

# CHALO!

## FRESH CO



VARIETY.  
VALUE.  
VAH!

ZONE 2

**SAVE \$1.50**

**2.99**

Lean Ground Chicken  
454 g reg 4.49  
Poulet haché maigre

**100 PTS**  
when you buy 2

**2.44**

Strawberries 454 g  
Product of USA or Mexico  
No. 1 Grade  
Fraises

**SAVE \$4**

**6.99**

Kebab Factory  
Chicken Kebabs or  
Chicken Burgers  
Frozen 904 g-1.2 kg  
reg 10.99  
Kebabs ou burgers de poulet

**1.99**  
/lb

Red, Yellow or Orange  
Sweet Bell Peppers  
Product of Ontario 4.39/kg  
Poivrons doux

**SAVE \$3.91**

**5.98**

Dan-D Pak Cashews  
Salted or Unsalted 454 g  
reg 8.99  
Noix de cajou

**SAVE \$2**

**2.99**

Hereford  
Corned Beef  
340 g reg 4.99  
Boeuf salé

**SAVE \$1.99**

**1.99**

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

**SAVE \$5**

**7.99**

Tide Simply 3.1 L  
Gain Liquid Detergent  
2.6 L reg 12.99  
Détergent à lessive

**2.99**  
with Scene+ Card

**3.99**  
without Scene+ Card

Pepsi Soft Drinks  
6x710 mL  
Boissons gazeuses

GET UP TO  
**2,500 PTS**

WHEN YOU LOAD THIS OFFER  
APR 11 - MAY 8, 2024

**\$25**  
toward your groceries

SPEND \$50+\*

1<sup>st</sup> Shop GET 250 PTS  
2<sup>nd</sup> Shop GET 250 PTS  
3<sup>rd</sup> Shop GET 250 PTS  
4<sup>th</sup> Shop GET 1,750 PTS



LOAD THIS OFFER AND GET 250 PTS ON 4 TRANSACTIONS OF \$50+ AND GET A 1,500 PTS BONUS FOR USING ALL 4 OFFERS.  
See Back page for full terms & conditions. Card must be registered and offer must be booked, eligible \$50+ transactions must occur on 4 separate days. 1,000 points = \$10 of free groceries.



DISCOVER FLAVOURS  
OF THE WORLD!

Flyer in effect May 2024  
Prices in Effect in Ontario. Excludes Thunder Bay  
THUR FRI SAT SUN MON TUES WED  
2 3 4 5 6 7 8

Scene+ 1000 PTS = \$10  
OF FREE GROCERIES

FC\_WW05\_Ont\_P01\_22



# Now AVAILABLE AT FRESH CO



## 100% WILD CAUGHT

[LEARN MORE](#)







**149**  
/lb

Seedless Oranges  
Product of Egypt  
3.28/kg  
Oranges sans pépins



**199**  
/lb

Hothouse Tomatoes  
Product of Ontario  
Canada No. 1  
4.39/kg  
Tomates



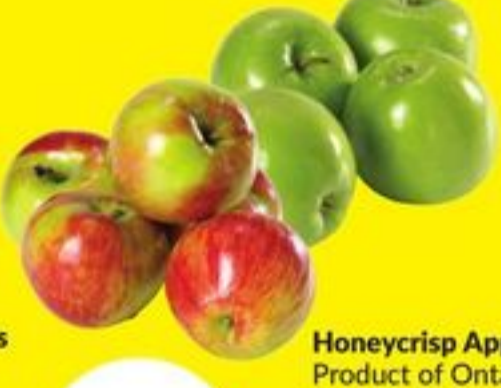
**399**  
/lb

Red or Black  
Seedless Grapes  
Product of Chile  
No. 1 Grade  
8.80/kg  
Raisins sans pépins



**199**  
/lb

Bartlett Pears  
Product of Argentina  
Extra Fancy  
Forelle Pears  
Product of South Africa  
Extra Fancy  
4.39/kg  
Peraes



**169**  
/lb

Honeycrisp Apples  
Product of Ontario  
Canada Extra Fancy  
Granny Smith  
Apples  
Product of USA  
Extra Fancy Grade  
3.73/kg  
Pommes



**399**  
/lb

Compliments  
Lemons 2 lb  
Product of Spain 907 g  
Citrons



**399**  
/lb

Golden Pineapples  
Product of Costa Rica  
Atemoya  
Product of Brazil  
Ananas, atemoya



**299**  
/lb

Mini Seedless  
Cucumbers 6 pk  
Product of Ontario  
Canada No. 1  
Grape Tomatoes  
Pint  
Product of USA  
or Mexico  
Mini concombres sans  
pépins, tomates



**249**  
/lb

Compliments  
Whole White  
or Brown  
Mushrooms  
227 g  
Product of Ontario  
Champignons



**399**  
/lb

Compliments  
Baby Arugula,  
Spinach or  
Spring Mix 142 g  
Fresh Attitude  
Baby Kale  
Blend 142 g  
Good Leaf Micro  
Greens 50 g  
Jeune roquette, jeunes  
épinards ou mélange  
printanier, mélange  
de bébé chou frisé ou  
microgreens

**WEEKLY DEALS** EVERYDAY LOW PRICES

Look for these symbols while you shop.



**1499**  
/lb

Angus Beef  
Striploin Steak  
Cut from Canada AA  
or Higher  
33.05/kg  
Bifteck de contre-filet



**1399**  
/lb

Compliments  
Angus Sirloin  
or Prime Rib  
Beef Burgers  
Frozen 1.13 kg  
Burgers



**599**  
/lb

Compliments Naturally  
Smoked Bacon 375 g  
Bacon



**1099**  
/lb

Fresh  
Tilapia Fillets  
24-23/kg  
Filets de tilapia



**\$11**  
/lb

Marcangelo  
Breakfast Sausages  
Frozen 1.2 kg  
Sous-vide 480 g  
Bacon Wrapped  
Beef Sirloin or  
Chicken 340-452 g  
Saucisses à déjeuner,  
sous-vide, surcharge de  
beauf ou poulet emballé  
de bacon



**999**  
/lb

Schneiders  
Smokies or  
Red Hots 900 g  
Prime Raised  
Without  
Antibiotics  
Breaded Chicken  
Frozen 560-581 g  
Saucisses fumées,  
poulet pané



**799**  
/lb

Raw Breaded  
Pollock Fillets  
Frozen 1 kg  
Filets de goberge



**299**  
/lb

Dempster's Bagels 5-6 pk  
Whole Grain Bread  
450-600 g  
Yachon Snack Cakes  
252-336 g  
Pain de grains entiers, bagels,  
petits gâteau



**329**  
/lb

Dempster's  
Signature Buns  
6-8 pk  
Pains



**399**  
/lb

Mastro Salami  
125-150 g  
Salami



**599**  
/lb

Tre Stelle  
Mozzarella Ball  
340 g  
Castello  
Cheddar 200 g  
Fromage

Scene GET 1000 PTS FOR EVERY \$100 SPENT IN SKIPTHEDISHES GIFT CARDS!

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



150 PTS  
when you buy 2

That's like  
\$150  
toward your  
groceries

SAVE UP TO \$150

5.49



Coca-Cola Soft Drinks  
Mini Bottles 8x300 mL  
AHA Sparkling Water  
12x355 mL  
Boissons gazeuses, eau

SAVE UP TO \$274

6.25



Nestea  
Iced Tea 12x341 mL



SAVE 80¢  
4.99

Becel Bricks  
454 g  
Briques



SAVE \$2  
8.99

Armstrong  
Cheese Bars  
600 g  
Barres



BUY 2 OR MORE  
2.99

OR BUY 1 \$3.49  
Jell-O Desserts  
6 pk  
Save 80¢  
Desserts



SAVE \$1.20  
4.79

Astro Original  
Yogourt 12 pk  
Olympic  
Yogourt 650 g  
Yogourt



SAVE \$2.30  
5.49

Kellogg's  
Cereal Selected  
480-650 g  
reg. 6.99-7.79  
Cereales



SAVE \$1  
2.99

Allen's Apple  
Juice 1.89 L  
SunRype Juice  
1.36 L  
Jus



SAVE \$1.00  
4.99

Heinz Ketchup  
750 mL-1 L  
Kraft Miracle  
Whip  
650-890 mL  
Ketchup  
mayonnaise



BUY 2 OR MORE  
2.99

OR BUY 1 \$3.77  
Kraft Dressing  
425-475 mL  
Diana Sauce  
500 mL or  
Bull's-Eye BBQ  
Sauce 425 mL  
Save up to 62¢  
Vinaigrette, sauces



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



Great products,  
incredible value,  
every day



1000 pts = \$10  
in FREE  
groceries



Reduced  
pricing for  
Scene  
members



SAVE \$5  
14.99

Folgers K-Cups  
30 pk  
Capsules



SAVE \$4  
19.99

Starbucks  
Roast & Ground  
Coffee 793 g  
Whole Bean  
Coffee 907 g  
K-Cups 24 pk  
Café



SAVE 80¢  
2.99

Pepperidge Farm  
Goldfish  
Crackers  
168-227 g  
reg. 3.79  
Craquelins



SAVE \$1  
2.99

Clover Leaf  
Pink Salmon  
150-213 g  
Selected  
Salmon



3.99

Classico  
Pasta Sauce  
218-650 mL  
Sauce



SAVE \$3  
5.99

Red Rose  
Orange Pekoe  
Tea Bags 144 pk  
Lipton Green Tea  
or Yellow Label  
Tea Bags 100 pk  
Tea



That's like  
\$150  
toward your  
groceries

Christie  
Family Cookies  
Selected  
Varieties  
374-520 g  
reg. 5.49  
Biscuits



100 PTS  
when you buy 2

SAVE \$1.00  
4.99

Jack Link's Jerky  
or Nuggets  
80-81 g reg. 6.49  
Jerky ou pépites



150 PTS  
when you buy 3

SAVE \$2.00  
2.99

Old Dutch  
Potato Chips  
235 g or  
Ridgies 200 g  
Old Dutch  
Restaurante  
Tortilla Chips  
275-290 g  
reg. 3.49-4.19  
Croustilles



150 PTS  
when you buy 3

SAVE 70¢  
3.49

Old Dutch  
Crunch 200 g  
Humpty Dumpty  
Snacks 250-300 g  
reg. 3.49-4.19  
Grignolines



SAVE \$3.00  
11.99

Cashmere  
Bathroom  
Tissue  
12-36 Rolls  
Sponge Towels  
6-9 Rolls  
reg. 13.99-15.49  
Papier hygiénique



SAVE \$3  
4.99

Colgate Sensitive  
or Total Advanced  
Selected 73-120 mL  
or Toothbrush  
Charcoal 1 pk  
Irish Spring  
Body Wash 591 mL  
or Soap 6 pk 540 g  
Softsoap Body  
Wash 591 mL  
Produits d'hygiène  
personnelle

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](https://360healthpharmacy.ca)

See our privacy policy on [360healthpharmacy.ca](https://360healthpharmacy.ca) for more information.



# CHALO!

## FRESH CO



**2.99**  
/lb

**Okra or Bhindi**  
Product of Honduras  
6.59/kg  
Gombo



**1.29**  
/lb

**Roma Tomatoes**  
Product of Mexico  
No. 1 Grade 2.84/kg  
Tomates



SAVE \$1.30

**3.99**

**Santosh Naan**  
10 pk  
Plain naan



SAVE \$3.50

**7.99**

**Dawn Paratha**  
Bulk 2400 g  
reg 11.49  
Paratha

# WEEKLY! VAH!

Scene+  
**MEMBER**  
PRICING



**13.99**

with  
Scene+  
Card

**16.99**

without  
Scene+  
Card

**Swarna Chakki**  
Fresh Atta 9.07 kg  
reg 21.99  
Farine

## YOUR SOUTH ASIAN SPECIALTY MARKET - AND MORE!



**179**



**Bunch Spinach**  
Product of USA  
**Methi Leaf Bunch**  
Product of Mexico  
or USA  
Épinards, feuilles de fenugrec



**149**  
/lb



**Indian Eggplant**  
Product of Honduras  
3.28/kg  
Aubergine



**149**  
/lb



**Long Squash**  
Product of  
Dominican Republic  
3.28/kg  
Courge



# WE'RE SERVING UP SOUTH ASIAN FLAVOURS GALORE!

SAVE 50¢

**549**



**Zabiha Halal  
Juicy Supreme  
Chicken  
Frankfurters**  
900 g  
Saucisses fumées de  
poulet



**250 PTS**  
when you buy 2

That's like  
**\$250**  
toward your  
groceries



SAVE \$150

**949**



**Al Safa Halal  
Beef Burgers**  
Frozen 800 g  
Burgers de bœuf

**499**  
/lb



**Sugar Mangoes**  
Product of  
Colombia  
11.00/kg  
Mangues



**Almonds**  
Product of USA  
13.21/kg  
Amandes

**599**  
/lb



SAVE UP TO \$170

**499**



**Tre Stelle Feta 200 g  
or Compliments  
Pizza Kits 680-900 g**  
Feta ou ensembles à pizza



SAVE 50¢

**299**



**Crispy Para**  
360 g  
Collation



SAVE 70¢

**329**



**Crispy Roti**  
750 g  
Pain



SAVE \$150

**599**



**Shahir Halal  
Deli Meat 200 g**  
Charcuterie





SAVE \$1  
**4.49**

KFI Cooking Sauces  
375-395 mL  
Selected Varieties  
reg 5.49  
Sauces



SAVE 50¢  
**2.29**

Handi Himalayan  
Pink Salt Powder  
1 kg reg 2.79  
Sel



SAVE \$2  
**7.99**

Tata Tea Premium  
Orange Pekoe  
Tea Bags 638 g  
reg 9.99  
Thé



## ALL OF YOUR SOUTH ASIAN SPECIALTY NEEDS!



SAVE 50¢  
**4.49**

Verka  
Roasted Peanut  
in Shell 908 g  
reg 4.99  
Arachides



SAVE \$1.20  
**2.79**

Ashoka Shredded  
Coconut 310 g  
reg 3.99  
Noix de coco râpé

SAVE \$1  
**6.99**

Apna Taste  
Aloo Tikki  
Potato  
Patties 750 g  
reg 7.99  
Gallettes



SAVE 80¢  
**5.49**

Mother's Magic  
Pakora 400 g  
Selected Varieties  
reg 6.29  
Repas

SAVE \$1  
**7.99**

Nanak  
Gulabjamun  
908 g  
reg 8.99  
Dessert



SAVE 80¢  
**3.49**

Deep  
Mango Pulp 850 g  
reg 4.29  
Pulpe



SAVE \$1.70  
**9.99**

Verka Brown  
Sugar  
4.54 kg  
reg 11.69  
Sucre





**149** ↓



**Grace Coconut Water 100% or with Pulp 500 mL**  
reg 1.79  
Eau de coco

**129** ↓



**Grace Peanut Punch 240 mL**  
reg 1.49  
Punch



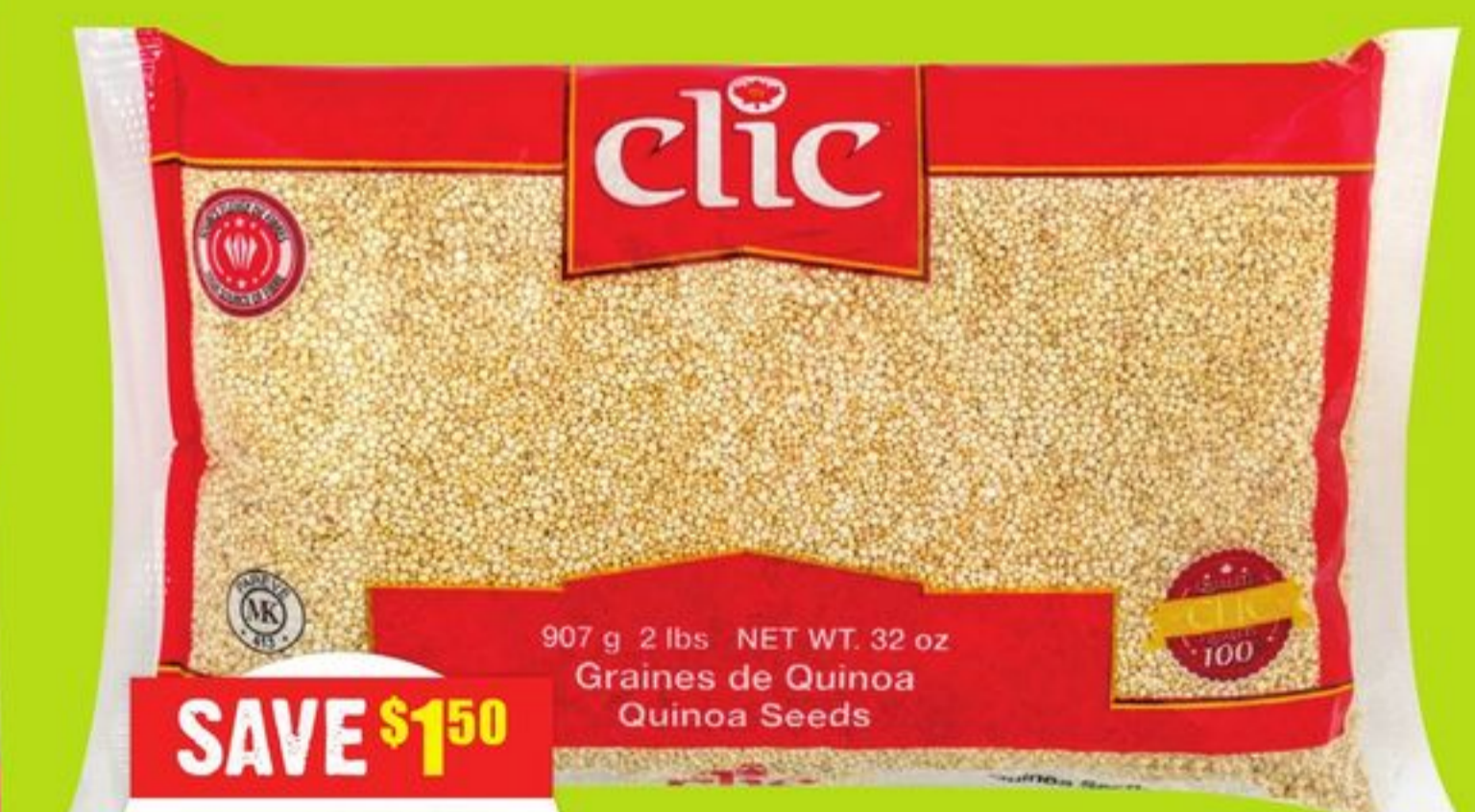
**SAVE 70¢**  
**229** ↓

**Royalty Digestives Cookies**  
400 g reg 2.99  
Biscuits

**SAVE UP TO \$3**  
**999** ↓



**Puck Creamy Dairy Spread**  
500 g  
reg 11.99-12.99  
Tartinade



**SAVE \$1.50**  
**749** ↓

**Clic Quinoa Grains 907 g**  
reg 8.99  
Graines

**SAVE \$2**  
**999** ↓



**Saleem Caravan Sunflower Oil 3 L**  
reg 11.99  
Huile



**AL MARWA**  
Al Marwa specializes in fresh halal meat, including delicious marinated and cooked meats.  
See in-store for specials.



**AMAN MEAT SHOP**  
See in-store for specials.

**ALL OF YOUR SOUTH ASIAN SPECIALTY NEEDS!**



# GARDEN CENTRE DEALS

**3/\$33**  
or \$12.00 ea

10" Premium  
Hanging Baskets  
Paniers suspendus de fleurs



**3/\$45**  
or \$15.99 ea

Assorted Mixed Planters  
11" Pot  
Jardinières



**2/\$50**  
or \$26.99 ea

13" Deluxe Hanging  
Baskets  
Paniers suspendus de fleurs



**2/\$50**  
or \$26.99 ea

Assorted Mixed  
Planters 13" Pot  
Jardinières



**4/\$10**  
or \$2.50 ea

Compliments  
Black Earth Topsoil  
25 L  
Terreau de terre noire



**4/\$11**  
or \$3.00 ea

Compliments  
Sheep Manure Compost  
12.5 kg  
Compost de fumier de mouton



**4/\$11**  
or \$3.00 ea

Compliments  
Cow Manure  
Compost 12.5 kg  
Compost de fumier de vache

COLOUR AND SELECTION MAY VARY BY STORE - AVAILABLE AT MOST LOCATIONS  
WHILE SUPPLIES LAST - WEATHER PERMITTING



◆ FLAVOURS OF ◆  
**CINCO  
 DE  
 MAYO**



SAVE 80¢  
**849**

Maseca  
 Corn Flour  
 2 kg  
 Farine de maïs



SAVE \$2  
**10<sup>99</sup>**

Corona Sunbrew  
 0% Non-Alcoholic  
 Beer 6x330 mL  
 Bière sans alcool



SAVE UP TO 70¢  
**2<sup>99</sup>**

La Costeña Refried  
 Beans or Peppers  
 186-546 mL  
 Haricots frits ou piments



SAVE 50¢  
**149**

Jarritos Soft  
 Drinks 370 mL  
 Boissons gazeuses



SAVE \$1.30  
**649**

Chata Chilorio  
 Shredded Seasoned  
 Pork Meat 250 g  
 Porc effiloché assaisonné



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

Chata Refried  
 Pinto Beans 430 g  
 Haricots frits



**349**

P.A.N.  
 Corn Flour  
 1 kg  
 Farine de maïs



SAVE \$1  
**499**

Cholula  
 Hot Sauce  
 150 mL  
 Sauce piquante



SAVE 80¢  
**349**

La Costeña  
 Salsa or  
 Sauces  
 455 mL  
 Salsa ou sauces



SAVE 50¢  
**699**

Tajin Chamoy  
 Chili Sauce  
 455 mL  
 Sauce piquante



SAVE 50¢  
**499**

Tajin Habanero  
 Seasoning 45 g  
 Assaisonnement



SAVE 50¢  
**599**

Tajin  
 Chili Powder  
 142 g  
 Poudre de chili



SAVE 50¢  
**499**

La Costeña  
 Green  
 Tomatoes 820 mL  
 Tomates

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



# TACO NIGHT DEALS

**6<sup>50</sup>**

Fresh Lean Ground Beef Tube 454 g  
Boeuf



**2<sup>49</sup>**  
/lb

Green Sweet Bell Peppers  
Product of USA or Mexico  
5.49/kg  
Poivrons



**99¢**

Cilantro  
Product of Mexico or USA  
Coriandre



**5/\$2**

Limes  
Product of Mexico  
Limes

75 PTS when you buy 2

SAVE 50¢  
**3<sup>49</sup>**

Casa Bonita  
Corn Tortillas 450 g  
Tortillas



SAVE 50¢  
**4<sup>99</sup>**

Compliments  
Shredded Cheese  
226-320 g  
Fromage



**2<sup>29</sup>**

Compliments  
Sour Cream Product  
500 mL  
Crème sure



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

El Popocatepetl  
Corn Tortillas 765 g  
Tortillas



100 PTS when you buy 4

**\$2**

Aylmer Accents  
540 mL  
Tomates



100 PTS when you buy 4

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

Hunt's  
Tomato Sauce  
680 mL  
Sauce



100 PTS when you buy 2

**3<sup>99</sup>**

Old El Paso  
Taco Kits 250-510 g  
Trousées



100 PTS when you buy 2

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

Old El Paso  
Salsa  
650 mL  
Salsa



# ORTHODOX EASTER DEALS

New Zealand  
Spring Lamb  
Short Cut  
Lamb Leg  
Frozen 15.17/kg  
Gigot d'agneau

SAVE \$1.11/lb  
**6.88**  
/lb



**2.99**

Rapini  
Product of USA  
Rapini

SAVE \$1.20  
**2.79**

Rudolph's  
Multi-Grain  
Bread 500 g  
Selected Varieties  
Pain



S&F Roasted  
Peppers 500 mL  
Paviments



SAVE 80¢  
**5.99**

**1.99**  
/lb

Eggplant or Zucchini  
Product of Mexico  
or USA 4.39/kg  
Aubergines ou courges



**13.99**

Baltic Herring  
Fillets Frozen 1 kg  
Filets



SAVE \$0.50  
**1.79**

S&F Cream  
Crackers 200 g  
Craquelins

SAVE \$3.90  
**3.49**

Oliya Virgin  
Sunflower Oil  
1 L  
Huile



SAVE \$5  
**9.99**

Red Gold  
Steelhead  
Salmon Caviar  
100 g  
Caviar



SAVE \$1.90  
**2.99**

Finn Crisp  
Thin Crispbread  
175-200 g  
Pain croustillant



SAVE 50¢  
**4.49**

Kühne Barrel  
or Sauerkraut  
with Wine  
720-796 mL or  
Salata Seasoned  
Vinegar 750 mL  
Selected  
Choucroute ou  
vinaigre



SAVE \$1  
**6.99**

Kühne Barrel  
Dill Pickles 1 L  
Cornichons



SAVE \$1  
**7.99**

Diana  
Marinated  
Artichokes  
Hearts 1 L  
Artichauts



SAVE \$1.90  
**4.99**

Bechtle  
Noodles  
350-500 g  
Nouilles



SAVE 50¢  
**3.99**

Palirria Dolmas  
400 g  
Feuilles de  
vigne farcies

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

SAVE 50¢  
**2.49**

Borjomi  
Carbonated  
Natural  
Mineral Water  
500 mL  
Eau



SAVE \$1  
**3.49**

Lovaré Tea 30 g  
Thé



**99¢**

Roshen Wafers  
Sandwich Thins  
55 g  
Gaufrettes



SAVE \$1  
**3.99**

Roshen  
Chocolate  
Shooters 150 g  
Chocolats

SAVE 80¢  
**4.49**

Wonder Berry  
Jam 375 mL  
Confiture



SAVE 80¢  
**7.99**

7 Days Bake It  
Filo Rollini 1 kg  
Pâtisserie



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.



We all deserve  
**compliments**

We all  
deserve  
cool treats



**SAVE 80¢**  
**4.99**

Compliments  
Ice Cream 1.5 L  
reg 5.79  
Crème glacée

**SAVE 80¢**  
**4.49**



Compliments  
Fudge Ice Milk Bars  
12 pk reg 5.29  
Barres

**SAVE 80¢**  
**4.49**



Compliments  
Frozen Yogurt  
1.5 L  
reg 5.29  
Yogourt

**SAVE 50¢**  
**5.79**



Compliments  
Ice Cream Sandwiches  
12 pk reg 6.29  
Sandwiches glacés

**SAVE 50¢**  
**3.79**



Compliments  
Ice Cream Cones  
4 pk reg 4.29  
Cônets

**SAVE 50¢**  
**4.99**



Compliments  
Twin Ice Pops 24 pk  
reg 5.49  
Sucettes glacées

**SAVE 80¢**  
**4.49**



Compliments  
Ice Cream Bars  
12 pk reg 5.29  
Barres glacées

**4.29**



Compliments  
Fruit Bars 75 mL  
reg 4.69  
Barres aux fruits



# HAPPY DRAGON BOAT FESTIVAL



**188** /lb  
Yellow or Brown Asian Pears  
Product of China Fancy Grade  
4.14/kg  
Poires



**99c**  
Green Onions  
Product of Mexico  
Oignons verts



Garlic 5 pk  
Product of China  
All

**129**



**199** /lb  
Ginger Root  
Product of China 4.39/kg  
Rhizome de gingembre



**99c** /lb  
Bok Choy Napa  
or Flat Cabbage  
Product of USA  
or Mexico 2.18/kg  
Pak-choi ou chou



**299**  
Dragon Fruit  
Product of Vietnam  
Pitaya



**SAVE \$1**  
**\$9**  
Compliments  
Sea Salt & Cracked  
Black Pepper  
Pork Belly 500 g  
reg. 10.00  
Flanc de porc



**SAVE \$1**  
**599**  
Eight Treasures  
Head-On, Shell-On,  
Raw Shrimp Frozen  
400 g  
Crevettes



**SAVE \$1 in**  
**12.99** /lb  
ANGUS  
Angus Beef Inside  
Round Sir Fry  
Cut from Canada AA  
or Higher 28.64/kg  
Intérieur de ronde de bœuf Angus



**SAVE \$4**  
**1288**  
Eight Treasures  
Thai Jasmine Rice 8 kg  
Riz



**SAVE \$1**  
**398**  
Eight Treasures  
Jasmine Rice 2 kg  
Riz



**188**  
Eight Treasures Noodles  
400-454 g  
Selected Varieties  
Nouilles



**SAVE 71c**  
**228**  
Eight Treasures  
Sweetened Condensed Milk  
300 mL  
Lait condensé sucré



**SAVE 61c**  
**288**  
Eight Treasures  
Sesame Oil  
185 mL  
Huile de sésame

**SAVE 51c**  
**98c**



Eight Treasures  
Coconut Milk  
400 mL  
Lait de coco





# HAPPY DRAGON BOAT FESTIVAL



SAVE \$2.01  
**6.98**

Kim Phat Vegetable Spring Roll 1 kg  
Rouleaux de printemps

Kim Phat 3-Minute Instant Noodles 454 g  
Nouilles instantanées

SAVE \$1.01  
**2.28**



SAVE \$1.11  
**2.48**



Kim Phat Pad Thai Noodles or Vermicelli 400 g  
Nouilles

SAVE \$1.11  
**1.88**



Kim Phat Instant Noodles 120 g Selected Varieties  
Nouilles instantanées



SAVE 71¢  
**2.28**

Kim Phat Coconut Milk 18% 400 mL  
Lait de coco



SAVE 61¢  
**1.88**

Kim Phat Coconut Milk Light 6% 400 mL  
Lait de coco



SAVE \$1.11  
**3.48**

Kim Phat Udon Noodles 800 g  
Nouilles



SAVE \$1.11  
**3.48**

Kim Phat Water Whole or Sliced Hearts of Palm 398 mL  
Cœurs de palmier



SAVE \$1.11  
**3.48**

Kim Phat Light Soya Sauce or Sushi Vinegar 298-500 mL  
Sauce soya ou vinaigre pour sushi



SAVE \$1.11  
**3.88**

Kim Phat Rice Paper 22 cm 400 g  
Feuilles de riz



SAVE \$1.11  
**3.88**

Kim Phat Sauces 298-500 mL Selected Varieties  
Sauces



SAVE \$1.11  
**4.48**

Kim Phat Roasted Sesame Oil 163 mL  
Huile de sésame



**1.88**

Kim Phat Preserves Shitake 284 g  
Champignons



SAVE 71¢  
**1.28**

Kim Phat Water Chestnuts Whole or Sliced 227 g  
Châtaignes d'eau



SAVE \$1.11  
**2.88**

Kim Phat Sambal Oelek Sauce 250 g  
Sauce







# EARN UP TO **7,500** WELCOME BONUS SCENE+ POINTS<sup>1</sup>

with the Scotiabank<sup>®</sup> Scene+<sup>™</sup> Visa<sup>®</sup> Card.  
That's \$75 in groceries.<sup>^</sup>

**APPLY NOW**

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

<sup>2</sup>Visa Int/Licensed user

<sup>^</sup>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).

<sup>2</sup>On all eligible purchases at participating grocery stores. Conditions Apply.



# THE PERFECT PAIRING

**\$2.99**

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



CHRISTIE Mini Cookies  
Selected Varieties, 150-225g  
\$3.29 ea



**\$2.49**  
ea when you  
buy 2 or more

**TWIST  
LICK  
DUNK**

