

CHALO!

FRESH CO



VARIETY.
VALUE.
VAH!

ZONE 5



400 PTS when you buy 2

That's like \$4 toward your groceries

SAVE \$3.02
797

Kebab Factory
Chicken Kebabs or
Chicken Burgers
Frozen 904 g-1.2 kg
reg 10.99



197 /lb

Broccoli Crowns
Product of USA or Mexico
4.34/kg



2 lb

100 PTS when you buy 1

That's like \$1 toward your groceries

497

Strawberries 907 g
Product of USA
No. 1 Grade



1 Can't Believe It's Not Butter!
427 g reg 3.49

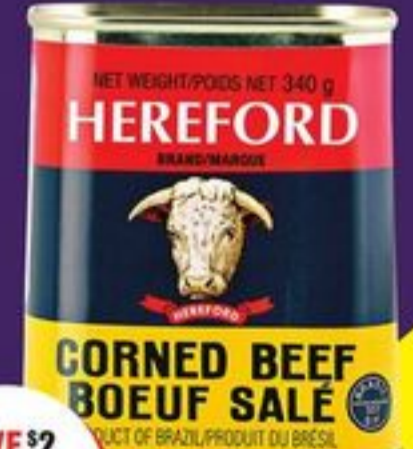
SAVE \$1.52
197



297 with Scene+ Card

397 without Scene+ Card

Pepsi Soft Drinks
6x710 mL



SAVE \$2
297

Hereford
Corned Beef
340 g reg 4.97



SAVE \$5.02
797

Tide Simply 3.1 L
Gain Liquid Detergent 2.6 L
reg 12.99

Scene+
**REDEMPTION
EVENT**

**ALL
WEEK
LONG!**
MAY 2-8

GET 500 PTS
WHEN YOU REDEEM 5,000 PTS OR
GET 1000 PTS
WHEN YOU REDEEM 10,000 PTS



DISCOVER FLAVOURS
OF THE WORLD!

Flyer in effect May 2024
Prices in Effect in Alberta
THUR FRI SAT SUN MON TUES WED
2 3 4 5 6 7 8

Scene+ 1000 PTS = \$10
OF FREE GROCERIES

FC_WWLD_WST_POL_25

50 PTS when you buy 1

4.47 Avocados 4 pk Product of Mexico

100 PTS when you buy 2 That's like \$1 toward your groceries

2.97 Mini Seedless Cucumbers 6 pk Product of Canada Canada No. 1 Grape Tomatoes Pint Product of Canada or Mexico

1.97 /lb Ambrosia Apples Product of British Columbia Canada Extra Fancy 4.34/kg

4.47 /lb Red or Black Seedless Grapes Product of Chile No. 1 Grade 9.85/kg

50 PTS when you buy 1

2.97 Compliments Organic White or Brown Mushrooms 227 g Product of Canada

5.97 Vidalia Sweet Onions 3 lb Bag Product of USA No. 1 Grade 1.36 kg

50 PTS when you buy 1

4.99 Jumbo Golden Pineapples Product of Costa Rica

50 PTS when you buy 1

5.97 Orri Clementines 2 lb Bag Product of Israel 907 g

50 PTS when you buy 1

4.97 Romaine Hearts 3 pk Product of USA

100 PTS when you buy 2 That's like \$1 toward your groceries

3.47 Compliments Yellow, Red or Medley Mini Potatoes 680 g Product of Canada Canada No. 1

WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

PREFERRED

SAVE \$1.02 /lb

14.97 /lb

Angus Beef Striploin Steak Cut from Canada AA or Higher \$3.00/kg reg. 15.99/lb

100 PTS when you buy 1 That's like \$1 toward your groceries

7.99 /lb

Fresh Basa Fillets 17.61/kg

100 PTS when you buy 2 That's like \$1 toward your groceries

5.99

Compliments Naturally Smoked Bacon 375 g

50 PTS when you buy 1

13.97

Compliments Angus, Sirloin or Prime Rib Beef Burgers Frozen 1.13 kg reg. 15.99

SAVE \$1

\$11

Marcangelo Breakfast Sausages Frozen 1.2 kg Souvlaki 480 g Wrapped Beef Sirloin or Chicken 340-452 g reg. 12.00

SAVE \$1.62

9.97

Schneders Smokies or Maple Leaf Top Dogs 900 g reg. 10.47-15.99

SAVE \$3.82

9.97

Prime Raised Without Antibiotics Breaded Chicken Frozen 560-581 g reg. 11.99-12.99

2.77 with Scene+ Card

3.27

Dempster's Bagels 5-6 pk Whole Grain Bread 600 g Vachon Snack Cakes 252-336 g reg. 3.99-4.49

SAVE \$1.62

3.97

Dempster's Signature Buns 6-8 pk Signature Bread 600 g reg. 4.29-4.59

100 PTS when you buy 2 That's like \$1 toward your groceries

3.97

Mastro Salami 125-150 g reg. 5.99

SAVE \$2.82

5.97

Tre Stelle Mozzarella Ball 340 g Castello Cheddar 200 g reg. 7.49-7.99

Scene GET 1000 PTS FOR EVERY \$100 SPENT ON SKIP THE DISHES GIFT CARDS!

Offer valid during May 2 - 8, 2024. Sorry no rainchecks or price matching. Offer valid only on SkipTheDishes \$15-\$500 XL Gift Card for details, terms, conditions, and (if applicable) fees. Subject to availability.

Now AVAILABLE AT FRESH CO



100% WILD CAUGHT

[LEARN MORE](#)

150 PTS toward your groceries when you buy 2

SAVE UP TO \$152

5.47



SAVE \$2.74

6.25



Nestea 12x341 mL reg. 8.99



SAVE 80¢ 4.97



SAVE \$2 8.97



BUY 2 OR MORE 2.97



SAVE \$1.20 4.77



SAVE \$2.92 5.47



SAVE \$1.92 2.97



SAVE \$1.00 4.97



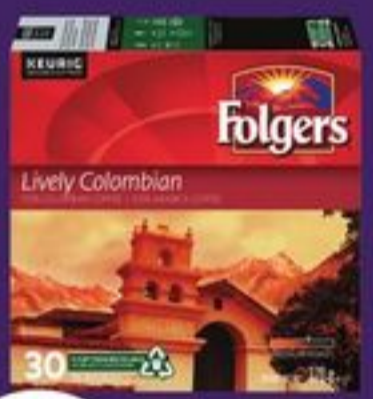
BUY 2 OR MORE 2.97

Love it or it's free* Compliments. *For details see Compliments.ca

BEST BUY EVERYDAY Great products, incredible value, every day

Scene 1000 pts = \$10 in FREE groceries

Scene MEMBER PRICING Reduced pricing for Scene members



SAVE \$5.02 14.97



SAVE \$5.02 19.97



SAVE 82¢ 2.97



SAVE \$1.00 2.97



3.97



SAVE \$3 5.97



SAVE \$1.22 4.27



SAVE \$1.92 4.97



SAVE \$1.22 2.97



SAVE \$1.22 3.47



SAVE \$3.92 11.97



SAVE \$3.92 4.97

SPEND \$50 IN HUDSON'S BAY GIFT CARDS AND GET A BONUS \$5

CHALO! FRESHCO GIFT CARD Offer valid during May 2 - 8, 2024. Sorry no rainchecks or price matching. Offer valid only on HBC \$50, HBC \$100, HBC \$25-\$500. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

Introducing our digital pharmacy service

- ✓ Manage prescriptions
- ✓ Request refills
- ✓ Book appointments & more



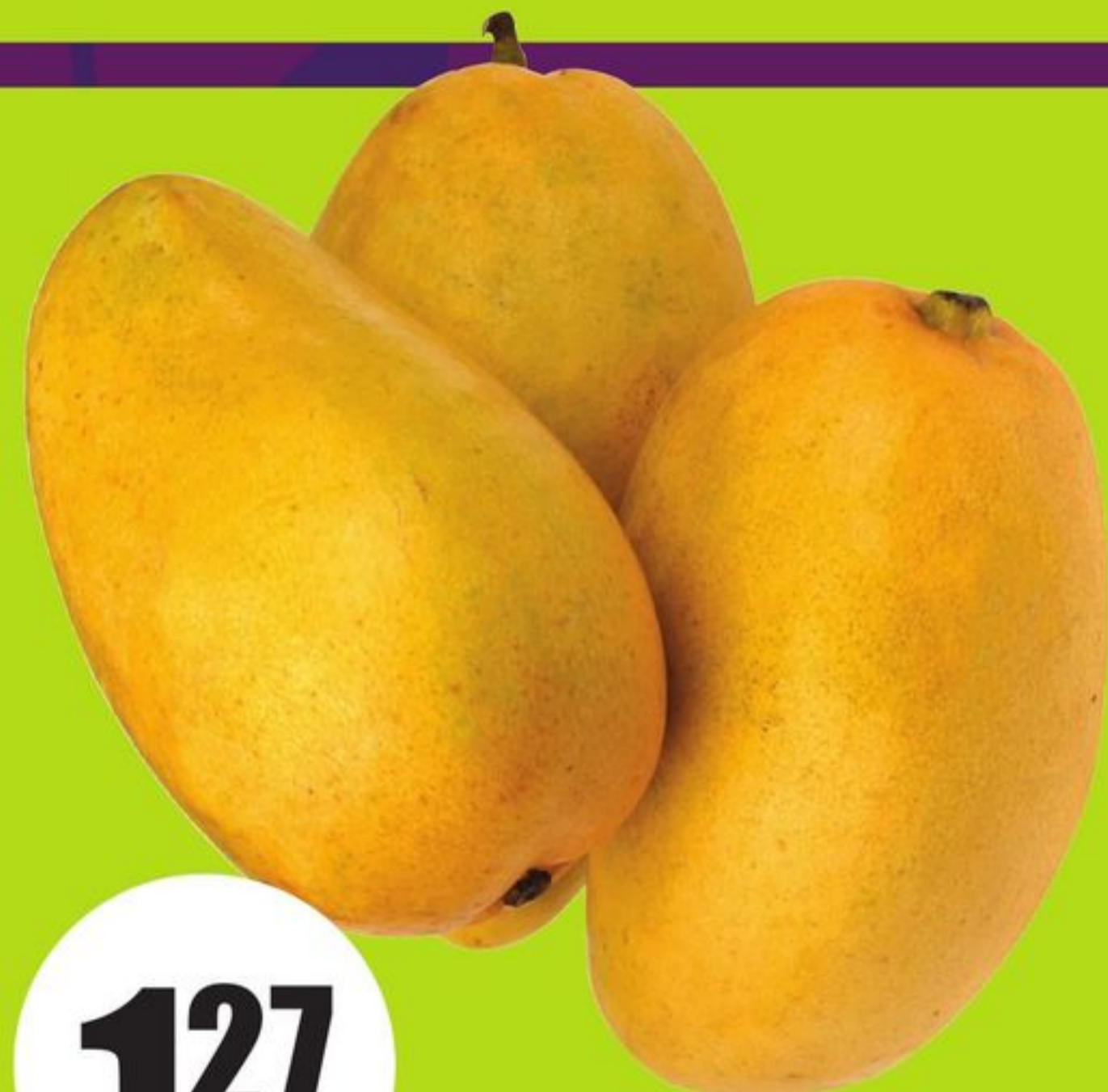
Sign up for 360Health in the FreshCo App

360healthpharmacy.ca

See our privacy policy on 360healthpharmacy.ca for more information.

CHALO!

FRESH CO



1²⁷
ea

Large Ataulfo Mangoes
Product of Mexico

1⁹⁷

Rapini
Product of USA



SAVE \$1.32

3⁹⁷

Santosh Naan
10 pk
reg 5.29



Ashoka
Frozen Naan
or Paratha
Family Pack
1.02-1.275 kg
Selected
Varieties
reg 8.97-9.97

SAVE UP TO \$2

7⁹⁷

100 PTS
when you buy 1

That's like
\$1
toward your
groceries

WEEKLY! VAH!

Scene+
MEMBER
PRICING



14⁹⁷

with
Scene+
Card

16⁹⁷

without
Scene+
Card

Swarna Chaki
Fresh Atta 9.07 kg
reg 21.97

YOUR SOUTH ASIAN SPECIALTY MARKET - AND MORE!

1.97 /lb ↓



Ginger Root
Product of China
4.34/kg

3.97 /lb ↓



Okra or Indian Okra
Product of Mexico or Honduras 8.75/kg

1.97 /lb ↓



Indian Eggplant
Product of Honduras
4.34/kg

WE'RE SERVING UP SOUTH ASIAN FLAVOURS GALORE!

6.97 /lb ↓



Sugar Mangoes
Product of Colombia
15.37/kg

SAVE \$1.50

9.47 ↓



Al Safa Beef Burgers
Frozen 800 g
reg 10.97

250 PTS when you buy 2

SAVE 52¢

5.47 ↓

That's like **\$2.50** toward your groceries



Zabiha Halal Juicy Supreme or Spicy Chicken Frankfurters 900 g
reg 5.99

Almonds 300 g
Product of USA

3.99 ↓



Raw Almonds
Amandes crues

Nutrition Facts
Valleur nutritive
Per 100 g (3.5 oz) / 100 g (3.5 oz)

Ingredients:
Almonds.
May contain: Peanuts, Other tree nuts, Milk, Soya, Wheat.

Ingredients:
Amandes.
Peut contenir: Arachides, Autres noix, Lait, Soya, Blé.

300 g

27871 R4 1102

IMPORTED BY IMPORTER PARS
REDDI BHAGSINGH, TORONTO, ON M3J 2Z5 © 04-01

SAVE 50¢

2.99 ↓

Crispy Para 360 g
reg 3.49



Namak Para
roasted! rostit!

SAVOURY SNACK • COLLATION SALÉE

SAVE 62¢

3.97 ↓



CRISPY
Just Baked!

ROTI
Original Originale

Crispy Roti
750 g
reg 4.59

15! Roti Bread Pairs Well With NET WT. 150g

4.97 ↓



Tre Stelle Feta
200 g

Compliments Pizza Kits
680-900 g

compliments
DEEP DISH PIZZA CRUST & SAUCE
CHICKEN / PIZZA CROÛTE ÉPAISSE (11 slices)

SAVE \$1.52

5.97 ↓



Shahir Halal Deli Meats
200 g
reg 7.49

Shahir
Halal

PEPPERONI
TOPPINGS • GARNITURES

Fully Cooked • Emballage Cuit

SAVE \$1
2.97



Ashoka Frozen Coconut Shreds
908 g reg 3.97

SAVE \$1
9.97



Dawn Plain Bulk Paratha
2.4 kg
reg 10.97

SAVE 50¢
2.27



Handi Himalayan Pink Salt Powder
1 kg reg 2.77

ALL OF YOUR SOUTH ASIAN SPECIALTY NEEDS!



SAVE 80¢
1.47

Teja Juice Mango
1 L reg 2.27



SAVE \$1
7.97

Nanak Tandoori Paneer Poppers
454 g reg 8.97

SAVE \$1.30
8.47



Nanak Gulabjamun
908 g
reg 9.77

SAVE 50¢
2.47



Parle-G Rusk 300 g
reg 2.97

SAVE 80¢
5.47



Mother's Magic Frozen Meal
310-400 g
Selected Varieties
reg 6.27

SAVE 50¢
4.47



Verka Roasted Peanut In Shell
908 g
reg 4.97

Scene+ MEMBER PRICING
Swipe your Scene+ Card and Save



3.97
4.47

with Scene+ Card
without Scene+ Card
Rubicon Organic Coconut Water
1 L reg 4.97

Tre Stelle Paneer 350 g
reg 5.47

SAVE \$1.50
3.97



147

Grace Coconut Water 100% or with Pulp 500 mL reg 1.77



127

Grace Peanut Punch 240 mL reg 1.37



SAVE 50¢

247

Royalty Digestives Cookies 400 g reg 2.97



SAVE UP TO \$3

997

Puck Creamy Dairy Spread 500 g reg 11.97-12.97



SAVE \$2

697

Clic Quinoa Grains 907 g reg 8.97



Saleem Caravan Sunflower Oil 3 L reg 11.97

SAVE \$2

997



Fraserview Meats

FRASERVIEW

See Instore for specials
Select CHALO! Location

Fraserview has been providing fresh and marinated meats to customers for more than 30 years. See select Chalo! FreshCo locations for in-store specials.

**LAKESIDE
INDIAN KITCHEN**

**LAKESIDE
JUICE & SWEETS**

**LAKESIDE
MEAT MASALA**

LAKESIDE

See Instore for specials
Select CHALO! Location



WESTGATE

HALAL MEAT
TRUSTED SATISFYING QUALITY

WESTGATE

See Instore for specials
Select CHALO! Location

GARDEN CENTRE DEALS

2/\$27
or \$13.97 ea

10" Premium
Hanging Baskets



4/\$15
or \$3.97 ea

Flowering Annuals
6 pk



MIX &
MATCH

Succulents 3.5" Pot
Assorted Herbs 4" Pot
Assorted Vegetables 4" Pot

4/\$12
or \$3.47 ea



2/\$9
or \$4.97 ea

Assorted Premium Annuals
4.3" Pot



17/47

11" Strawberry
Hanging Baskets



◆ FLAVOURS OF ◆
**CINCO
 DE
 MAYO**



SAVE 82¢
847

Maseca
 Corn Flour
 2 kg
 reg 9.29



Corona
 Sunbrew 0% Non-Alcoholic Beer
 6x330 mL
 reg 12.99

SAVE \$2.02
1097



Jarritos
 Soft Drinks
 370 mL
 reg 1.99

+100 PTS
 when you buy 6
 That's like
 \$1
 toward your
 groceries

SAVE 52¢
147



Chata Chilorio
 Shredded Seasoned
 Pork Meat
 250 g reg 7.77

SAVE \$1.30
647



Chata Refried
 Pinto Beans 430 g
 reg 3.27

297



P.A.N.
 Corn Flour 1 kg
 reg 3.79

347



Cholula
 Hot Sauce
 150 mL
 reg 5.97

SAVE \$1
497



La Costeña Salsa or
 Sauces 455 mL
 reg 4.49

SAVE \$1.12
347



La Costeña Refried
 Beans or Peppers
 186-546 mL
 reg 3.17-3.49

SAVE \$1.52
297



Tajin Chamoy
 Chili Sauce
 455 mL
 reg 7.49

SAVE 52¢
697



Tajin Habanero
 Seasoning 45 g
 reg 6.29

SAVE \$1.12
497



Tajin
 Chili Powder
 142 g
 reg 6.29

597



La Costeña
 Green Tomatoes
 820 mL
 reg 5.49

SAVE 52¢
497

TACO NIGHT DEALS

\$6

Fresh Lean Ground Beef Tube 454 g



247
/lb

Green Sweet Bell Peppers
Product of USA or Mexico
5.45/kg



60¢
ea

Limes
Product of Mexico



Cilantro
Product of Mexico or USA

97¢



75 PTS
when you buy 2
SAVE 52¢
347

Casa Bonita Corn Tortillas 450 g
reg. 3.99



SAVE 50¢
4.99

Compliments Shredded Cheese
226-320 g
reg. 5.49



227

Compliments Sour Cream
Product 500 mL



100 PTS
when you buy 2
SAVE \$1.92
3.97

Old El Paso Taco Kit 250-510 g
reg. 4.99



100 PTS
when you buy 4
\$2

Aylmer Accents
540 mL
reg. 2.49



100 PTS
when you buy 4
SAVE 52¢
1.97

Hunt's Tomato Sauce
680 mL
reg. 2.49



100 PTS
when you buy 2
SAVE 52¢
4.47

Old El Paso Salsa
650 mL reg. 4.99

ORTHODOX EASTER DEALS

New Zealand Spring Lamb Short Cut Lamb Leg Frozen 12.96/kg reg 7.99/lb

SAVE \$2.11/lb
5.88
/lb



City Bread Sliced Rye Bread 480 g Selected Varieties reg 2.99-3.19

SAVE UP TO 72¢
2.47



97¢
/lb

Green Cabbage Product of USA No. 1 Grade 2.14/kg



1.47



Parsley or Italian Parsley Product of USA or Mexico



14.99
Baltic Herring Fillets Frozen 1 kg



SAVE 72¢
1.77
S&F Cream Crackers 200 g reg 2.49



SAVE \$3.82
3.47
Oliya Virgin Sunflower Oil 1 L reg 6.99



SAVE \$5.92
9.97
Red Gold Steelhead Salmon Caviar 100 g reg 14.99



SAVE \$1.50
2.97
Finn Crisp Thin Crispbread 175-200 g reg 4.47



SAVE \$1.50
4.47
Kühne Barrel or Sauerkraut with Wine 720-796 mL or Salata Seasoned Vinegar 750 mL Selected reg 4.79-5.97



SAVE \$4
6.97
Kühne Barrel Dill Pickles 1 L reg 10.97



SAVE \$1.92
7.97
Diana Marinated Artichoke Hearts 1 L reg 8.99



SAVE \$1.92
4.97
Bechtle Noodles 350-500 g reg 5.77-6.49



SAVE 52¢
3.97
Palirria Dolmas 400 g reg 4.49



SAVE 52¢
2.47
Borjomi Carbonated Natural Mineral Water 500 mL reg 2.99



SAVE \$1.92
3.47
Lovaré Tea 30 g reg 4.49



97¢
Roshen Wafers Thins 55 g reg 1.29



SAVE \$1.92
3.97
Roshen Shooters Chocolates 150 g reg 4.99



SAVE 82¢
4.47
Wonder Berry Jam 375 mL reg 5.29



SAVE \$1.92
7.97
7 Days Bake It Filo Rollini 1 kg reg 8.99

We all deserve
compliments

We all
deserve
cool treats



SAVE 82¢
4.97

Compliments
Ice Cream 1.5 L
reg 5.79

4.47



Compliments
Fudge Ice Milk Bars
12 pk reg 4.79



Compliments
Frozen Yogurt
1.5 L
reg 6.29

SAVE 82¢
5.47



Compliments
Ice Cream
Sandwiches
12 pk reg 6.29

SAVE 52¢
5.77



Compliments
Ice Cream Cones
4 pk reg 4.19

3.77



SAVE 52¢
4.97

Compliments
Twin Ice Pops 24 pk
reg 5.49



4.47

Compliments
Ice Cream Bars
12 pk reg 4.79



SAVE 52¢
4.27

Compliments
Fruit Bars 75 mL
reg 4.79

HAPPY DRAGON BOAT FESTIVAL

Mann's
Sugar Snap Peas
680 g
Product of USA

888



98¢
/lb

Flat Cabbage
Product of China
2.16/kg



198
/lb

Baby Bok Choy or
Shanghai Bok Choy
Product of Mexico or USA
4.37/kg



SAVE \$1
\$9

Compliments
Sea Salt & Cracked
Black Pepper
Pork Belly 500 g
reg. 10.00



SAVE \$1.27
597

Eight Treasures
Head-On, Shell-On
Raw Shrimp
Frozen 400 g
reg. 6.99



SAVE \$1.91
1297
/lb

Angus Beef Inside
Round Stir Fry
Cut from Canada AA
or Higher 28.59/kg
reg. 14.49/lb



SAVE \$10.99
2688

Eight Treasures
Thai Jasmine Rice 18.1 kg
reg. 36.97



498

Eight Treasures
Jasmine Rice 2 kg
reg. 5.47



188

Eight Treasures Rice
Noodles 400-454 g
Selected Varieties
reg. 2.27



SAVE 69¢
228

Eight Treasures
Sweetened Condensed Milk
300 mL reg. 2.97



SAVE \$1.19
288

Eight Treasures
Sesame Oil
185 mL
reg. 3.97



SAVE 69¢
98¢

Eight Treasures
Coconut Milk
400 mL
reg. 1.67



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

HAPPY DRAGON BOAT FESTIVAL



SAVE \$1.99
6.98

Kim Phat Vegetable Spring Roll 1 kg reg 8.97

Kim Phat 3-Minute Instant Noodles 454 g reg 3.27

SAVE 99¢
2.28



SAVE 99¢
2.48



Kim Phat Pad Thai Noodles or Vermicelli 400 g reg 3.47

SAVE \$1.09
1.88



Kim Phat Instant Noodles 120 g Selected Varieties reg 2.97



SAVE 69¢
2.28

Kim Phat Coconut Milk 18% 400 mL reg 2.97



SAVE 59¢
1.88

Kim Phat Coconut Milk Light 6% 400 mL reg 2.47



SAVE 99¢
3.48

Kim Phat Udon Noodles 800 g reg 4.47



SAVE \$1.49
3.48

Kim Phat Water Whole or Sliced Hearts of Palm 398 mL reg 4.97



SAVE \$1.49
3.48

Kim Phat Soy Sauce Light or SUSHI Vinegar 298-500 mL reg 4.47-4.97



SAVE \$1.99
3.88

Kim Phat Rice Paper 22 cm 400 g reg 5.47



SAVE \$1.99
3.88

Kim Phat Sauces 298-500 mL Selected Varieties reg 4.97-5.47



SAVE \$1.99
4.88

Kim Phat Sesame Oil Roasted 163 mL reg 5.97



1.88

Kim Phat Preserves Shitake 284 g reg 2.27



SAVE 69¢
1.28

Kim Phat Water Chestnuts Whole or Sliced 227 g reg 1.97



SAVE \$1.99
2.88

Kim Phat Sambal Oelek Sauce 250 g reg 3.97





EARN UP TO **7,500** WELCOME BONUS SCENE+ POINTS¹

with the Scotiabank[®] Scene+[™] Visa[®] Card.
That's \$75 in groceries.[^]

APPLY NOW

¹With minimum spend on everyday purchases in the first year. Other conditions apply. Offer subject to change.

²Visa Int/Licensed user

[^]Scene+ points redeemed at any Participating Empire Location must be redeemed in increments of 1,000.

See full list of participating merchants across Canada at [Scotiabank.com/participatingstores](https://scotiabank.com/participatingstores).

²On all eligible purchases at participating grocery stores. Conditions Apply.

THE PERFECT PAIRING

\$2⁹⁷

CHRISTIE OREO, CHIPS AHOY!, or
FUDGE-O Cookies Selected Varieties
223g-303g

**TWIST
LICK
DUNK**



CHRISTIE Mini Cookies
Selected Varieties, 150-225g
\$3.27 ea



\$2⁴⁷
ea when you
buy 2 or more

