

**MAY**

**HIT  
OF THE  
MONTH**



**Cheez-It Baked  
Snack Crackers**  
191-200g, selected varieties  
Limit: 6, over limit retail \$2.50



**New Treasure  
Parboiled or White Rice**  
2kg, Limit: 4, over limit retail \$4.50

**WHILE QUANTITIES LAST**



**Planters Deluxe Whole Cashews,  
Salted or Unsalted**  
200g, Limit: 6, over limit retail \$4.50

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. \*Must be a registered PC Optimum™ member to get this offer. Valid from May 1st - 31st, 2024.



Always



Set low prices on select items.



ALWAYS

\$3

**NO NAME® FROZEN FRUIT**  
selected varieties  
200/400 g  
Fruits surgelés  
21543097\_SA/21545106\_EA



ALWAYS

\$6

**NO NAME® CHICKEN NUGGETS, BURGERS or STRIPS**  
frozen, 908 g  
pépites ou burgers ou lanieres de poulet  
21178744\_EA



ALWAYS

\$10

**BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES**  
selected varieties, frozen  
800 g / 1.81 kg  
poulet pané ou boulettes ou bœuf haché maigre ou hors-d'œuvre  
21372892\_EA



ALWAYS

\$10

**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.2 kg  
saucisses  
21560790\_EA

**CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES!**



\*Rated by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.



FLYER PRICES EFFECTIVE THURSDAY, MAY 2 TO WEDNESDAY, MAY 8, 2024.



**WOW!**  
**\$3**

**GROUND CHICKEN**  
454 g  
poulet haché  
11551582 EA  
WHILE QUANTITIES LAST



**WOW!**  
**1.91**  
LB

**PORK HALF LOIN**  
fresh, boneless, cryovac package  
4.23 /kg  
demi-longe de porc  
30534767 KG  
WHILE QUANTITIES LAST



**WOW!**  
**6.99**

**APPROX. 9 LB CASE**  
**RED MANGOES**  
product of Mexico  
caisse de mangues rouges  
21047547 EA  
WHILE QUANTITIES LAST



**WOW!**  
**3.88**  
EA

**9 LB AVERAGE**  
**WHOLE SEEDLESS WATERMELON**  
product of U.S.A. or Mexico  
melon d'eau entier sans pépins  
3006733001 EA



**WOW!**  
**4.44**

**ARMSTRONG or PC® SHREDDED CHEESE** 250-320 g or  
**ARMSTRONG CHEESE BAR** 400 g  
selected varieties  
fromage râpé ou barres de fromage  
21286240 EA/21346749 EA



**APP EXCLUSIVE OFFER\***  
if Optimum  
**1,000** <sup>pts</sup>  
**10.99**

**PC®, BLUE MENU®, THICK & JUICY™ or FREE FROM® BURGERS**  
selected varieties, frozen  
568 g / 1.26 kg  
burgers  
30941443 EA



**SAVE UP TO 20%**  
**\$4**

**FARMER'S MARKET™ BUTTER CROISSANTS or LOAF CAKES** 240-400 g or  
**LA BAGUETTERIE MICHE SLICED** 400/500 g  
selected varieties  
croissants ou gâteaux quatre-quarts ou miches  
20972942 EA/21346749 EA



**OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA**  
selected varieties  
100 mL  
jus ou nectar  
302472208 EA/3094117006 EA  
**SAVE 26%**  
**1.25**



**SAVE UP TO 30%**  
**1.25**

**UNICO BEANS, CHICK PEAS or LENTILS** 540 mL or  
**TOMATOES** 750 mL  
selected varieties  
Légumineuses ou tomates  
201346749 EA/201346749 EA



**SAVE UP TO 50%**  
**8.99**

**100 LOADS**  
**Purex**  
**110 LOADS**  
**Sunlight**



**WOW!**  
**11.49**

**COCA-COLA or CANADA DRY SOFT DRINKS** 34x333 mL or  
**NESTLÉ ICED TEA**  
20x241 mL  
selected varieties  
boissons gazeuses ou thé glacé  
30497061 CAN/30497061 CAN



**SAVE 28%**  
**1.77**

**DARE CRACKERS**  
selected varieties, 100-225 g  
croûtons  
21520646 EA/20972368 EA

Deals from the past on select items. †



**SAVE 27%**  
**\$2**

**RED BULL ENERGY DRINKS**  
selected varieties, 250 mL  
boissons énergisantes  
30792446 EA/21341822 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.  
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

[nofrills.ca](http://nofrills.ca)

01 NFO



**1.99**  
LB

**TOMATOES ON THE VINE**  
product of Canada or Mexico or  
**GREEN BEANS** product of U.S.A.  
tomates sur vigne ou haricots verts  
4.29/kg  
20142682001 SA/20024703001 SA



**1.99**

**BROCCOLI CROWNS**  
product of U.S.A. or Mexico  
each  
couronnes de brocoli  
3112150001 SA



**6 OZ**  
**CLAMSHELL**

**2.99**

**PINEAPPLE** product of Costa Rica or  
**BLACKBERRIES** product of Mexico  
ananas ou miras  
20051013001 SA/20140992001 SA



**1 LB CLAMSHELL**



**PINT**

**3.99**

**BLUEBERRIES** product of Mexico, no. 1 grade or  
**STRAWBERRIES** product of U.S.A., no. 1 grade  
bleuets ou fraises  
20080137001 SA/20049778001 SA



**If your produce isn't fresh,  
we'll replace AND refund it.\***



**GROWN IN CANADA**

**1.99**

**5 LB BAG**

**NO NAME®**  
**NATURALLY IMPERFECT™**  
**SMALL POTATOES**  
product of Canada,  
Canada no. 1 grade  
2004720001 SA



**3 LB BAG**

**2.99**

**CELERY** product of U.S.A.,  
no. 1 grade, **FARMER'S MARKET™**  
**YELLOW ONIONS** product of Ontario,  
Canada no. 1 grade or  
**GRAPE TOMATOES** 283 g  
product of Mexico  
céleri ou céleris jaunes  
ou tomates raisins  
20142110001 SA/20011194001 SA/  
2124788001 SA



**4.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
avocats  
2014222001 SA



**1.29**

**COLLARDS**  
product of U.S.A.,  
**ENGLISH CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade or  
**KALE** product of U.S.A.  
chou cavalier ou  
coco-carottes anglais ou chou frisé  
20118230001 SA/20010120001 SA/  
2013840001 SA



**2.99**  
LB

**BLACK PLUMS**  
product of Chile, no. 1 grade  
prunes noires  
6.59/kg  
2011647001 SA



**4.99**

**681 G**

**PC® VARIETY TOMATOES**  
product of Canada or Mexico  
tomates  
2004844001 SA



**2.99**

**BROCCOLINI** or  
**RAPINI**  
product of U.S.A.  
each  
broccolini ou rapini  
201348001 SA/20048200001 SA



**3.99**

**PC®, BLUE MENU®**  
or **WONDERFUL**  
**PISTACHIOS**  
selected varieties, product of U.S.A.  
200/225 g  
pistaches  
2101109 SA/20021282 SA



**4.99**

**EAT SMART** or  
**TAYLOR FARMS**  
**CHOPPED SALAD KITS**  
selected varieties, product of U.S.A.  
215-282 g  
salades  
2104008 SA/20047410 SA



**GROWN IN CANADA**  
**3.49**

**680 G**  
**BAG**  
**PC® LITTLE GEMS™**  
**MIXED, RED or**  
**YELLOW MINI**  
**POTATOES**  
product of Canada,  
Canada no. 1 grade  
petits légumes de terre  
211420001 SA/20048200001 SA



**3.99**

**PKG OF 4**  
**454 G**  
**PC® WHOLE**  
**WHITE or CREMINI**  
**MUSHROOMS**  
product of Ontario or  
**RED PEPPERS**  
product of U.S.A.  
champignons blancs ou  
croissants ou poivrons rouges  
2001201 SA/20012121 SA/  
2001201 SA



**3.99**

**PKG OF 11**  
**FARMER'S MARKET™**  
**MINI CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
courgettes mini  
2001201 SA



**3.99**

**3 LB BAG**  
**FARMER'S MARKET™**  
**GRAPEFRUIT**  
product of Turkey or  
**NAVEL ORANGES**  
product of Spain, Morocco,  
Turkey or Egypt  
pommes de terre  
2001201 SA

\* Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.



**349**  
LB

**PORK SIDE RIBS**  
fresh, cryovac package  
côtes de flanc de porc  
7.69/kg  
20289619 RG  
WHILE QUANTITIES LAST

**BONELESS BEEF STEW**  
cubes de bœuf déossés  
19.82/kg  
2027443 RG

**899**  
LB



**CLUB  
SIZE**

**549**  
LB

**SPLIT CHICKEN BREAST**  
fresh  
poitrines de poulet  
12.10/kg  
20654620 RG



**LILYDALE  
TURKEY DINNER  
SAUSAGES**  
selected varieties  
500 g  
saucisses de dinde  
21064934 EA

**699**



**599**

**PC® or FREE FROM® BACON**  
selected varieties  
275/500 g  
bacon  
20152829 EA



**1099**

**SWISS CHALET PORK BACK RIBS**  
selected varieties, fully cooked  
600 g  
côtes de dos de porc cuites  
21022231 EA



**499**

**SAPUTO CHEESE**  
selected varieties  
125-200 g  
fromage  
20157973 EA/21051214 EA



**599**

**SEAQUEST®  
HADDOCK, COD,  
SOLE, TILAPIA,  
BASA or WILD  
POLLOCK  
FILLET**  
frozen  
400 g  
filet de poisson  
20152570 EA



**1299**

**CHELSEA  
COD FILLETS**  
boned, salted, frozen  
454 g  
filets de morue  
20666434 EA



**144**

**SUNRISE TOFU**  
selected varieties  
150/200 g  
tofu  
20157574 EA/20649354 EA



**479**

**PILLER'S SLICED  
DELI MEAT**  
selected varieties  
150-200 g  
charcuteries  
20963334 EA/21206383 EA



**599**

**BIG MOUNTAIN  
MEAT  
ALTERNATIVE**  
selected varieties  
300-400 g  
solution de rechange à la viande  
21210523 EA/21210529 EA



**299**

**D'ITALIANO  
BREAD** 600-675 g  
or  
**BUNS** 4/8's  
selected varieties  
pain ou petits pains  
20038333 EA/20627102 EA



**\$3**

**VACHON SNACK  
CAKES** 252-336 g or  
**CASA MENDOSA  
7/10 INCH  
TORTILLA** 204-640 g  
selected varieties  
petits gâteaux ou tortillas  
20005728 EA/20179158 EA



**\$5**

**QUINN'S  
SWISS ROLLS**  
selected varieties  
400 g  
roulés suisses  
21210526 EA/21210527 EA



**399**

**OLIVIERI  
FRESH PASTA SAUCE**  
selected varieties  
200 mL  
sauce fraîche pour pâtes  
2014442 EA



**499**

**OLIVIERI  
SKILLET  
GNOCCHI**  
selected varieties  
280/200 g  
gnocchi  
2102266 EA



**549**

**OLIVIERI TWIN PACK  
FRESH PASTA**  
selected varieties  
450/200 g  
pâtes fraîches  
2002112 EA

# MOOOORE DEALS



**ASTRO YOGURT**  
selected varieties  
625-750 g  
yogurt  
30143226001 EA/30170933001 EA

**WOW!**  
**2.49**



**NEILSON**  
5/10% 1 L or  
18/35% 473 mL  
**CREAM**  
CRM9  
301236001 EA

**SAVE UP TO 37%**  
**2.99**



**SAVE UP TO 38%**  
**3.99**

**KRAFT SINGLES** 410 g or  
**CHEEZ WHIZ** 450 g  
selected varieties  
fromage  
3063969001 EA/21188454 EA

**DANONE OIKOS TUBS**  
650/750 g or  
**ACTIVIA DRINKS 8's**  
**YOGURT**  
selected varieties  
yogurt  
21006634 EA/21108439 EA

**SAVE UP TO 21%**  
**5.49**

**NESTLÉ MILKSHAKES**  
or **M2GO FLAVOURED MILK**  
selected varieties  
473 mL  
lait aromatisé  
3022368001 EA/3022368002 EA



**1.49**

**BLACK DIAMOND CHEESTRINGS** 16's  
or **STICKS** 12's  
selected varieties  
fromage  
30743661 EA/30994674 EA



**5.77**



**4.49**

**PC® CHEESE SLICES**  
selected varieties  
210 g  
fromage  
21469933 EA

**NATREL LACTOSE FREE MILK**  
selected varieties  
2 L  
lait  
30077874001 EA

**5.29**



**6.49**

**SAPUTO MOZZARELLISSIMA**  
selected varieties  
500 g  
fromage  
307941000 EA

**FRUITOPIA, NESTEA or PEACE TEA DRINKS**  
selected varieties, refrigerated  
1.75 L  
boissons  
30347480001 EA/  
30348231004 EA



**2.29**



**3.49**

**NORDICA COTTAGE CHEESE**  
selected varieties  
450/500 g, 4x113 g  
fromage cottage  
30219458001 EA



**4.99**

**COUNTRY CROCK MARGARINE**  
850 g  
margarine  
21533555 EA

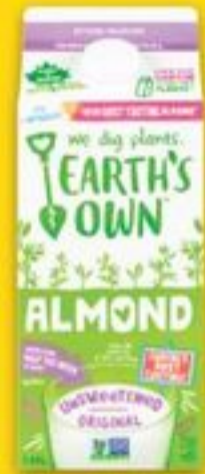


**2.99**

**PILLSBURY REFRIGERATED DOUGH**  
selected varieties  
318-668 g  
pâte réfrigérée  
30187383 EA/30218034001 EA

**EARTH'S OWN ALMOND NON-DAIRY BEVERAGES**  
selected varieties, refrigerated  
1.89 L  
boissons non laitières  
30227447 EA

**3.49**



**4.99**

**CHAPMAN'S YUKON 5.8's or PREMIUM ICE CREAM** 2 L  
selected varieties, frozen  
crème glacée  
3022273001 EA/21012291 EA

**NESTLÉ DRUMSTICKS or NOVELTIES**  
selected varieties, frozen  
4-10's  
friandises glacées  
30222840001 EA

**5.49**



**HÄAGEN-DAZS ICE CREAM**  
selected varieties, frozen  
414/450 mL  
crème glacée  
21513347 EA

**5.49**



**5.49**

**HÄAGEN-DAZS NOVELTIES**  
selected varieties, frozen  
3.6's  
friandises glacées  
30302298005 EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. \*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.



**SAVE 25%**  
**4.99**

**PRESTIGE or GRAY RIDGE LARGE WHITE EGGS**  
18's  
brand varies by region  
see fs  
20422787001 SA



**WOW!**  
**3.29**

**CLASSICO SAUCE**  
selected varieties  
410/450 mL  
SAUCE  
20222101001 SA

**APP EXCLUSIVE OFFER\***

**Optimum**  
**1,000**

**3.49**

**PC® THE DECADENT® COOKIE**  
selected varieties  
280/300 g  
biscuits  
20412237 SA



**\$1 Value**

**WOW!**  
**12.99**

**GALLO OLIVE OIL**  
selected varieties  
1 L  
huile d'olive  
20102364 SA



**2.99**

**NATURE VALLEY GRANOLA BARS™ MOTT'S® or BETTY CROCKER FRUIT SNACKS**  
selected varieties  
120-230 g  
barres granola ou collations aux fruits  
2011020002 SA/20110474001 SA



**4.49**

**POST FAMILY SIZE CEREAL 550-650 g or HONEY BUNCHES OF OATS GRANOLA 340/368 g**  
selected varieties  
céréales ou granola  
20440227 SA/21070229 SA



**5.99**

**TETLEY or LIPTON YELLOW LABEL TEA**  
selected varieties  
80-144's  
thé  
20070030 SA/21032027 SA



**2.99**

**CRAVE ENTRÉES 300-340 g, KRAFT DELUXE MAC & CHEESE 340 g or SMART ONES ENTRÉES 241-283 g**  
selected varieties, frozen plats cuisinés ou macaroni au fromage  
21043511 SA/21133229 SA



**2.79**

**CATELLI SMART or HEALTHY HARVEST PASTA**  
selected varieties  
340/373 g  
pâtes  
2011242002 SA/20127343 SA



**5.77**

**CRACKER BARREL CHEESE SHREDS**  
selected varieties  
330 g  
fromage râpé  
21204116 SA



**3.79**

**LAY'S POTATO CHIPS 177-225 g, POPPLES 130 g or CHEETOS 170-285 g**  
selected varieties  
craquelins ou pignolis  
21041028 SA/21133249 SA



**3.99**

**OCEAN SPRAY CRANBERRY COCKTAIL 1.29 L or 100% CRANBERRY JUICE 1.77 L**  
selected varieties  
cocktail de cranberges ou jus  
2020000404 SA/20204242 SA



**3.49**

**CHAPMAN'S LOLLY NOVELTIES**  
selected varieties, frozen 22's  
bonbons glacés  
21141183 SA



**3.99**

**HELLMANN'S REAL MAYONNAISE**  
selected varieties  
340/445 mL  
mayonnaise  
2004822009 SA/21131841 SA



**6.99**

**JAMIESON VITAMIN C or D**  
selected varieties  
75-340's  
vitamines  
20200004 SA/202021001 SA



**9.99**

**STAR GRILL LUMP CHARCOAL**  
4 kg  
charbon de bois  
20772849 SA



**3.99**

**LYSOL MULTI SURFACE CLEANER 1.2 L or SPRAYS**  
450-950 mL  
selected varieties  
nettoyants  
20200004 SA/201047001 SA



**10.99**

**GLAD GARBAGE BAGS**  
selected varieties  
30-40's  
sacs à ordures  
21144277 SA



**13.99**

**CASCADE DISHWASHER TABS**  
selected varieties  
30-40's  
pastilles pour lave-vaisselle  
20400001 SA/21070704 SA



**20.99**

**TIDE LIQUID 2.9 L or PODS or FLINGS 4.5/5.7/7.6's**  
selected varieties  
détergent à lessive  
21214076 SA/21214076 SA

# PRICE DROP

Lowered price for a longer time.



**SIMPLY JUICE** or **BEVERAGES** or **GOLD PEAK ICED TEA**  
selected varieties, refrigerated  
1.54/1.75 L  
boissons ou thé glacé  
2108068 SA/21170792 SA

**PRICE DROP**  
**4.49**



**PRICE DROP**

**6.99**

**GIUSEPPE STUFFED CRUST PIZZA**  
selected varieties, frozen  
685-771 g  
pizza  
21335844 SA



**PRICE DROP**

**5.49**

**KELLOGG'S FAMILY SIZE CEREAL**  
selected varieties  
480-650 g  
céréales  
21430748 SA/21430755 SA



**PRICE DROP**

**2.29**

**QUAKER CRISPY MINIS or RICE CAKES**  
or selected varieties  
90-199 g  
grignolines ou galettes de riz  
2054270802 SA/  
2020002001 SA



**PRICE DROP**

**3.50**

**PC ORGANICS APPLETTREE™** 6x100 g  
**APPLE SAUCE** 650 mL  
**JUMBO RAISIN PACK** 196 g  
selected varieties  
gâteries aux pommes ou purée de pommes ou raisins  
21170526 SA



**PRICE DROP**

**5.99**

**PC COFFEE PODS 12% NESQUIK SYRUP** 510/700 mL or **POWDER** 540 g  
selected varieties  
capsules de café ou sirop ou chocolat au poudre  
20220147002 SA/20205345 SA



**PRICE DROP**

**1.29**

**NO NAME VEGETABLES**  
selected varieties  
243/298 mL  
légumes en conserve  
20202131 SA/  
20202091 SA



**PRICE DROP**

**1.99**

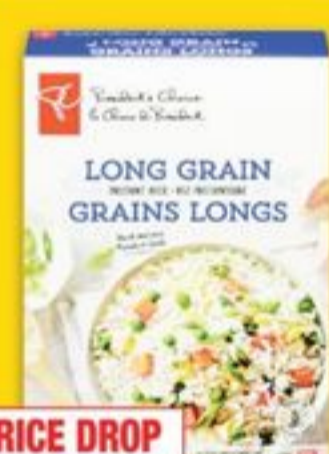
**369 ML**  
**UNICO TOMATO PASTE**  
pâte de tomates  
20112048 SA



**PRICE DROP**

**2.49**

**PC READY TO SERVE SOUP**  
selected varieties  
540 mL  
soupe  
21300561 SA



**PRICE DROP**

**5.99**

**PC LONG GRAIN RICE**  
1.4 kg  
riz  
21149991 SA



**PRICE DROP**

**1.50**

**GRACE COCONUT WATER**  
selected varieties  
500 mL  
eau de noix de coco  
20420711 SA



**PRICE DROP**

**1.99**

**ROOSTER TOFU**  
selected varieties  
454 g  
tofu  
21474778 SA/21474784 SA



**PRICE DROP**

**4.49**

**LEA & PERRINS WORCESTERSHIRE SAUCE** 254 mL or **MATT & STEVE'S THE EXTREME BEAN**  
200 mL  
selected varieties  
sauce au fenouil marinée  
20604422 SA/20474205 SA



**PRICE DROP**

**8.99**

**PC SPRING ROLLS**  
selected varieties, frozen  
574 g  
rouleaux de printemps  
20202091 SA



**PRICE DROP**

**\$2**

**PALMOLIVE DISHWASHING LIQUID**  
selected varieties  
591/628 mL  
détergeant liquide  
à vaisselle  
20040481 SA/  
20040482 SA



**PRICE DROP**

**5.99**

**TRESEMME HAIR CARE**  
selected varieties  
198-311 g/148-428 mL  
soins capillaires  
202134916 SA/  
21170526 SA



**PRICE DROP**

**7.99**

**NIVEA BODY LOTION**  
selected varieties  
200-425 mL  
lotion pour le corps  
20040481 SA/20040482 SA



**PRICE DROP**

**10.99**

**ROYALE FACIAL TISSUE**  
12x100 sheets  
serviettes  
20202091 SA



# SUMMER SWEET WAVE



**\$2**

**NESTLÉ, MARS or  
HERSHEY'S KING SIZE BAR**  
selected varieties  
50-93 g  
barres de chocolat  
20274273 EA/21000283 EA



**2.29**

**HERSHEY'S, MARS, NESTLÉ or  
CADBURY JUNIORS**  
selected varieties  
8-10's  
chocolat  
21223468 EA/21271114 EA



**2.49**

**WERTHER'S CANDY 116-135 g  
JOLLY RANCHER HARD CANDY 182/198 g or  
TWIZZLERS GUMMIES 170/175 g**  
selected varieties  
friandises  
20278129 EA/20289717 EA



**2.49**

**TWIZZLERS LICORICE**  
selected varieties  
311-454 g  
liçôse  
2022228004 EA



**1.29**

**MAYNARDS  
THEATRE BOX**  
100 g or  
**ICEE FROSTY** 6 oz  
selected varieties  
friandises ou boisson  
20200034002 EA/21219341 EA  
WHILE QUANTITIES LAST



**2.49**

**PEPPERIDGE  
FARM GOLDFISH  
CRACKERS**  
selected varieties  
156-227 g  
croûtilles  
20200220 EA



**3.99**

**CARNABY  
SWEET TUB**  
500 g or  
**CADBURY  
MULTI** 4's  
selected varieties  
friandises ou chocolat  
20240529 EA/21243890 EA



**\$3**

**SKITTLES  
CANDY 235-320 g or  
EXCEL GUM  
BOTTLE 83 g**  
selected varieties  
friandises ou gomme  
20218230 EA/20210919002 EA



**3.99**

**NESTLÉ STAND  
UP POUCH**  
135-203 g or  
**MULTI PACK** 4's  
selected varieties  
chocolat  
20222502 EA/21040077 EA



**3.99**

**CARNABY  
SWEET SYRUP**  
428 mL or  
**PC® WAFFLE  
CONE** 205 g  
selected varieties  
sirop ou cornet gâté  
21205793 EA



**4.99**

**HERSHEY'S  
SYRUP 462-523 mL,  
JOLLY RANCHER  
LARGE BAG 355 g or  
MR. FREEZE 48's**  
selected varieties  
sirop ou friandise ou bâtons glacés  
21021219 EA/212494953 EA  
WHILE QUANTITIES LAST



**7.99**

**MONDOUX  
SWEET SIXTEEN  
CANDY 1 kg,  
CADBURY LARGE  
POUCH 361/380 g or  
MAYNARDS CLUB  
PACK CANDY**  
814/816 g  
selected varieties  
friandises  
21210257 EA/21432286 EA



**9.99**

**HERSHEY'S or  
NESTLÉ'S LARGE  
CHOCOLATE  
POUCH 800 g/1 kg  
or AERO S'MORES  
KIT 515 g**  
selected varieties  
chocolat ou trousse pour s'more  
21214534 EA/21252372 EA

# CARIBBEAN FLAVOURS AT LOW PRICES



**2.49**  
LB

**BREADFRUIT**  
product of Jamaica  
5.49/kg  
fruit à pain  
20446318001\_KO



**CARIBBEAN SWEET POTATOES**  
product of Honduras or EDDOES product of Jamaica  
3.95/kg  
patates douces ou eddo  
2014964001\_KO/20134132001\_KO

**1.79**  
LB



**2.99**

**CARIBBEAN AVOCADOS**  
product of Dominican Republic or  
**GREEN WATER COCONUTS**  
product of Costa Rica  
avocats ou noix de coco  
2011974001\_3A/20107992001\_3A



**CRISPY ROTI**  
selected varieties  
15's  
net  
21195407\_3A

**2.99**

**PMC BASA FILLETS**  
400 g or **ANCHOR'S BAY MUSSEL MEAT**  
or **COOKED CLAM MEAT** 340 g  
frozen  
filet de pangasius ou chair de moule ou palourde cuite  
21422307\_3A



**3.99**



**SUFRA® HALAL CHICKEN LEGS**  
back attached, fresh  
up to 1.28 kg  
cuisse de poulet halal  
21426676\_3A

**\$10**

**PRICE DROP**

Lowered price for a longer time.



**GRACE CORNED BEEF**  
340 g  
boeuf salé  
2022343001\_3A

**PRICE DROP**  
**4.49**



**PRICE DROP**  
**.99**

**GRACE SARDINES IN TOMATO SAUCE**  
selected varieties  
155 g  
sardines en sauce tomate  
20404719001\_3A

**COOL RUNNINGS ALL PURPOSE SEASONINGS**  
500-900 g  
assaisonnement tout usage  
20211972\_3A

**PRICE DROP**  
**3.99**



**PRICE DROP**  
**9.99**

**TINNEL'S JAMAICAN PATTIES**  
frozen  
1.12 kg  
pâtis à la jamaïcaine  
20542744002\_3A



**PRICE DROP**  
**1.49**

**GRACE SOUP MIX**  
selected varieties  
43-60 g  
mélange à soupe  
20137576001\_3A



**PRICE DROP**  
**1.49**

**OVALTINE COOKIES**  
150 g  
biscuits  
20118949\_3A



**PRICE DROP**  
**4.99**

**NESTLÉ MILO or OVALTINE DRINK MIX**  
400 g  
mélanges à boisson  
20100042\_3A/20726433\_3A

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value

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