

FRESH CO

Flyer in effect Oct 3-Nov 6, 2024
Prices in effect in Ontario, Excludes Thunder Bay

DIWALI DEALS



SAVE \$2

14.99

India Gate
Basmati Rice
4.54 kg
reg 16.99
Riz



SAVE UP TO \$13

10.99

Swarna Chakki or
Multigrain Atta 9.07 kg
reg 21.99-23.99
Farine



SAVE \$5

12.99

Nanak Desi
Ghee 800 g
reg 17.99
Beurre clarifié



Aman's Brown Sugar
4.53 kg reg 10.99
Cassonade

SAVE \$3

7.99



Mitchell's Sarsen
Ka Saag or
Spinach Purée 800 g
reg 3.49
Purée de feuilles de moutarde ou
d'épinards

SAVE 50¢

2.99



Deep Kesar Mango Pulp
850 g reg 4.29
Pulpe de mangue

SAVE \$1

3.29



Handi Chakki Atta
9.07 kg
reg 21.99
Farine

SAVE \$9

12.99



Maggi Masala Noodles
70 g reg 49¢
Nouilles

39¢



Bestropics
Pure
Coconut Water
1 L reg 3.99
Eau de coco

SAVE 50¢

3.49



Surati Snacks 250-341 g
Selected Varieties
reg 2.99
Collations

SAVE 50¢

2.49



Vidhya Pani Puri
Gulgappa 260 g
reg 5.49
Collation

SAVE \$1.50

3.99

DIWALI DEALS



SAVE \$1.50

3.99

Happy Dairy Paneer 300 g reg 5.49 Fromage



SAVE 50¢

5.99

Aman's Chana Daal 1.8 kg reg 6.49 Pois chiches

SAVE 50¢

1.29

Deep Bhindi Cut Okra 340 g Selected Varieties reg 1.79 Gombo



DEEP
ALOO PARATHA

Deep Naans or Parathas 292-12-400 g Selected Varieties reg 3.69 Pain naan ou parathas

SAVE 70¢

2.99

ALJUICE Guava | **ALPHONSO** MANGO

Aljuice or Alphonso Juice 1.75 L Selected Varieties reg 3.99 Jus

25 PTS when you buy 2

SAVE 60¢

3.49

NANAK
Rasmalai

Nanak Rasmalai 850 g Selected Varieties reg 11.99 Dessert indien

SAVE \$3

8.99

NANAK
Gulabjamun

Nanak Gulabjamun 908 g reg 8.99 Dessert indien

SAVE \$2

6.99

apna taste
Aloo Tikki
Potato Patties

Apna Taste Aloo Tikki Potato Patties 750 g reg 7.99 Galettes de pommes de terre

SAVE \$1

6.99

HUNTER BEE
Natural Honey

Hunter Bee Natural Honey 1 kg reg 9.99 Miel

SAVE \$1

8.99

Ben's Original
Bistro Express
Rice

Ben's Original Bistro Express Rice 240-250 g reg 3.49 Riz

150 PTS when you buy 3
That's \$1.50 toward your groceries

SAVE 50¢

2.99

TASTY BITE
Vegetable Tikka Masala
Légumes Tikka Masala

Tasty Bite Tikka Masala 285 g Repas

150 PTS when you buy 3
That's \$1.50 toward your groceries

SAVE 50¢

2.99

DIWALI DEALS



5.99

Chalo! Basmati or Signature Rice
1.81 kg
Riz



2.79

Chalo! Dahi 2% or 3.25% Yogurt 750 g
Yogourt



Chalo! Basmati Rice
4.54 kg
reg 12.99
Riz

SAVE \$1
11.99



Chalo! Signature Rice
4.54 kg
reg 14.99
Riz

SAVE \$2
12.99



Chalo! Spices 50-200 g
Selected Varieties
reg 1.49-4.99
Épices

STARTING AT
1.49



Chalo! Spices 400 g
Selected Varieties
reg 2.49-7.99
Épices

STARTING AT
2.49



Chalo! Lentils 1.81 kg
Selected Varieties
reg 4.49-9.99
Lentilles

STARTING AT
4.49



Chalo! Lentils 3.63 kg
Selected Varieties
reg 8.99-19.99
Lentilles

STARTING AT
8.99

DIWALI DEALS



99¢ ↓

Cilantro or Mint Bunch
Product of USA or Mexico
Coriandre ou menthe



3⁹⁹ /lb ↓

Okra or Bhindi
Product of Honduras
8.80/kg
Gombo



1⁷⁹ /lb ↓

Red Carrots
Product of Ontario
3.95/kg
Carottes rouges



Chinese Eggplant
Product of Honduras
3.95/kg
Aubergine

1⁷⁹ /lb ↓



DR Celebration Tray
600 g
Plateau

9⁹⁹ ↓



Crispy Roti Wrap Original
750 g
Pain

SAVE 70¢
3²⁹ ↓



Crispy Fruit Cake
380 g
Gâteau aux fruits

SAVE 50¢
3⁴⁹ ↓



1⁹⁹ Score MEMBER FROM

2⁴⁹ without Score* Cond*
Chalo! Naan
5 pk
Pain naan



Crispy Cookies
1.13-1.134 kg
Biscuits

SAVE 50¢
5⁹⁹ ↓