

It's here!



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TO DISCOVER MORE



APP EXCLUSIVE OFFER

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

Optimum
4,000 pts

\$4
Value

Produit's Choice
le Chair de Président

JERK CHICKEN

CHICKEN WINGS
WITH REAL TROPICAL FRUIT FLAVORS
READY TO COOK - 100% BONELESS

POULET JERK

AILES DE POULET
100% BONELESS - 100% BONELESS



907 g | 35 pieces | 100% BONELESS

\$17

PC® WINGS
SELECTED VARIETIES
FROZEN
700-907 G
AILES PC®
21469394_EA



APP EXCLUSIVE OFFER

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Optimum
1,500 pts

\$1.50
Value

Must
Try

**CRUSTASTIC
DÉLIC'EN CROÛTE**

Jollyberry Gingerbread
Pain d'épice et petits fruits en fête

CRUSTASTIC
DÉLIC'EN CROÛTE

Jollyberry Gingerbread / Pain d'épice et petits fruits en fête

430 g | 100% BONELESS

\$8

PC® CRUSTASTIC™ JOLLYBERRY
GINGERBREAD PIE BAR
430 G
BARRE DE TARTE AU PAIN
D'ÉPICES PC® CRUSTASTIC™
JOLLYBERRY
21609492_EA

Must
Try

Produit's Choice
le Chair de Président

Holiday Feast

TURKEY (AND FIXINS) PIE

PÂTE À LA DINDE
(ET SES GARNITURES)

Festín des fêtes

TURKEY PIE WITH VEGETABLES AND DRIED
CRANBERRIES IN OUR SIGNATURE RICH PASTRY CRUST

PÂTE À LA DINDE AVEC LÉGUMES ET CANNESBERGES
MÉLÉES DANS NOTRE PÂCHERIE CRUSTÉE DE PÂTE
PÂCHÉE DÉLICIEUSEMENT MOUVE

800 g | 4 pieces | 100% BONELESS

\$15

PC® HOLIDAY FEAST TURKEY
(AND FIXINS) PIE
FROZEN
800 G
TARTE À LA DINDE
(ET SES GARNITURES) DU
FESTIN DES FÊTES PC®
21613959_EA

Must
Try

Produit's Choice
le Chair de Président

GÂTEAU AU FROMAGE

INSPIRÉ DU NORD DE L'ESPAGNE

BASQUE

NORTHERN SPANISH-STYLE
CHEESECAKE

600 g | 100% BONELESS

\$10

PC® NORTHERN
SPANISH-STYLE BASQUE
CHEESECAKE
FROZEN
600 G
GÂTEAU AU FROMAGE
BASQUE DU NORD DE
L'ESPAGNE PC®
21609491_EA



PKG
OF 5

Members
save
\$2

Optimum

Members-Only Price™

\$2

Non-members

\$4

AVOCADO BAG
PRODUCT OF MEXICO
5'S
SAC D'AVOCATS
20142232001_EA



Members
save
\$3

Optimum

Members-Only Price™

4⁹⁹

Non-members

7⁹⁹

GIUSEPPE PIZZA 439-785 G
OR **EASY PIZZI** 560-600 G
SELECTED VARIETIES,
FROZEN
PIZZA OU SIMPLE COMME
PIZZA GIUSEPPE
21106361_EA/21359564_EA



Members
save
\$8

Optimum

Members-Only Price™

18⁹⁹

Non-members

26⁹⁹

TIDE LAUNDRY DETERGENT
3.9 L OR **FINISH XL**
DISHWASHER TABS 51-64'S
SELECTED VARIETIES
DÉTERGENT À LESSIVE TIDE
OU CAPSULES DE DÉTERGENT
POUR LAVE-VAISSELLE
FINISH XL
21593670_EA/21574749_EA



Members
save
\$5

Optimum

Members-Only Price™

14⁹⁹

Non-members

19⁹⁹

PC® BATHROOM TISSUE
30=100 ROLLS
PAPIER HYGIÉNIQUE PC®
21450846_EA

Scan to see our complete digital flyer



Independent
Your Independent Grocer

CUT BY OUR BUTCHERS

SALE
SAVE \$1.49/LB

\$3.99 LB

SALE
SAVE 43%

7.88 LB

4 DAY SALE
THURSDAY, OCT. 31ST TO SUNDAY, NOV. 3RD

PORK TENDERLOIN
CRYOVAC, 2'S
6.61/KG
FILET DE PORC
20520970_KG

STRIPLOIN GRILLING STEAK
BONE-IN, CUT FROM CANADA AA GRADE OR USDA SELECT GRADE BEEF OR HIGHER
17.37/KG
BIFTECK DE CONTRE-FILET À GRILLER
20959377_KG

SALE
SAVE \$4/LB

9.99 LB

SALE
SAVE \$4.77

4.77 LB

FRESH RAINBOW TROUT FILLETS
22.02/KG
FRESH SEAFOOD ITEMS SUBJECT TO AVAILABILITY
FILETS DE TRUITE
ARC-EN-CIEL FRAÎCHE
20897813_KG

CHICKEN BREASTS OR THIGHS
BONELESS SKINLESS FAMILY SIZE OR **HALAL CHICKEN BREASTS** BONELESS SKINLESS FAMILY SIZE
10.52/KG
POITRINES OU HAUTS DE CUISSE DE POULET OU **POITRINES DE POULET HALAL**
20028450_KG/20162170_KG

SAVE UP TO \$3

8.99

2 LB

SALE
SAVE \$1.99

\$4

1 LB

SAVE THIS WEEK

3.44

PC® SMOKED SALMON
SELECTED VARIETIES
FROZEN
125/150 G
SAUMON FUMÉ PC®
20055009_EA/21047088_EA

FARMER'S MARKET® MANDARINS
PRODUCT OF SOUTH AFRICA OR CHILE
2 LB
MANDARINES
DÉLICIES DU MARCHÉ™
20099819001_EA

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

SAVE UP TO \$1.50

2.99

SALE
SAVE THIS WEEK

1.49

SAVE UP TO 42%

3.99

PC® TEA/LIMONADE
1.54 L, **ACTIVIA** YOGURT 650 G OR **TWO GOOD** YOGURT 4X95 G
SELECTED VARIETIES
THÉ OU LIMONADE PC®, **YOGOURT ACTIVIA** OU **TWO GOOD**
20325132003_EA/21430542_EA

CLOVER LEAF LIGHT TUNA
SELECTED VARIETIES
85/170 G
THON PÂLE CLOVER LEAF
20018117001_EA/20315581002_EA

BREYERS CLASSIC FROZEN DESSERT
1.66 L OR **PC® FROZEN** FRUIT 300-600 G
SELECTED VARIETIES
FROZEN
DESSERT GLACÉ
CLASSIQUE BREYERS OU **FRUITS SURGELÉS PC®**
20301305006_EA/20312227_EA

WHEN YOU BUY 2
SAVE \$1.08

2/6.50

LESS THAN 2 \$3.79 EA.

SALE
SAVE UP TO \$1.50

5.49

LIMIT 4 AFTER LIMIT \$7 EA.

SAVE UP TO 61%

\$5⁺

WONDER BREAD
OR BUNS
SELECTED VARIETIES AND SIZES
PAIN OU PETITS PAINS WONDER
20276296_EA
20067883_EA
20297455_EA

GENERAL MILLS FAMILY SIZE CEREAL
SELECTED VARIETIES
475-778 G
CÉRÉALES FORMAT FAMILIAL
GENERAL MILLS
21103492_EA/21103495_EA

ENERGIZER BATTERIES
AAB OR AAA 4
PILES ENERGIZER
21103981_EA/21184803_EA
*CUSTOMER IS RESPONSIBLE FOR THE PAYMENT OF ANY APPLICABLE MUNICIPAL AND/OR PROVINCIAL DEPOSIT OR PRODUCT/PACKAGING RECYCLING FEE THAT MAY APPLY.

Flyer prices effective from Thursday, October 31st to Wednesday, November 6th, 2024. SEE BACK PAGE FOR DETAILS.

Independent™

Your Independent Grocer

NOVEMBER Prices effective Friday November 1st, 2024

HIT OF THE MONTH

LIMIT 6 AFTER LIMIT \$9 EA.

LIMIT 6 AFTER LIMIT \$9 EA.

LIMIT 6 AFTER LIMIT \$4.48 EA.

\$1.75

\$4

\$3

\$3

\$3

PC[®] KETO BICOOKED POTATO CHIPS SELECTED VARIETIES 200 G CROUSTILLES CUITES À LA MARMITE PC[™] 21422931_EA 21572776_EA

PILLER'S KOLBASSA 250-375 G, SELECTED VARIETIES & QUATTROCENTO PARM WEDGE 200 G KOLBASSA PILLER'S ET MORCEAU DE PARMESAN QUATTROCENTO 20308469_EA/21599680_EA

D'ITALIANO GUSTO BAGELS SELECTED VARIETIES 6'S BAGELS GUSTO D'ITALIANO 21577035_EA 21577075_EA

HERSHEY'S CHOCOLATE POUCHES SELECTED VARIETIES 180-230 G SACS DE CHOCOLAT HERSEY'S 2030397004_EA 20452559_EA

As compared to other major grocery retailers within your local areas. *Must be a registered PC Optimum™ member to get this offer. Valid from November 1 - 30, 2024. While quantities last. See in-store for details.

PRICE DROP!

SAVE UP TO \$1

\$3

PRICE DROP!

SALE SAVE \$2

\$4

PRICE DROP!

SALE SAVE \$1

3.50

BEN'S BISTRO EXPRESS SELECTED VARIETIES 240/250 G BISTRO EXPRESS BEN'S 21404827_EA/21404840_EA

PEPSI SOFT DRINKS SELECTED VARIETIES 6X710 ML BOISSONS GAZEUSES PEPSI 20310546002_C06/20310546005_C06

PC[®] OR BLUE MENU[™] ENTRÉES OR BOWLS SELECTED VARIETIES FROZEN 212-365 G PLATS CUISINÉS OU BOLS PC[™] OU MENU BLEU[™] 20312253001_EA/20839096_EA

Members save \$7

Members save \$2.50

Members save \$3

Members-Only Price \$16.99

Non-members \$23.99

Members-Only Price \$3.99

Non-members \$6.49

Members-Only Price \$3.99

Non-members \$6.99

STARBUCKS K-CUP SELECTED VARIETIES 24'S K-CUPS STARBUCKS 21013199_EA/21122965_EA

STARBUCKS TRUE NORTH BLEND

STARBUCKS PIKE PLACE ROAST

FRENCH'S KETCHUP 750 ML/1 L KETCHUP FRENCH'S 20835068_EA/20835951_EA

PLANTERS CASHEWS SELECTED VARIETIES 200 G NOIX DE CAJOU PLANTERS 21021617_EA/21021618_EA

1,000

\$1 Value

6.49

3.99

UP TO 50¢

3.99

SALE SAVE \$2

\$6

PC[®] SPICES SELECTED VARIETIES 7-82 G ÉPICES PC[™] 21117359_EA/21117372_EA

PC[®] ORANGE JUICE 1.54 L OR SIGGI'S YOGURT 4X100 G SELECTED VARIETIES JUS D'ORANGE PC[™] OU YOGOURT SIGGI'S 21590027_EA/21430531_EA

SIGGI'S VANILLA

PC[®] PUB RECIPES[™] OR GLUTEN-FREE CHICKEN SELECTED VARIETIES FROZEN 600/700 G POULET PC[™] RECETTE DU PUB[™] OU SANS GLUTEN 21201320_EA/21201321_EA

SAVE THIS WEEK

5.99

WHEN YOU BUY 2 SAVE 98¢

2/\$11

LESS THAN 2 \$5.99 EA.

SAVE UP TO \$1.50

5.49

TOBLERONE

11.99

INTERNATIONAL DELIGHT COFFEE WHITENER SELECTED VARIETIES 946 ML COLORANT À CAFÉ INTERNATIONAL DELIGHT 20895480002_EA 20895480003_EA

BLACK DIAMOND CHEESE BARS 400 G, SHREDS 300-320 G OR PC[®] SHREDS 250-320 G SELECTED VARIETIES BARRES DE FROMAGE, FROMAGE RAPÉ BLACK DIAMOND OU FROMAGE RAPÉ PC[™] 21960183_EA 21279221_EA

TRIPLE CHEDDAR

NESTLÉ DRUMSTICK 4'S CONFECTIONERY FROZEN DESSERT OR BARS 20'S OR PC[®] CHOCOLATE COVERED FRUIT 200 G SELECTED VARIETIES FROZEN DRUMSTICK, DESSERT GLACÉ DE CONFISERIE OU BARRIS ENROBÉS OU FRUITS ENROBÉS DE CHOCOLAT PC[™] 20322380003_EA 21544055_EA

TOBLERONE SELECTED VARIETIES 360 G TOBLERONE 20986959_EA 20986964_EA

CAVENDISH FARMS PREMIUM FRIES 400 G OR PC[®] VEGETABLES 350-750 G SELECTED VARIETIES FROZEN FRIRES DE QUALITÉ SUPÉRIEURE LES FERMES CAVENDISH OU LÉGUMES PC[™] 20318915_EA/21584077_EA

SAVE UP TO \$1.75

2.99

WHEN YOU BUY 2 SAVE 98¢

2/\$5

LESS THAN 2 \$2.99 EA.

SAVE UP TO \$4

14.99

WHEN YOU BUY 2 SAVE \$2.98

2/\$12

LESS THAN 2 \$7.49 EA.

ANNIE'S MAC & CHEESE SELECTED VARIETIES 170 G MACARONI AU FROMAGE ANNIE'S 20316187001_EA 20971517_EA

PC[®] OR PRIDE OF ORIENT ARABIA WHOLE BEAN COFFEE MUSKOKA ROAST AND GROUND OR WHOLE BEAN 400 G OR PODS 20'S SELECTED VARIETIES CAFÉ EN GRAINS PC[™] OU PRIDE OF ARABIA, CAFÉ TORRIFIÉ ET MOULU, EN GRAINS OU CAPSULES MUSKOKA 20081005_EA 20610167002_EA 21393334_EA

KRAFT PEANUT BUTTER 750 G OR HAZELNUT SPREAD 725 G SELECTED VARIETIES BEURRE D'ARACHIDE OU TARTINADE DENOISSETTES KRAFT 20039581001_EA 21285418_EA

SAVE UP TO 80¢

3.99

8.99

5,000

\$5 Value

26.99

2,000

\$2 Value

26.99

DOLE CANNED FRUIT OR JARS SELECTED VARIETIES 540 ML FRUITS EN CONSERVE OU POTS DOLE 21297531_EA/21484246_EA

JOHN FRIEDA, MARC ANTHONY OR BATISTE HAIR CARE SELECTED VARIETIES AND SIZES SOINS CAPILLAIRES JOHN FRIEDA, MARC ANTHONY OU BATISTE 20310284001_EA 20850398_EA

META MUCIL POWDER 114 DOSES Poudre META MUCIL 21060432_EA

MRS. MEYER'S DISH SOAP 473 ML OR MULTI SURFACE CLEANERS 473-946 ML OR GLASS CLEANER 708 ML SELECTED VARIETIES SAVON À VAISSELLE OU NETTOYANTS À SURFACES MULTIPLES OU NETTOYANT POUR VERRE MRS. MEYER'S 21046908_EA 21106584_EA

CUSTOMER RELATIONS 1-866-541-6315. VISIT yourindependentgrocer.ca FOR STORE HOURS.

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YIG BACK

PEFC
 PEFC-COC-1436
 PEFC Certified
www.pefc.org



DIGITAL COUPONS

UP TO
\$50
 IN TOTAL
 VALUE

More offers. More points.

CLICK FOR THESE
COUPONS AND MORE



5,000 points

When you spend \$30 or more on fresh fruits or vegetables

Ends on November 27th, 2024



8,000 points

When you spend \$50 or more on fresh poultry or pork

Ends on November 27th, 2024



3,000 points

PC® BBQ rotisserie chicken, fully cooked 900 g-1 kg

Ends on November 27th, 2024



1,000 points

When you buy 2 PC® The Decadent® chocolate chip cookie selected varieties 280/300 g

Ends on November 27th, 2024



3,000 points

PC® BBQ pork back ribs Somkin Stampede™ frozen 680 g

Ends on November 27th, 2024



2,000 points

PC® BBQ butterflied black tiger shrimp frozen 360 g

Ends on November 27th, 2024



\$1 off

Pringles Mingles 155 g or potato chips 148-203 g

Ends on November 27th, 2024



1,000 points

no name® canola or vegetable oil 3 L

Ends on November 27th, 2024



\$1.25 off

Q-Tips cotton swabs 500's

Ends on November 27th, 2024

COLLECT & SAVE! BIG

Get one stamp for every \$20* spent.
Collect 20 stamps and get 75% off
one piece of high quality
Swiss Design Cookware!

75%
OFF* EACH

\$20* SPENT
= 1 STAMP



*While supplies last, receive one stamp for every \$20 spent before applicable taxes in a single transaction. Exclusions apply. Cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. See in store for paper stamp card or PC Optimum™ App to opt into program and receive digital stamp card. A mix of digital and paper stamps collected are not accepted as a complete set. Completed stamp cards can be redeemed up until February 20th, 2025, after which point they expire. All sales are final. Cookware is under warranty for a 2 year period from date of purchase. Exceptions to warranty and replacements apply. For full warranty information, product replacement process, FAQ's and complete offer details, please visit Pcoptimum.ca/collectandsave.

Produce

FRESH PROMISE

If it's not fresh, it's free.*



RASPBERRIES
PRODUCT OF MEXICO
OR U.S.A.
6 OZ
FRAMBOISES
20128938001_EA

\$4

HONEYDEW MELON
PRODUCT OF U.S.A.
EACH
MELON MIEL
20045276001_EA



\$8



PKG OF 6
FARMER'S MARKET® MINI CUCUMBERS B'S
PRODUCT OF ONTARIO
\$4 EACH OR
PC® PLUMCOT
PRODUCT OF U.S.A.,
NO. 1 GRADE
\$4 LB 8.82/KG
MINI-CONCOMBRES DÉLICIES DU MARCHÉ™ OU PRUCOTS PC®
20176879001_KG/20737570001_EA

\$4 EA. /LB



PKG OF 3
FARMER'S MARKET® GREENHOUSE PEPPERS
PRODUCT OF CANADA OR MEXICO
3'S
POIVRONS DE SERRE DÉLICIES DU MARCHÉ™
20085851001_EA

\$6



ONTARIO BARTLETT PEARS OR ROYAL GALA APPLES
PRODUCT OF ONTARIO, CANADA
FANCY GRADE
5.51/KG
POIRES BARTLETT OU POMMES ROYAL GALA
20172240001_KG
20083526001_KG

2.50 LB



NO NAME® NATURALLY IMPERFECT™ LEMONS
PRODUCT OF SOUTH AFRICA
3 LB BAG OR
LIMES PRODUCT OF MEXICO 907 G
CITRONS OU LIMES NATURELLEMENT IMPARFAITS™ SANS NOM®
21124487001_EA/21124368001_EA

\$7



1,000 when you buy 2
\$1 Value
CANADA RENÉE'S REFRIGERATED SALAD DRESSING® OR VINAIGRETTE
SELECTED VARIETIES
PRODUCT OF CANADA
350/355 ML
VINAIGRETTE RÉFRIGÉRÉE®
RENÉE'S
20312720_EA
20314592_EA

2/\$12



CANADA ARTE SALAD BLEND KITS
SELECTED VARIETIES,
PRODUCT OF CANADA
315-359 G
TROUSSES DE SALADE ARTE
21560158_EA/21560200_EA

\$6



ATAULFO MANGO
PRODUCT OF PERU
OR RED MANGO
PRODUCT OF BRAZIL
EACH
MANGUE ATAULFO OU MANGUE ROUGE
20121509001_EA
20059635001_EA

1.50



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

\$5

*Fresh Promise: Applicable to eligible fresh produce items purchased at Your Independent Grocer store locations or online at yourindependentgrocer.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 Your Independent Grocer store where purchase originated. The fresh promise 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.

Butcher



CUT BY OUR BUTCHERS
ONTARIO BONELESS BLADE ROAST
CUT FROM CERTIFIED ONTARIO CORN FED CANADA AA GRADE BEEF OR HIGHER
24.23/KG
RÔTI DE PALETTE DÉOSSÉ
20797470_KG

10.99 LB



CANADA PC® CHICKEN DRUMSTICKS
8'S OR THIGHS 6'S
BONE-IN, AIR CHILLED
PILONS OU HAUTS DE CUISSE DE POULET PC®
21341035_EA/21341042_EA

\$11



PREPARED IN-STORE
MARINATED PORK TENDERLOIN
11.00/KG
FILET DE PORC MARINÉ
20636671_KG

4.99 LB



CUT BY OUR BUTCHERS
ONTARIO BRAISING BEEF SHORT RIBS
CUT FROM CERTIFIED ONTARIO CORN FED CANADA AA GRADE BEEF OR HIGHER
37.46/KG
BOUTS DE MÔTES DE BŒUF À MIJOTER
20810386_KG

16.99 LB



JOHNSONVILLE FRESH PORK SAUSAGE
250-500 G
SAUCISSES DE PORC FRAÎCHES JOHNSONVILLE
20003902_EA/20303844_EA

\$7



PC® WORLD OF FLAVOURS BBQ CHICKEN
8 CUT
14.31/KG
POULET BARBECUE PC® SAVEURS DU MONDE
21456120_KG

6.49 LB



ZABIHA HALAL CHICKEN WIENERS
SELECTED VARIETIES
450 G
SAUCISSES DE POULET ZABIHA HALAL
20006571_EA

3.99



SCHNEIDERS LUNCHMATE® STACKERS OR KITS
SELECTED VARIETIES
90-132 G
STACKERS OU TROUSSES -REPAS LUNCHMATE SCHNEIDERS
21310034_EA
20770777_EA

3/10.98



PC® BREADED CAULIFLOWER BITES OR SAMOSAS
SELECTED VARIETIES, FROZEN
288-454 G
BOUCHÉES DE CHOU-FLEUR PANÉES OU SAMOSAS PC®
20581030_EA/21202113_EA

\$7



PC® SPRING ROLL ROLLS
SELECTED VARIETIES, FROZEN
574 G
POULET BARBECUE PC® SAVEURS DU MONDE
20698096_EA
20698133_EA

\$10

Seafood

Fresh seafood items subject to availability.



SEA SCALLOPS
PREVIOUSLY FROZEN
25-35 PER LB
48.48/KG
PÉTONCLES GÉANTS
21446559_KG

21.99 LB



SEAQUEST® CRAB OR LOBSTER FLAVORED POLLOCK FLAKES OR CHUNKS
SELECTED VARIETIES, READY-TO-EAT
227 G
GOBERGE À SAVEUR DE CRABE OU HOMARD SEAQUEST® FLOCONS OU MORCEAUX
20699832_EA/20749798_EA

2.99



SEA CRAVE® WILD PINK SALMON PORTIONS
FROZEN
260 G
PORTIONS DE SAUMON ROSE SAUVAGE SEA CRAVE®
21576219_EA

8.49



PC® SHRIMP APPETIZERS
SELECTED VARIETIES, FROZEN
294-454 G
HORS-D'ŒUVRE DE CREVETTES PC®
20135874_EA
20978921_EA

10.99

Great to go

Great to go items plus applicable taxes.

BUY 2
12" TAKE AND BAKE PIZZA
SELECTED VARIETIES
510-739 G
PIZZA 12 PO CUIRE À LA MAISON
21456393_EA/21456401_EA

\$9-10

GET

5,000^{Optimum}

\$5 Value



5,000^{Optimum} when you buy 2

\$5 Value

12 PIECE PRE-PACK SAUCED WINGS WITH CELERY AND CARROTS
CHILLED
728 G
12 MORCEAUX D'AILES AVEC SAUCE PRÉEMBALLÉS AVEC CÉLÉRI ET CAROTTES
21532565_EA, 21532557_EA

\$15

BUY ONE

LARGE IN-STORE PREPARED PASTA TRAY
1-1.2 KG
GRANDS PLATS DE PÂTES PRÉPARÉS EN MAGASIN
21395979_EA

\$14-18

5,000^{Optimum}

\$5 Value

CHICKEN, FAJITA, GYRO OR SOUVLAKI
CHICKEN TACO TRAYS
SELECTED VARIETIES
1-1.1 KG
PLATEAUX DE TACOS AU POULET, FAJITA, GYRO OU POULET SOUVLAKI
21354582_EA/21624669_EA

\$20

CLASSIC ITALIAN STYLE OR PULLED PORK MINI SLIDER BUNS PREPARED IN-STORE
12'S
MINI-BURGERS STYLE ITALIEN CLASSIQUE OU PORC EFFILOCHÉ
21562105_EA/21595416_EA

\$16

GET 1 FOR \$2

FOIL GARLIC BREAD
SELECTED VARIETIES
PAIN À L'AIL EN PAPIER D'ALUMINIUM
21820061_EA

GARLIC LOAF PAIN À L'AIL

BENTO SUSHI FAMILY PACK
SELECTED VARIETIES
545-675 G
SUSHI BENTO
20793972_EA

\$17

Bakery

FARMER'S MARKET MUFFINS
SELECTED VARIETIES
6'S
MUFFINS DÉLICIES DU MARCHÉ™
21283357_EA

Members save **\$1.51**

5,000^{Optimum} Members-Only Price **\$5.49**
Non-members **\$7**

PREPARED IN-STORE

DONUTS
SELECTED VARIETIES
6'S
BEIGNES
21217401_EA

\$7

JARISBERG

NORWEGIAN JARLSBERG CHEESE
IN-STORE DELI CUT
FROMAGE JARLSBERG NORVÉGIEN
21388103_KG

2.99 /100 G

FROM OUR CHEFS SERVICE CASE
TURKEY OR CHICKEN
SELECTED VARIETIES
DINDE OU POULET DU COMPTOIR DE SERVICE
CONCÔTE PAR NOS CHEFS™
21573168_KG

3.49 /100 G

BAKED IN-STORE

BAGUETTE WHITE OR WHOLE WHEAT
255 G
BAGUETTE
21529211_EA

1.50

ACE BAKERY BISTRO LOAF
WHITE OR SOURDOUGH
595 G
MICHE BISTRO BOULANGERIE ACE
21616092_EA, 21616156_EA

4.50

TRIGSTELLE

PILLER'S PEPPERONI TOPPINGS 175-250 G
SELECTED VARIETIES
OR TRE STELLE MOZZARELLA BALL 340 G
SELECTED VARIETIES
TOPPINGS PEPPERONI PILLER'S OU BOULES DE MOZZARELLA TRE STELLE
20042333_EA/20189267_EA

\$7

SCHNEIDERS OR MAPLE LEAF NATURAL SELECTIONS DELI MEAT
SELECTED VARIETIES
125-175 G
CHARCUTERIES SCHNEIDERS OU NATURAL SELECTIONS MAPLE LEAF
20009282_EA, 21550716_EA

Members save **\$1**

5,000^{Optimum} Members-Only Price **\$7**
Non-members **\$8**

PC® OR BLEU/MENU ENGLISH MUFFINS
SELECTED VARIETIES
6'S
MUFFINS ANGLAIS PC™ OU MENU BLEU™
20810796_EA/21016273_EA

2.49

FURLANI GARLIC TOAST OR STICKS
SELECTED VARIETIES
638/660 G
TOASTS OU BÂTONNETS À L'AIL FURLANI
20041579_EA/20416809_EA

\$4

CASTELLO HAVARTI, CHEDDAR OR BLUE CHEESE
SELECTED VARIETIES
125-200 G
HAVARTI, CHEDDAR OU BLEU CASTELLO
20428574_EA/20573932_EA

6.99

YVES VEGGIE GROUND MEAT OR VEGGIE SAUSAGES
SELECTED VARIETIES
212-380 G
STIMILI-VIANDE HACHÉE OU SAUCISSES À BASE DE PLANTES VEGGIE YVES
20507159_EA, 20556775_EA

2/\$12 LESS THAN 2 \$6.49 EA.

Floral

PREMIUM GIFT BOUQUET
SELECTED VARIETIES
BOUQUET-CADEAU DE QUALITÉ SUPÉRIEURE
21436381_EA/21436382_EA

\$35

FARM TO TABLE BOUQUET
BOUQUET DE LA TABLE
21545796_EA

\$10


6 INCH AFRICAN VIOLET VIOLETTE AFRICAINE
DANS UN POT DE 6 POUÇES
21593192_EA

\$12

GARDEN ROSES
SELECTED VARIETIES
ROSES DE JARDIN
21602414_EA

\$16

Find New Holiday Must Tries in aisle today

click here to shop our full assortment 

Must Try



PC® BRUSSELSLAW
253 G
21626132_EA

\$6

Must Try



PC® THE ULTIMATE PORK RIB ROAST
FROZEN
1.1 KG
21616767_EA

WOW!
LESS THAN \$4 per SERVING

\$15

Must Try



PC® PARADISE CRUNCH SUPER SWEET MINI PEPPERS
PRODUCT OF CANADA OR MEXICO
454 G
21534092001_EA

\$5

Must Try



PC® CHICKEN KHAO SOI, CHICKEN PHO, VEGETABLE TOM YUM OR CHICKEN WONTON SOUP BOWL
FROZEN
300 G
21565868_EA/21565950_EA

\$5

Must Try



PC® FRENCH ONION SOUP STRAWS
FROZEN
240 G
21612011_EA

\$9

Must Try



PC® CRUSTASTIC™ JOLLYBERRY GINGERBREAD PIE BAR
430 G
21609492_EA

\$8

Must Try



PC® NORTHERN SPANISH STYLE BASQUE CHEESECAKE
FROZEN
600 G
21609491_EA

\$10

Must Try



PC® FRENCH ROAST FINE GRIND COFFEE
800 G OR FRENCH ROAST WHOLE BEAN COFFEE 820 G
21592427_EA/21592555_EA

\$17

Must Try



PC® CRUSTASTIC™ SUGAR CRAVE PIE BAR
430 G
21609501_EA

\$8

Must Try



PC® RAPIDRISE ELECTRIC PIZZA OVEN
EACH
21584275_EA

\$250

Must Try



PC® ALL-BUTTER GRAINS AND SEEDS OR ALL-BUTTER CHOCOLATE CHIP BRIOCHE LOAF
400 G
21607097_EA/21607172_EA

\$5

Must Try



PC® FLAVORED MINI POPPADOMS
SELECTED VARIETIES
113 G
21605321_EA/21605343_EA

\$3

100+ new products to discover



new

\$6

PC® SLICED BRANDY FRUITCAKE WITH ICING
210 G
21599272_EA

new

BUDGET-FRIENDLY BUBBLY!
PC® FRIZZAN-TÉ SPARKLING TEA BEVERAGE IS MADE WITH GREEN OR WHITE TEA EXTRACTS AND A SPLASH OF REAL FRUIT JUICE FOR SOPHISTICATED SIPS

\$7.50

PC® FRIZZAN-TÉ SPARKLING TEA BEVERAGE
POMEGRANATE HIBISCUS
WHITE TEA OR PEACH GINGER
GREEN TEA FLAVOUR
750 ML
21597948_EA/21597914_EA

new

\$8

PC® BLACK MISSION FIGS
PRODUCT OF MEXICO
454 G
21633482002_EA

new

\$7

PC® WINTER BLEND DARK ROAST SINGLE SERVE COFFEE PODS
12'S
21598413_EA

new

\$2.49

PC® SUISSE SWISS DARK CHOCOLATE, MILK CHOCOLATE OR FRUIT & NUT MILK CHOCOLATE WITH HONEY ALMOND NOUGAT
100 G
21609337_EA/21609356_EA

new

\$3

PC® ORGANICS DRY-ROASTED SALTED SUNFLOWER SEEDS
200 G
21517438_EA

new

\$5

PC® DOUBLE CHOCOLATE OR WHITE CHOCOLATEY PEPPERMINT FLAVOURED ROLLED WAFERS
400 G
21601215_EA/21601372_EA

new

\$6.99

PC® KETTLE COOKED MIX 'N' SNACK PACK POTATOES
SELECTED VARIETIES
240 G/10X24 G
21613448_EA

new

\$5.99

PC® ORGANICS BALSAMIC OR CAESAR DRESSING
350 ML
21609744_EA/21609630_EA

new

\$2.49

PC® PLANT BASED DAIRY FREE MARGARINE
427 G
21615278_EA

new

\$6.79

PC® HOMESTYLE BUTTER PIE CRUSTS
FROZEN
350 G
21610882_EA

\$10

PC® NANAIMO BAR NEW YORK-STYLE CHEESECAKE
FROZEN
600 G
21479848_EA

\$3.99

PC® SALSA CON QUESO CHEESE DIP
400 ML
20005283_EA

\$13

PC® SALMON OR AHI TUNA TATAKI
FROZEN
130 G
21616709_EA/21616769_EA

no name®

click here to shop our full assortment



NO NAME® PEANUT BUTTER
SELECTED VARIETIES
500 G
20316212001_EA/20316212003_EA

2⁹⁹



NO NAME® PIZZA
SELECTED VARIETIES
FROZEN
369-411 G
21541441_EA/21541444_EA

3⁵⁰



NO NAME® BLANCHED PEANUTS
SELECTED VARIETIES
500 G
20318062001_EA
20318062002_EA

3⁹⁹



NO NAME® LONG GRAIN
BROWN RICE
SELECTED VARIETIES
2 KG
20009675_EA

5⁹⁹



NO NAME® INSTANT NOODLES
SELECTED VARIETIES
85 G
20301274001_EA
20305832_EA

39¢



NO NAME® APPLE SAUCE
SELECTED VARIETIES
620 ML
21379698_EA
21379757_EA

\$2



NO NAME® NON HYDRO MARGARINE
907 G
20073675_EA

4⁹⁹



NO NAME® PAPER TOWELS
JUMBO
6=8 ROLLS
20078625_EA

5⁹⁹



NO NAME® NAPKINS
CLUB SIZE
500'S
20306897_EA

5⁴⁹



NO NAME® CHOPPED GARLIC
250 G
20123251_EA

3⁹⁹



NO NAME FOIL
25 FT
21119986_EA

\$2



NO NAME PLASTIC WRAP
60 M
21120002_EA

2⁹⁹



NO NAME® CAT LITTER
SELECTED VARIETIES
7 KG
20023746002_EA

8⁹⁹

Grocery



IÖGO YOGURT 16X100 G OR DEL MONTE JUICE 2.5 L
SELECTED VARIETIES
20609583001_EA/21437174_EA

6⁹⁹



STARBUCKS GROUND COFFEE 283-340 G, K-CUPS 10'S, COLD BREW 946 ML, HOT CHOCOLATE 240-300 G OR INSTANT COFFEE 90 G
SELECTED VARIETIES
20547343001_EA/20548682002_EA

9⁹⁹



BECEL MARGARINE
SELECTED VARIETIES
637/850 G
20297818002_EA/21279389_EA

6⁹⁹



KELLOGG'S RICE KRISPIES BARS
160-200 G, POP TARTS 384 G, SPECIAL K 125 G OR NUTRI-GRAIN BARS 175-295 G
SELECTED VARIETIES
20126567001_EA
20313984001_EA

2/\$7
LESS THAN 2
\$4.49 EA.



POST CEREAL
SELECTED VARIETIES
340-550 G
20299648_EA/21427214_EA

2⁹⁹



IÖGO YOGURT 2 KG OR YOP YOGURT 12X200 ML
SELECTED VARIETIES
20636092_EA
21481820_EA

11⁹⁹



NELSON MILKSHAKES
SELECTED VARIETIES
310 ML
21040942_EA/21040956_EA

1⁴⁹



KRAFT EXTRA SLICES
SELECTED VARIETIES
390 G
21411686_EA
21411880_EA

5⁹⁹



SAPUTO MOZZARELLISSIMA
SELECTED VARIETIES
690/700 G
20107017001_EA
21495970_EA

9⁹⁹



CHEEZ-IT CRACKERS
191/200 G OR QUAKER CRISPY MINIS OR LARGE RICE CAKES 90-173 G
SELECTED VARIETIES
20850854_EA/21214560_EA

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



DARE ULTIMATE COOKIES, VIVA PUFFS, WHIPPET OR WAGON WHEELS
SELECTED VARIETIES
230-360 G
20025850002_EA/20419986001_EA

2/\$7
LESS THAN 2
\$4.29 EA.



GOGO SQUEEZ
SELECTED VARIETIES
4X90 G
20322697002_EA

2⁹⁹



PC® HERBAL TEA 20'S OR NESCAFÉ SOLUBLE TIN 95 G
SELECTED VARIETIES
20627612001_EA
21589014_EA

2⁹⁹



TIM HORTONS GROUND COFFEE 300 G OR K-CUP 10-12'S
SELECTED VARIETIES
20902294_EA
20902453_EA

8⁹⁹



NATURE'S BAKERY FIG BAR
SELECTED VARIETIES
6'S, 340 G
21549605_EA/21550352_EA

7⁹⁹



LECLERC CÉLÉBRATION COOKIES 240 G OR PC® THE DECADENT CHOCOLATE CHIP COOKIE 280/300 G
SELECTED VARIETIES
20612257_EA
20965368_EA

2/\$9
LESS THAN 2
\$4.99 EA.



DOWNY OR GAIN FABRIC SOFTENER
2.63 L, BOUNCE OR BEADS 379 G OR DOWNY OR GAIN SHEETS 120-200'S
SELECTED VARIETIES
21549966_EA/21550428_EA

9⁹⁹



FANTASTIK 650 ML, SCRUBBING BUBBLES 946-950 ML, WINDEX 765 ML, GLADE SMALL CANDLES 1'S OR WAX MELTS 6'S
SELECTED VARIETIES
20125323001_EA
20323855001_EA

4⁹⁹



ALCAN FOIL 50 FT, NON STICK 25 FT OR REYNOLDS PARCHMENT 35 FT
SELECTED VARIETIES
20051862_EA/21365195_EA

4⁹⁹



CESAR DOG FOOD
SELECTED VARIETIES
12'S
20628583004_EA

17⁹⁹



Holiday sweets



TERRY'S CHOCOLATE
SELECTED VARIETIES
147-157 G
21194228_EA
21194244_EA

5⁹⁹

LINDOR CORNET
SELECTED VARIETIES
600 G
20215793001_EA
20215793002_EA

19⁹⁹



POT OF GOLD COLLECTION
SELECTED VARIETIES
24'S
21545433_EA
21547694_EA

8⁹⁹

AFTER EIGHT
SELECTED VARIETIES
145/200 G
21393727_EA
21542944_EA

8⁹⁹



FERRERO ROCHER
SELECTED VARIETIES
248-375 G
21463826_EA
21463830_EA

14⁹⁹

FERRERO ROCHER
CONE
350 G
20213489_EA

20⁹⁹

LINDT ADVENT
CALENDAR
SELECTED VARIETIES
128-158 G
21459640_EA
21459644_EA

11⁹⁹



HERSHEY KISSES POUCH
SELECTED VARIETIES
180 G
21393217_EA/21393220_EA

4⁹⁹

TURTLES BOX
SELECTED VARIETIES
300/350 G
21106317_EA
21205166_EA

13⁹⁹

TOFFIFEE
400 G
21607851_EA

8⁹⁹



QUALITY STREET
TIN
650 G
21548444_EA

21⁹⁹

KINDER SURPRISE
CHRISTMAS MAXI
SELECTED VARIETIES
20697956_EA
20802923_EA

13⁹⁹

NESTLÉ TURTLES OR
QUALITY STREET
SHARE BAGS
160 G
21613286_EA/21613478_EA

7⁹⁹

For your family



PANTENE, L'ORÉAL
HAIR EXPERTISE
OR GARNIER
WHOLE BLENDS
SELECTED VARIETIES
AND SIZES
20340308005_EA/21431192_EA

5⁴⁹

GARNIER FRUCTIS
HAIR CARE
SELECTED VARIETIES
AND SIZES
21007198_EA/21247098_EA

3⁹⁹

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

8⁹⁹



NIVEA FACE ESSENTIALS
CLEANSER OR PURE AND
NATURAL MOISTURIZERS
OR BODY LOTION
SELECTED VARIETIES
AND SIZES
20700027_EA, 20688865_EA

7⁹⁹



VASELINE HAND AND
BODY LOTION
SELECTED VARIETIES
AND SIZES
200/295 ML
20539440003_EA/20539440004_EA

4⁹⁹



L'ORÉAL
REVITALIFT
AGE PERFECT
CLEANSERS,
MOISTURIZERS
OR TREATMENTS
SELECTED
VARIETIES
AND SIZES
21298358_EA
21504551_EA

SALE
SAVE UP TO
25%



SOFTSOAP LIQUID
HAND SOAP PUMP
SELECTED VARIETIES
221 ML
21073173_EA/21073176_EA

1⁹⁹

IVORY BODY WASH
SELECTED VARIETIES
1035 ML
21432574_EA

6⁹⁹

ST. IVES BODY WASH
SELECTED VARIETIES
650 ML
21360961_EA

5⁴⁹



OLD SPICE,
SECRET OR
NATIVE
WHOLE BODY
DEODORANT,
CREAM OR
DRY SPRAY
SELECTED
VARIETIES
65-99 G
21611070_EA
21611191_EA

13⁹⁹



AXE BODY SPRAY 113 G,
DEODORANT 78/85 G
OR BODY WASH 473 ML
SELECTED VARIETIES
20216717001_EA/21436066_EA

4⁴⁹



GILLETTE
OR VENUS
DISPOSABLE
RAZORS
SELECTED
VARIETIES
1-8'S
21022750_EA
21086638_EA

12⁹⁹



LISTERINE ULTRA
CLEAN OR TOTAL CARE
MOUTHWASH
SELECTED VARIETIES
1 L
20701283_EA
21088044_EA

8⁴⁹



CREST SCOPE
CLASSIC 1 L, ORAL-B
MANUAL TOOTHBRUSH
OR CREST REGULAR
TOOTHPASTE 4'S
SELECTED VARIETIES
20347678002_EA/20948747_EA

6⁴⁹



SENSODYNE RAPID
RELIEF OR REPAIR AND
PROTECT TOOTHPASTE
OR POLIDENT TABLETS
TABLETS 84-96'S
SELECTED VARIETIES
AND SIZES
20437569002_EA/21471656_EA

6⁹⁹

For your family



ASPIRIN 100/120'S, ALEVE 40-100'S, ALEVE-X 72 G, TYLENOL 72-150'S, MOTRIN 60/150'S OR ADVIL 40-72'S PAIN RELIEF TABLETS, CAPLETS OR GELS
SELECTED VARIETIES
20328051_EA/20071169001_EA

15⁹⁹



LIFE BRAND VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21286510_EA/21371303_EA

**SALE
SAVE UP TO**

20%



JAMIESON VITAMINS B, C, D, E OR MULTIVITAMINS
SELECTED VARIETIES AND SIZES
20299993_EA/20303216001_EA

**SALE
SAVE UP TO**

30%



LIQUID I.V. HYDRATION SACHETS
SELECTED VARIETIES AND SIZES
21592444_EA/21592485_EA

**SALE
SAVE UP TO**

15%



MAPLE ORGANICS COLD & FLU OR MUSCLE RUBS OR BALM
SELECTED VARIETIES
60 ML
21560725_EA/21560845_EA

18⁹⁹



ALWAYS LINERS 92-96'S, PADS 7-92'S OR TAMPAX TAMPONS 22-36'S
SELECTED VARIETIES
21025063_EA/21374659_EA

1,000⁰⁰
\$1 Value

11⁹⁹



BAND-AID BANDAGES OR POLYSPORIN OINTMENT
SELECTED VARIETIES AND SIZES
20380516001_EA
21335482_EA

**SALE
SAVE UP TO**

15%



\$19⁹⁹ EACH
POISE pads
selected varieties and sizes
20558843005_EA/21302103_EA/21302119_EA

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**SALE
SAVE UP TO**

15% OFF Native body wash 532 mL or deodorant 75 g, Secret or Old Spice antiperspirant or deodorant 39-144 g
21435048_EA/21346430_EA/20098094_EA/20663349003_EA

6,000⁰⁰ when you spend "30" on

\$6 Value

Olay bar soap 4-6x90 g, body wash 364-975 mL or body lotion 502 mL
selected varieties
21500512_EA/21431272002_EA/20604134_EA

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COMBINE FORCES AGAINST YOUR NICOTINE CRAVINGS.

COMBINATION THERAPY



**SALE
SAVE UP TO** **20%** Nicorette or Nicoderm
selected varieties and sizes
20309979001_EA/20143634001_EA

Product Strength Quiz



Scan the QR code to find out if Combination Therapy is right for you.

Drop Smoking Aid for adults 18+ years*. To make sure a NICORETTE® or NICODERM® product is right for you, always read and follow the label. *Terms and conditions apply. Scan QR code or visit URL for details. © Kinvue Canada Inc. 2024

U
by kotex

Up to **100% leak-free protection**



**SALE
SAVE UP TO** **20%** U by Kotex
Pads 28-60's or Liners 80-129's
selected varieties
21361876_EA/20671294_EA

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LIBERTÉ

2/\$9
LESS THAN 2
\$5.99 EA.

Liberté
Méditerranée®
selected varieties
500 g

20788062002_EA



2/\$8
LESS THAN 2
\$4.99 EA.

Liberté Greek,
Liberté Méditerranée®
selected varieties
4 x 100 g
21389655_EA



\$6.99

Liberté Greek®
selected varieties
650-750 g
20642273_EA
20704361001_EA



\$6.99

Liberté Méditerranée®
selected varieties
900 g
21305347_EA



\$3.69

Yoplait® Minigo
selected varieties
6x60 g
21619388_EA



\$3.69

Yoplait Tubes®
selected varieties
8x56 g
21547595_EA
21547629_EA

4/\$6
LESS THAN 4
\$1.99 EA.

Yoplait® YOP
selected varieties
200 mL

21478096_EA
21478186_EA



NEW!



\$4.99

Yoplait Source®
Protein
selected varieties
650 g
21588406_EA
21588150_EA

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SAVE on your favourite household brands



17.99 Tide laundry detergent 3.1 L,
Downy fabric softener 2.98-4.16 L, Tide PODS 57/43's,
selected varieties
21549939_EA/21454813_EA

15.99 Gain laundry detergent
4.55 L/42s, Gain/Downy
fabric softener
2.4 L-3.29 L,
beads 515 g, Downy/Tide
Rinse 48 oz, Bounce Sheets
240's, selected varieties
21515027_EA/21549954_EA

22.99 Cascade
Dishwasher
Detergent 51-67's,
selected varieties
21518479_EA
21516545_EA

10.99 Dawn Dishwashing
Detergent 2.21-2.64 L,
Cascade Dishwasher
Tabs 21-26's,
selected varieties
21430600_EA/21516288_EA



11.99 Swiffer Duster Refills 6-10's,
Wet Refills 12-24's, Dry Refills
16-32's, selected varieties
20901127_EA/20900161_EA



17.99 Bounty Paper Towels,
6=12
21515966_EA



17.99 Charmin Bath Tissue,
12=48 Rolls,
selected varieties
21549779_EA
21484810_EA



10.99 Bounty
Napkins 400's
21053171_EA

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Frighteningly DELICIOUS

From
Kraft/Heinz



Terrifying Treat Idea:
Ghost Goo
Find delicious recipes
at kraftcanada.ca



Philadelphia
Cream Cheese
Product
Selected Varieties
227 - 250 g
20866924005_EA
LESS THAN 2 \$5.49 EA.

3,000
for every \$10

\$3
Value

2/9.50



Philadelphia Dips
Selected Varieties
227 g
20299760001_EA
LESS THAN 2 \$5.49 EA.

2/9.50



Kraft Singles
Process Cheese
Product 410 g
2186654_EA

\$6.49



Cheez Whiz
Cheese Spread 450 g
20659606001_EA

\$6.49



LESS THAN 2 \$7.49 EA.
2/\$13

Coca-Cola®
beverages
selected varieties
8x300 mL
21181173_C08



2.49

Coca-Cola®
beverages
selected varieties
1 L
20783410_EA



LESS THAN 2 \$4.99 EA.
2/\$9

Coca-Cola®
beverages
selected varieties
6x222 mL
20354164001_C06

October 15th - November 6th 2024
*Plus applicable taxes, fees, deposits and fees. Valid at participating locations for a limited time.
†This product may not be suitable for everyone. Please read the label for instructions. The trademarks that appear are the property of their respective trademark owners.