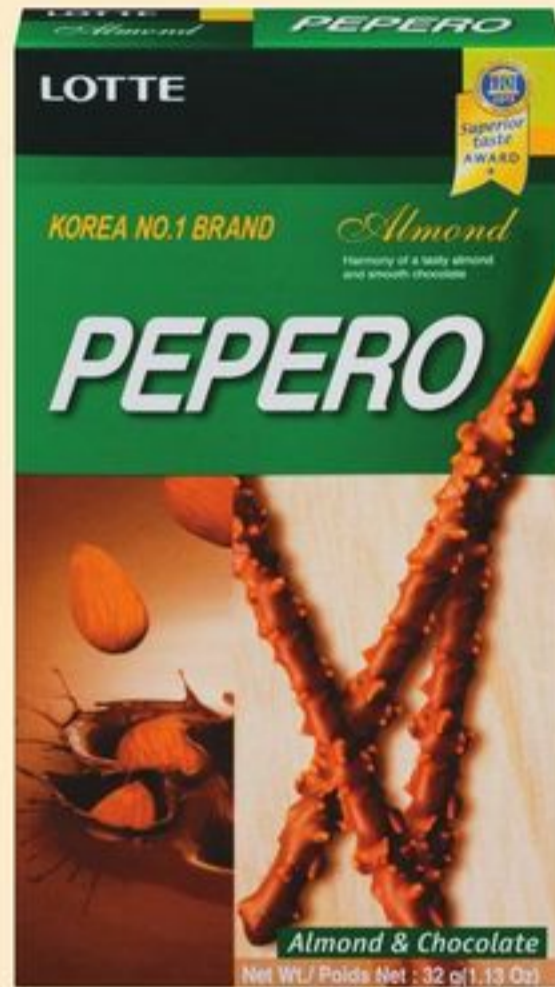
RED POMELO
PRODUCT OF VIETNAM
20081390001_KG

5⁹⁹



BABY OR SHANGHAI BOK CHOY
PRODUCT OF MEXICO
6.59/KG
20082279001_KG/20032454001_KG

2⁹⁹
LB



LOTTE PEPERO
SELECTED VARIETIES
32-50 G
20876313_EA

Members save **50¢**

Optimum
Members-Only Price™
99¢
Non-members **1⁴⁹**



PC® CHICKEN DRUMSTICKS
AIR CHILLED
8'S
21341042_EA

\$12



LEAN GROUND PORK
16.29/KG
20833248_KG

7³⁹
LB



FRESH WHOLE RED TILAPIA
13.21/KG
20057884_KG

5⁹⁹
LB



PC® BLACK TIGER SHRIMP
ZIPPERBACK®
16-20 PER LB.
FROZEN
400 G
20801192_EA

13⁹⁹



T&T® BAKERY BUNS
SELECTED VARIETIES
90/100 G
20332833_EA
20334565_EA

99¢



EVERGREEN BUBBLE MILK TEA
SELECTED VARIETIES
480 ML
21528465_EA
21528467_EA

2²⁹



SAMYANG BULDAK RAMEN
SELECTED VARIETIES
650-700 G
21345870_C05
21450283_EA

6⁹⁹



T&T® GLUTINOUS RICE
1.8 KG
20828956_EA

4⁹⁹



UFC REFRESH COCONUT WATER
1 L
20570506_EA

2⁹⁹



BINGGRAE T'AOM ICE BAR, 5'S OR LOTTE MOCHI 270 G
SELECTED VARIETIES
FROZEN
21247111_EA
21566306_EA

3⁹⁹



AROY-D COCONUT MILK
SELECTED VARIETIES
400 ML
20063864_EA

1⁹⁹



BILLY BEE HONEY
500 G
21001564_EA

6⁹⁹

Seasonal



CAMP CHAIRS
SELECTED VARIETIES
21456849_EA

SALE
SAVE

20%

\$4 OFF
WHEN YOU
SPEND \$20



OFF! OR RAID
INSECT REPELLENT
SELECTED VARIETIES
20001279002_EA/20158572_EA



COOLERS
SELECTED VARIETIES
21457043_EA

SALE
SAVE

20%



PC® PIZZA OVEN
21384534_EA

SALE
SAVE \$100

\$199



OUTDOOR GAMES
SELECTED VARIETIES
21470119_EA

SALE
SAVE UP TO

20%



PC® RETRO COOLER
77 QUART
21480391_EA/21480408_EA

SALE
SAVE \$100

\$149



RAIN-X SUMMER BREEZE
WINDSHIELD WASH
3.78 L
21534718_EA

3⁴⁹



HONEYWELL OR
WESTINGHOUSE FANS
SELECTED VARIETIES
20129604_EA/21507828_EA



SALE
SAVE UP TO

20%



Optimum™

Pleated Short

35

Get Rewarded*

15,000 (pts)

Open the app to get your offer.
May 9 - 15 | In-Store + Online

That's like
\$15
in points!



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

JOE FRESH

SHOP NOW

MIX & MATCH

2 FOR \$11

LESS THAN 2 \$6.49 EA

Fresh Pasta selected varieties 250 - 350 g | 20915838_EA/20915892_EA
 Fresh Sauce selected varieties | 300 mL | 20114410_EA/20093406_EA

Olivieri KIDS LOVE IT!

Fresh Filled Pasta or Skillet Gnocchi selected varieties 500 - 700 g \$11.29
 20012412_EA/20915948_EA

MAKE YOUR mother's heart melt

- \$6.99** KERRYGOLD Blarney Reserve Cheddar Dubliner 198 g
20091838_EA, 20098976_EA
- \$7.99** ILE DE FRANCE Brie Camembert 250 g
21337139_EA, 21337134_EA
- \$4.99** ILE DE FRANCE Petit Brie 125 g
21547942_EA
- \$2.99** JARLSBERG Cheese 170g
20169647_KG
- \$4.99** CAMBOZOLA Cheese 170g
20001969_KG
- \$4.49** MONSIEUR GUSTAV Double Crème Red Red Bloomy Fond 125g
21396434_EA, 21396601_EA
- \$3.49** L'EXTRA Brie 170g
21157608_KG
- \$6.99** L'EXTRA Brie Double Crème NOTRE-DAME Brie 170g
21028319_EA, 20177183_EA

BOTHWELL CHEESE

6.99 BOTHWELL CHEESE SELECTED VARIETIES 170 G
 20828823_EA/20828822_EA

BETTER. BEST. BOTHWELL.

www.bothwellcheese.com

MAPLE LEAF Natural selections

Our simplest ingredients yet.

New look, same great taste.

- 6.99** Maple Leaf Natural Selections Sliced Deli Meats 125g-175g
20009282_EA
- 12.99** Maple Leaf Natural Selections Sliced Deli Meats Family Size 375g-400g
20772015_EA
- 6.99** Schneiders Sliced Deli Meats 175g
21550791_EA

100% DELICIOUS TASTE. 25% LESS SODIUM.

BEST NEW PRODUCT

*Rated the Best New Product for packaged sliced meats by Canadians in a 2024 BrandSpark survey. 25% less sodium than regular turkey/ham/salami.

MARC ANGELO A feast of variety

- \$14.99 - 15.49** SOUVLAKI CHICKEN BREAST OR PORK SIRLOIN KABOBS VALUE PACK - 480 - 640 g
21041735_EA
- \$13.99** MILD, HOT OR HONEY GARLIC PORK SAUSAGES - VALUE PACK 1 kg
20799825_EA
- \$7.99** ASSORTED JUMBO SAUSAGES 500 - 675 g
21289731_EA
- \$15.49** BACON WRAPPED CHICKEN BREAST MEDALLIONS - 452 g
21378258_EA
- \$15.49** BACON WRAPPED BEEF MEDALLIONS 340 g
21025464_EA
- \$13.99** MARC ANGELO PORK BREAKFAST PATTIES FROZEN 1.2 kg
20799699_EA

Jamieson HERE FOR YOUR HEALTH AND YOUR WELL-BEING

NATURAL SOURCES | SINCE 1922

Building better health daily.

SAVE UP TO 40% OFF

JAMIESON VITAMIN B, C, D OR MULTIVITAMINS SELECTED VARIETIES AND SIZES

21373974_EA

Progressive UNLOCK NEXT LEVEL NUTRITION

20% OFF PROGRESSIVE, IRON VEGAN, SMART SOLUTIONS, SELECTED VARIETIES AND SIZES
21518344_EA

WHEY PROTEIN, VEGE GREENS, 30 BILLION PROBIOTIC

TOP OFF YOUR SUMMER

3.99 **2,000** when you buy 2

\$2 Value

D'ITALIANO GUSTO BUNS SELECTED VARIETIES 8'S
21595103_EA/21596581_EA

D'ITALIANO GUSTO! ORIGINAL

D'ITALIANO GUSTO! SESAME · SÉSAME

NEW

DISCOVER NEW

CREATED BY
Maison Perrier
FRANCE

THE HOUSE OF UPLIFTING BEVERAGES

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\$2⁴⁹

MAISON PERRIER™ 1 L, SELECTED VARIETIES
21577878_EA/21577888_EA

NEW FLAVOUR PINEAPPLE



\$7⁹⁹

MAISON PERRIER™ 6 X 500 mL AND 8 X 330 mL, SELECTED VARIETIES
21575556_C8/21581211_C6

NEW FLAVOUR LYCHEE



New & Improved from
Nestlé Ice Cream



8⁹⁹ ea

Drumstick® and Del Monte® 946 ml
21587221_EA
21587150_EA



5⁹⁹ ea

Nestlé® confectionery Novelties (4-10's) and Nestlé® confectionery 1.5 L
21585227_EA/21585302_EA

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Häagen-Dazs



5⁴⁴ ea

Häagen-Dazs® assorted varieties, 3/4's and 400 ml - 450 ml
21587197_EA/21587236_EA



NEW SHAREABLE SIZE

10⁹⁹ ea

Häagen-Dazs® assorted varieties, 946 ml
21586969_EA

HÄAGEN-DAZS TRADEMARKS REPRODUCED UNDER LICENSE BY: NESTLÉ CANADA INC., NORTH YORK, ON M2N 6S8. ©NDIP 2024

INTRODUCING
POWERADE
SOUR

LIMITED TIME FLAVOURS



LESS THAN 2 \$2.49 EA.

2/4

POWERADE® beverages selected varieties 710 mL
20853721_EA

LESS THAN 2 \$1.69 EA.

2/2⁵⁰

PEACE TEA® beverages selected varieties 695 mL
21082228_EA

LESS THAN 2 \$3.29 EA.

2/5⁵⁰

Glacéau vitaminwater® beverages selected varieties 591 mL
20333194006_EA

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations from May 9th to May 15th, 2024. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less. All products must be purchased at the same time, single units at regular price. The trademarks that appear are the property of their respective trademark owners.

Mrs. **MEYER'S**
CLEAN DAY

GARDEN-INSPIRED SCENTS. THOUGHTFULLY CHOSEN INGREDIENTS.



\$5⁹⁹
Mrs. Meyer's Dish Soap selected varieties 473 mL
21046918_EA

\$12⁹⁹
Mrs. Meyer's Multi-Surface Concentrate selected varieties 946 mL
21106584_EA

\$24⁹⁹
Mrs. Meyer's Laundry Detergent selected varieties 1.8 L
2158344_EA

\$5⁹⁹
Mrs. Meyer's Multi-Surface Triggers selected varieties 473 mL
21046908_EA

RA DA ONLINE 7

Perfect cheese for the BBQ season.



Black Diamond Combo 3x43 g
Black Diamond Natural Cheese Slices 220-240 g
aMOOza Snacks 228 g
21280897_EA/20277880_EA

Black Diamond Cheestrings 588 g
20765882_EA

Black Diamond Cheese Sauce 300 mL
Black Diamond Cheese Sticks 189-252 g
20986474_EA/21491728_EA

BURNBRAE™ FARMS • FERMES
REAL EGGS. REAL EASY.



Burnbrae Frozen Egg Bakes selected varieties frozen
2/4's
21080397_ER

Naturegg Solar Free Range or Omega Plus Solar Free Range
12 Large Brown Eggs
21585855001_ER

Naturegg Omega 3 Nestlaid
12 Large White Eggs
210895984031_ER

SNACK TO THE BEAT
WE'RE DONATING \$50K TO YOUTH MENTAL HEALTH AND GIVING YOU A CHANCE TO WIN A JOHNNY ORLANDO CONCERT EXPERIENCE!



CHRISTIE RITZ, WHEAT THINS or TRISCUIT Crackers selected varieties
175-454 g
21547034_EA/21577859_EA
3⁴⁹

CHRISTIE Cookies, selected varieties
170-303 g
21573143_EA/21588487_EA
3⁴⁹

SOUR PATCH KIDS Candy, 150-154 g
21545554_EA/21571291_EA
2/5⁵ LESS THAN 2 \$3.29 EA.

* A portion of sales from designated online participating brands products (CARMILK, CRISPERS, CHIPS AHO!, SOUR PATCH KIDS) will be donated to youth mental health organizations, up to \$10,000. * NO PURCHASE NECESSARY. Open to residents of Canada (age of majority, 18 years and older unless otherwise specified) between April 1, 2024 (12:00:00 a.m. ET) and June 10, 2024 (11:59:59 p.m. ET). Based on Grand Prize and approximately one hundred (100) Secondary Prizes available. Grand Prize is approximately \$10,000 CAD (\$8,000 per person). Total value of Secondary Prizes is \$10,000 CAD (approximately \$10,000 per person). See fine print for complete rules and regulations of sweepstakes. Odds of winning depend on the number of eligible entries received. Cash prize (1) Grand Prize and one (1) Secondary Prize per person and per household. 18+ voting requirement. Restrictions apply. Visit <http://www.snacktothebeat.ca> for full contest rules and prize details. All other trademarks are property of their respective owners.



Protein made easy.

Smooth creamy texture. No added sugar.

NEW!

\$3.49

21588150_EA
21588256_EA
Yoplait® Source® Protein 4 x 100 g



\$4.99

21587047_EA
21588406_EA
Yoplait® Source® Protein 650 g



NEW!

\$6.99

Liberté Greek® 650-750 g
20642273_EA
21588110_EA



NEW FLAVOUR!

\$11.99

Yoplait® YOP® Drinkable Yogurt 12 x 200 mL
21481820_EA



3,500 for every 12 spent on
2/\$8

LESS THAN 2 4.99 EA.
Liberté Greek® 4 x 100 g,
Liberté Méditerranée® 4 x 100 g or
Liberté Greek® Crunch 2 x 130 g

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Mealtime Marketplace

NEW MEALS FOR SPRING



KOREAN NOODLE SALAD 750 G OR BROCCOLI CRUNCH SALAD 550 G
21595417_EA/21597170_EA

\$10



SALMON WITH PESTO 402 G OR HOLLANDAISE BUTTER 422 G
21595415_EA/21595452_EA

\$14

PULLED PORK SLIDERS 853 G
21595416_EA

\$15



SESAME LINGUINI NOODLES WITH CHICKEN 800 G
21595418_EA

\$16



PREPARED IN-STORE

2/\$8
LESS THAN 2 \$5 EA.

MEDIUM CLASSIC SERVICE SALADS SELECTED VARIETIES 400 G
21607927_EA



SPICY TANDOORI CHICKEN KIT 848 G OR CHICKEN KUNG PAO 1.6 KG
21595419_EA/21595451_EA

\$20