

FRESH CO

Flyer in effect Oct 3-Nov 6, 2024
Prices in effect in Western Canada

DIWALI DEALS



SAVE \$2

14.97

India Gate Pure Basmati Rice
4.54 kg
reg 16.97



SAVE 50¢

1.47

Deep Bhindi Cut or Baby Okra 340 g
reg 1.97



SAVE 70¢

2.97

Deep Naans or Parathas 300-400 g
Selected Varieties
reg 3.67



deep
MIXED VEGETABLE PARATHA



SAVE UP TO \$13

10.97

Swarna Chakki Fresh or Multigrain Atta 9.07 kg
reg 21.97-23.97



SAVE \$1.20

3.27

Deep Kesar Mango Pulp 850 g
reg 4.47



SAVE 50¢

2.77

Swad Saag 800 g
reg 3.27



SAVE \$3

6.97

Teja Biscuits 1.13-1.134 kg
Selected Varieties
reg 7.27-9.97



SAVE 50¢

3.47

Bestropics Pure Coconut Water 1 L
reg 3.97



50 PTS when you buy 1

SAVE \$1.50

5.97

Brar's Samosas 624 g
Selected Varieties
reg 7.47



SAVE \$1.50

3.97

Happy Dairy Paneer 300 g
reg 5.47



SAVE \$0.80

2.47

Rubicon Juice 1 L
Selected Varieties
reg 2.97-3.27



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

SAVE 52¢

2.97

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



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

SAVE 50¢

2.97

Tasty Bite Tikka Masala 285 g
reg 3.47

DIWALI DEALS



SAVE \$9
12.97

Handi Flour Chakki Atta
9.07 kg
reg 21.97



SAVE 50¢
2.47

Surati Snacks
250-341 g
Selected Varieties
reg 2.97

Nanak Desi Ghee
800 g reg 16.97



SAVE \$3
13.97



Mitchell's
Spinach Puree or
Sarson Ka Saag
800 g reg 3.77

SAVE 80¢
2.97



Nanak Rasmalai 850 g
Selected Varieties
reg 11.47

SAVE \$2.50
8.97



Nanak Gulabjamun 908 g
reg 9.77

SAVE \$2.80
6.97



Nanak Aloo Tikki Potato Patties 720 g
reg 9.97

SAVE \$1.50
8.47



Nanak Veggie Burger Patties
640 g reg 11.97

50 PTS
when you buy 1
SAVE \$1
10.97



Nanak Milk Cake 400 g
reg 9.97

50 PTS
when you buy 1
SAVE \$1
8.97



Hunter Bee Natural Honey
1 kg reg 11.27

SAVE \$2.30
8.97

5.97

Chalo! Basmati or Signature Rice 1.81 kg



2.77

Chalo! Dahi 2% or 3.25% 750 g



Chalo! Signature Rice 4.54 kg reg 14.97

SAVE \$1
13.97



Chalo! Basmati Rice 4.54 kg reg 13.97

SAVE \$1
12.97



Chalo! Spices 50-200 g Selected Varieties reg 1.47-4.97

STARTING AT
1.47



Chalo! Spices 400 g Selected Varieties reg 2.47-7.97

STARTING AT
2.47



Chalo! Lentils 1.81 kg Selected Varieties reg 4.47-9.97

STARTING AT
4.47



Chalo! Lentils 3.63 kg Selected Varieties reg 8.47-19.97

STARTING AT
8.47

DIWALI DEALS



2⁹⁷ ↓

Rapini
Product of USA



5 pack

1⁴⁷ ↓

Garlic 5 pk
Product of China



Lo Bok
Product of Canada
3.24/kg

1⁴⁷ /lb ↓



Ginger Root
Product of China
5.45/kg

2⁴⁷ /lb ↓



Crispy Fruit Cake 380 g
reg 4.69

SAVE 72¢
3⁹⁷ ↓



Crispy Roti Original Wrap
750 g reg 4.59

SAVE 62¢
3⁹⁷ ↓



1⁹⁷ Scene+ MEMBER PRICE
2⁴⁹ without Scene+ Card
Chalo! Naan 5 pk



Crispy Cookies
1.13-1.134 kg
reg 7.49

SAVE 52¢
6⁹⁷ ↓