

FORTINOS®

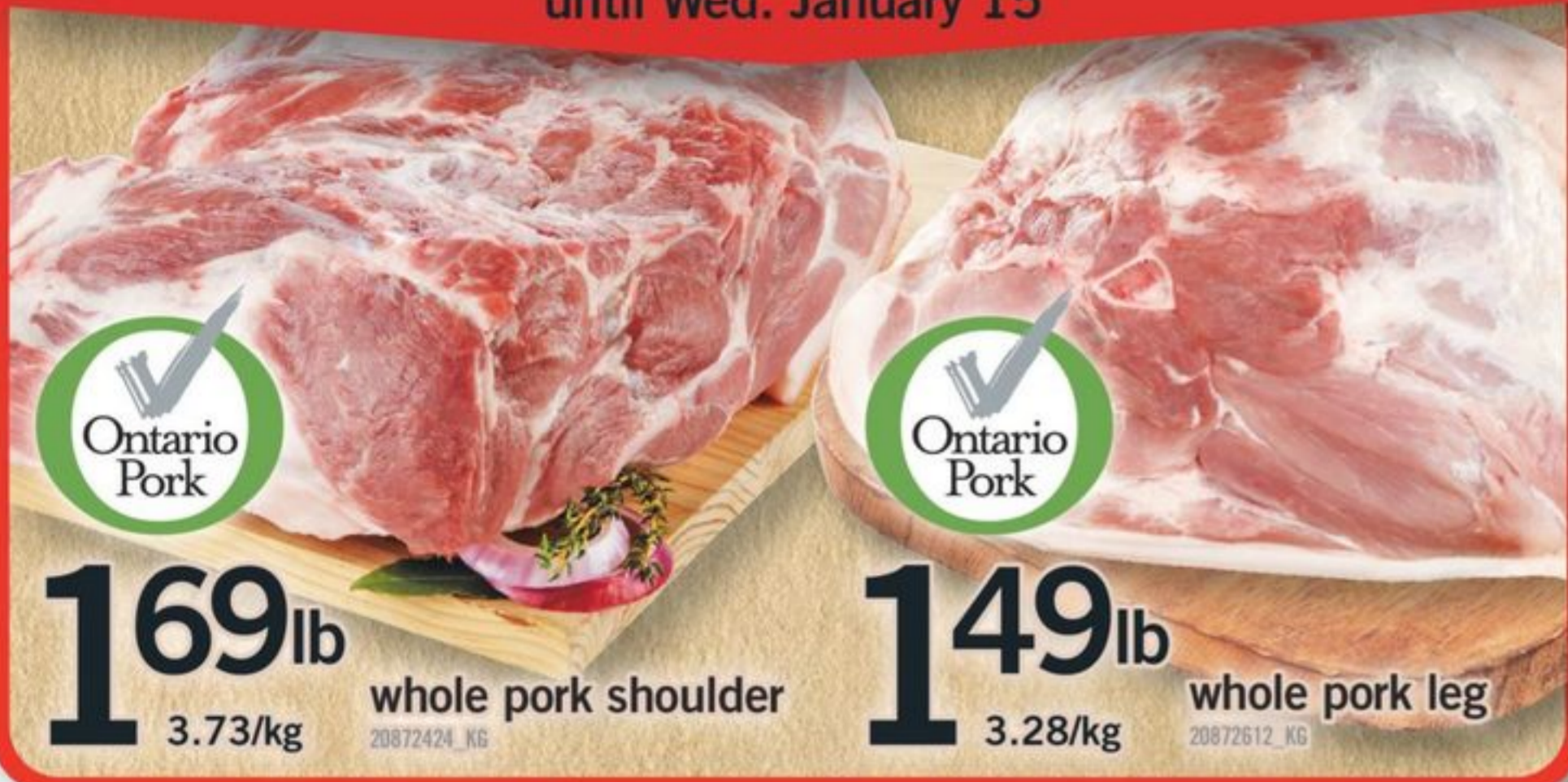


7.99 lb
17.61/kg

roasted
cashews
salted or
unsalted
20116646_KG

PRICE LOCKDOWN 2 WEEKS!

until Wed. January 15



1.69 lb
3.73/kg

whole pork shoulder
20872424_KG



1.49 lb
3.28/kg

whole pork leg
20872612_KG



- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

5.99 lb
13.21/kg

PC® Blue Menu®
boneless skinless
chicken breast
or Mina Halal boneless
skinless chicken breasts
20127962_KG/21635763_KG



10.99 lb
24.23/kg

fresh
rainbow trout
or tilapia fillets
20033340_KG/20990494_KG



rapini
product of U.S.A.
20048070001_EA

1.99
each



romaine hearts
product of U.S.A.
or Mexico
20067389001_EA

3.49
3's



Mountainview
ORCHARDS
Beamsville, Ontario

1.99 lb
4.39/kg

large Honeycrisp apples
product of Ontario,
Canada Extra Fancy grade
20132621001_KG



blueberries
product of Chile or Peru,
no. 1 grade, blackberries
product of Mexico
or goldenberries
product of Colombia
20051015001_EA/21547475001_EA

2.99
170 g



2.99 lb
6.59/kg

boneless pork loin
whole or half
20872423_KG



PC® Pacific
large white
raw peeled
shrimp 31-40 per lb
or SeaQuest®
pink salmon fillets frozen
20789931_EA/21314740_EA

8.99
400 g



4.99
200 g

Saputo feta
selected varieties
21528313_EA/21547297_EA



PC®
sliced cheese
all varieties
20065285_EA/20216643_EA

5.99
125-175 g



6.99
375-800 g

Swiss Chalet
or St. Hubert pies frozen
or Lou's QNE meals
selected varieties
21047194_EA/20078077_EA



Maple Leaf
Natural Selections
deli meat
all varieties
20065285_EA/20582322_EA

5.99
125-175 g

Optimum
1,000 pts
when you buy 2

2.99
each



Country Harvest
bread 600/650 g or bagels
6's, selected varieties
21178597_EA/21178642_EA



Cedar pita
whole wheat
or white
21509333_EA/21509350_EA

.99
330 g

JANUARY

HIT OF THE MONTH

LIMIT 4
\$2.25

After Limit \$3 ea

GoGo SqueeZ
fruit sauce
selected varieties, 360 g
20322697002_EA



LIMIT 8
\$1.50

After Limit \$2 ea

Catelli Smart or
Healthy Harvest pasta
selected varieties, 340/375 g
20527269_EA/20527268_EA



LIMIT 6
\$4

After Limit \$6 ea

Bolthouse Farms
smoothies or juice
selected varieties, 946 mL
product of U.S.A.
20325816_EA/20301788_EA



While quantities last!

LIMIT 4
\$3

After Limit \$4 ea

Q-tips cotton swabs
400 count
21216550_EA



Neilson Trutaste milk,
chocolate milk 4 L
or Trutaste lactose free milk 2 L
selected varieties
20075226_EA/20098941_EA

4.99
each



.99
each

Primo pasta 454 g,
Unico tuna in oil 99 g
or Aurora tomatoes 398 mL
selected varieties
20004992_EA/20069525_EA



Planters
peanut butter 1 kg
or Smucker's jam
or jelly 250 mL
20308397002_EA/21310060_EA

3.99
each



iöGO nanö drinks 6x93 mL,
Oikos Greek yogurt 4x100 g,
siggi's yogurt 4x100 g
or Allen's apple juice 1.89 L,
Minute Maid 10x200 mL
or Five Alive 8x200 mL
drink boxes
20322764001_EA/20327042001_EA

3.49
each



Kellogg's cereal
selected varieties
214307551_EA/21449784_EA

5.49
480-650 g



PC® frozen
vegetables or
entrées 212-750 g
or KJ dumplings 380 g
selected varieties, frozen
20318915_EA/21357897_EA

2.88
each



Nescafé
or Taster's Choice
instant coffee
100/170 g,
Lavazza Nespresso
compatible
pods 10's
selected varieties
20873036_EA/21520351_EA

4.99
each



Tide laundry detergent 1 L
pods or flings 12-16's,
Downy or Gain
fabric softener
946 mL-1.31 L,
Bounce sheets 40-80's
or beads 141 g
selected varieties
20301481001_EA/21549771_EA

4.99
each



Rooster™
jasmine rice
20121871_EA

12.88
8 kg



up to
40%
OFF
Jamieson
vitamins
selected varieties
and sizes
20299993_EA/20303216001_EA



Almond Breeze
or Earth's Own
non-dairy
beverage
selected varieties
20327647_EA/20794060004_EA

3.49
1.75/1.89 L

Prices effective at Vaughan, Toronto, Etobicoke and Bolton stores only.

Flyer prices effective from Thursday, January 2nd, to Wednesday, January 8th, 2025

Visit us at fortinos.ca. FOLLOW US ON

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2025 Loblaws Inc. All rights reserved.



this product is printed using vegetable-based inks

PRODUCE • Nature's Bounty arriving fresh daily!



6.88 lb
15.17/kg
colossal cherries
product of Chile,
no. 1 grade
20159690001_KG



2.99 lb
6.59/kg
green Anjou pears
product of Canada,
Extra Fancy Grade
or red Anjou pears
product of U.S.A.,
Extra Fancy Grade
20174514001_KG/20287737001_KG



*Flown in for
PEAK FLAVOUR*
4.99
each
Palmer mango
product of Brazil
20025410001_EA



*New
CROP*
4.99 lb
11.00/kg
pink muscat
grapes
product of Peru,
no. 1 grade
20562311001_KG



1.99 lb
4.39/kg
Red Prince apples
product of Ontario,
Canada Extra
Fancy Grade
20037628001_KG



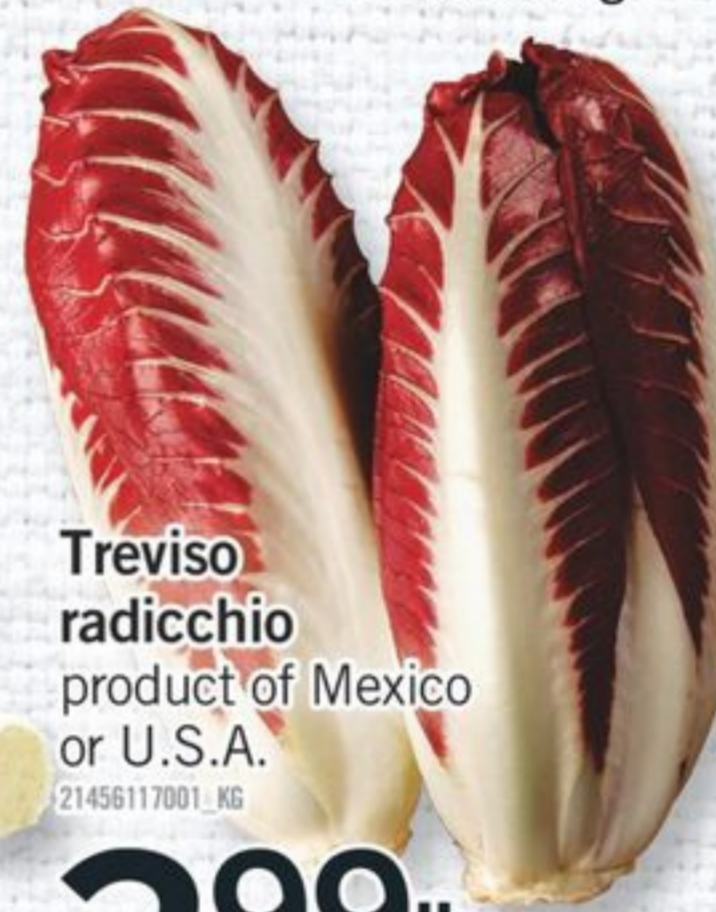
3.49
3 lb
yellow onions
product of Ontario,
Canada no. 1 grade
20811994001_EA



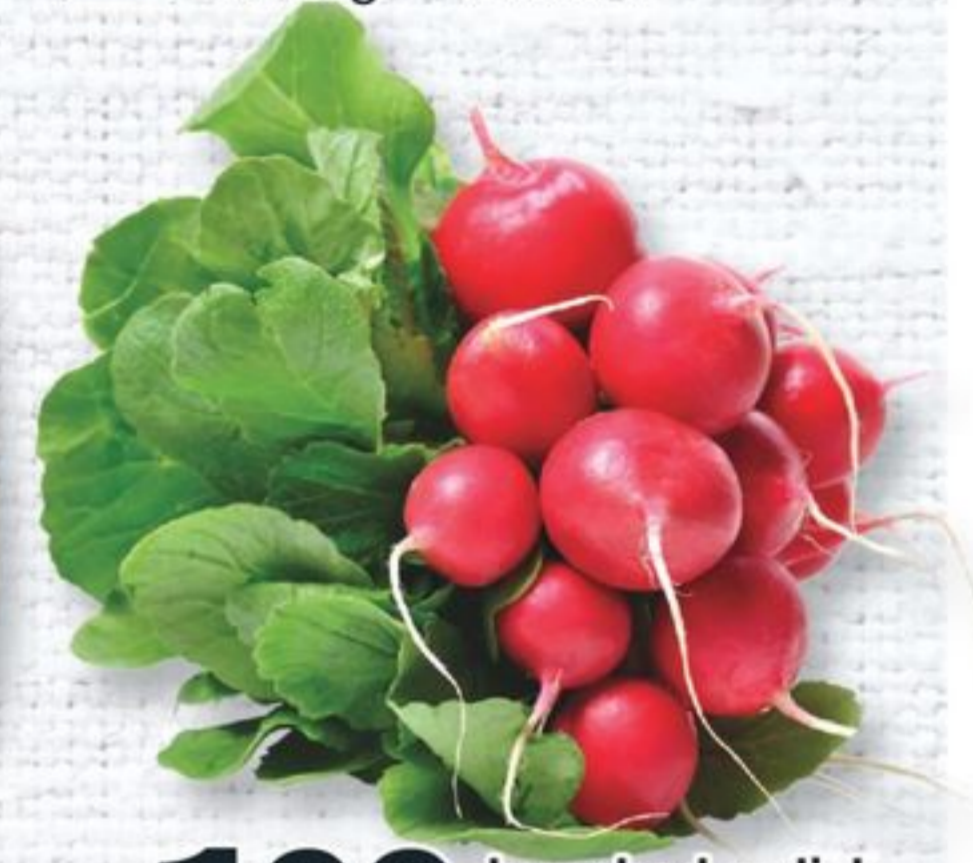
3.69
113 g
local garlic
product of Ontario
20180051_EA



5.49
5's
leeks
product
of Ontario
20090117001_EA



3.99 lb
8.80/kg
Treviso
radicchio
product of Mexico
or U.S.A.
21456117001_KG



1.99
each
bunched radish
product of U.S.A.
or Mexico
20032320001_EA



POM-Arils
club pack,
product of U.S.A.
20930813_EA

11.99
2x227 g



3.49
5x56 g
apple slices
product of U.S.A.
21020466_EA



3.49
227 g
cooking spinach
product of U.S.A.
or Mexico
20959677_EA



4.99
454 g
celery sticks
product of U.S.A.
20810898_EA



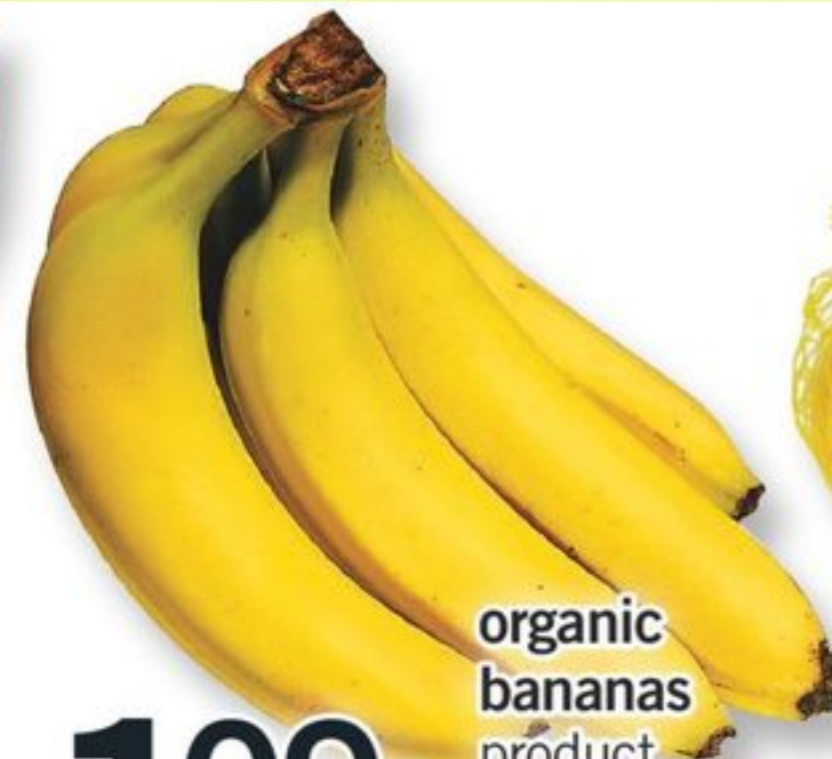
4.99
500 g
carrot and
celery mix
made in store
21011427_EA

PICK ORGANIC • Over 150 items available every day!



Lil Snappers
Honeycrisp apples
product of U.S.A.,
Extra Fancy grade
\$8.99 3 lb

7.99
3 lb
Lil Snappers
organic apples
selected varieties,
product of U.S.A.,
Extra Fancy grade
20997819_EA



1.09 lb
2.40/kg
organic
bananas
product
of Ecuador
or Colombia
20139509001_KG



4.99
1 lb
organic lemons
product of Mexico
628235690027_EA



4.99
250 g
Organic
Love Beets
product of U.S.A.
20873229_EA



4.99
142 g
Greenbelt
organic arugula,
fresh mix or
kale crunch
product of Ontario
21469982_EA/21469983_EA

GRAB & GO FRESH SALADS

Personal-Size

- Made fresh daily in-store!
- 20 varieties
- Available at the Salad Bar Counter



Chicken Caesar



Greek Mediterranean



Chicken BLT



Garden Vegetable with Romaine



California with Avocado



Southwest Fiesta

Family-Size

- Made fresh daily in-store!
- 5 varieties



CAESAR

GREEK

Side Salads

- Made fresh daily in-store!
- 8 varieties



CAESAR



GREEK

PRICE LOCKDOWN
2 WEEKS!
until Wed. January 15



MEAT CURING

✓ Fresh Ontario pork
✓ Casing ✓ Spices



3⁹⁹lb whole pork belly
8.80/kg 20874490_KG



1⁹⁹lb pork loin whole or half bone in
4.39/kg 20872422_KG



3⁹⁹lb pork collar butt capicola
8.80/kg 20862438_KG



2⁹⁹lb whole pork butt bone in
6.59/kg 20872425_KG



3⁹⁹lb boneless center cut, rib end chops or roasts
8.80/kg 20871788_KG



2⁹⁹lb pork loin, rib & sirloin or sirloin chops bone in
6.59/kg 20822343_KG



4⁹⁹lb pork center cut chops
11.00/kg 20822907_KG



1²⁹lb pork picnic butt or shank portion roast
2.84/kg 20872428_KG



2⁹⁹lb pork tail or feet
6.59/kg 20874534_KG/20874537_KG



2⁹⁹lb pork hocks
6.59/kg 20874533_KG



8⁹⁹ 20 yards sausage casing
21083404_EA



2⁴⁹lb pork liver
5.49/kg 20874536_KG

Meat Curing Spices

Windsor iodized salt
20126203_EA
1⁴⁹ 1 kg



2⁴⁹ no name® seasonings selected varieties
20617736_EA/20617758_EA

PC® spices selected varieties
21117326_EA / 21117319_EA
4⁹⁹ 7-82 g

no name® ground black pepper 540 g or Club House One Step seasoning club pack 510-660 g
20182879_EA/20098875_EA
11⁹⁹ each

EVERYDAY ESSENTIALS
PICELLE DE BOUCHER ROBUSTE
3 m / 370 pi
Everyday Essentials butcher twine
20641610_EA
6⁴⁹ 113 m/370'



HEALTHY FOOD CHOICES!



13 g protein!

protein latte

21637001_EA

5.95

medium 12 oz.



Available in 5 sugar free flavours: vanilla, chocolate, caramel, hazelnut or Irish cream

18 g protein!

peanut butter and granola yogurt parfait

21639780_EA

4.49

245 g



10 g protein!

2.99

80 g

power cookie

21186233_EA



30 g protein!

7.99

271 g

turkey & kale salad protein wrap

21636937_EA



DELI • Always freshly sliced or shaved your way!



Ziggy's® Black Forest or honey maple ham or Schneiders bologna deli sliced

9.99 lb

2.20/100 g

20323392_KG/20275910_KG



PC® Natural Choice® chicken or turkey or Arla Canadian havarti cheese deli service, selected varieties

15.99 lb

35.25/kg

20180982_KG/20302980_KG



Ziggy's® roast beef, pastrami, corned beef or Montreal smoked meat deli service case sliced, selected varieties

14.99 lb

33.05/kg

21020479_KG



Venetian genoa salami or Saputo provolone cheese selected varieties, deli sliced

13.99 lb

30.85/kg

20303649_KG/21527898_KG



The Laughing Cow 8's or Cheese Dippers 140 g selected varieties

3.99 each

20319107_EA



Sabra hummus selected varieties

4.49

283 g

20005858_EA/20103342_EA



PC® Natural Choice® strips selected varieties

20786418_EA/20787394_EA

13.99

300/375 g



PC® Natural Choice® deli meat slices or Mastro salami selected varieties

7.49

125-175 g

20326202_EA/20682855_EA



BAKERY • Baked fresh by Bakers with passion!



6" Grand birthday confetti cake, carrot cake, strawberry dream

21378282_EA/21378283_EA

26.99

800 g-1 kg



chelsea buns or cinnamon buns selected varieties

4's

21470464_EA



Baked in store!

gourmet cookies selected varieties

560/600 g

21208406_EA



kaiser or submarine buns selected varieties, baked in store

4/6's

20009322_EA/20641213_EA

Stonemill bread selected varieties

21556254_EA

5.49

454/550 g



PC® mini muffins, Little Bites or School Safe snacks selected varieties

4.79

234-336 g

21363224_EA/21403214_EA



Mr. Kipling snack pack cake slices selected varieties

3.49

165 g

21446696_EA/21447004_EA

Vachon snack cakes selected varieties

20963606_EA

4.79

282-336 g





NATURE'S TREASURE by FORTINOS

Start the New Year Right with Nature's Treasure

Jump into a healthy, happy 2025 with help from our Nature's Treasure Certified Nutritional Practitioners. On-site daily, our trained professionals offer information and assistance to help you:

- Make the right food choices
- Understand product labels and ingredients
- Learn the importance of Naturopathic recommended vitamins and immune boosting supplements

Stop in for a free personal 15 minute consultation, and reap the benefits of up-to-date nutritional and health & wellness support.

Proud supporters of:



Your favourite detox kit is back!

59⁹⁹ each

Wild Rose herbal d-tox kit
21623738_EA



23⁹⁹ each

Prairie Naturals supplements or electrolyte powder selected varieties & sizes

21592795_EA/21592851_EA



24⁹⁹ each

CanPrev magnesium, Synergy B or fibre supplements selected varieties & sizes

20776243_EA/20776245_EA



29⁹⁹ 100-120's

AOR vitamin C, N-A-C, or zinc copper balance supplements

21309254_EA/21311015_EA

36⁹⁹ 225 mL/120's

Aqua Omega Omega-3 liquid or capsule supplements selected varieties

21639657_EA/21639732_EA



15⁹⁹ 60-200's

NOW ashwagandha, biotin, melatonin or vitamin K supplements selected varieties

21418540_EA/21419251_EA



47⁹⁹ 500 mL

NutraSea Omega-3 fish oil supplement

20925128_EA

5⁹⁹ 325-400 g

Jordan's Morning Crisp cereal or granola all varieties

21522267_EA/21591908_EA



6⁹⁹ 473-946 mL

Elmhurst organic non-dairy milk or creamer all varieties

21415606_EA/21415700_EA



15⁹⁹ 454 g

Kicking Horse organic whole bean coffee all varieties

20322468001_EA/20322468006_EA



Now in a larger size!

7⁴⁹ 4x355 mL

Remedy kombucha all varieties

21617011_C04/21617032_C04



Purplesful Snacking invests 25% of their profits in local charitable organizations!

3⁹⁹ 136 g

Purplesful Snacking popcorn all varieties

21435344_EA/21435387_EA



2⁴⁹ 33 g

Mid-Day Squares functional chocolate all varieties

21487220_EA/21487247_EA



UP TO **20% OFF**

ALL Vitamins, Supplements & Protein Powders in our Nature's Treasure department!



North Coast
Naturals
protein powders,
MCT oil or
cleanses
all varieties & sizes
20704916_EA/21189048_EA



Progressive
or Iron Vegan
protein
powders
all varieties
& sizes
20700876001_EA/21391747_EA



Vital Proteins
collagen
peptides powder
all varieties & sizes
21302808_EA/21302813_EA



Genuine Health
protein powder
or greens+ powder
all varieties & sizes
20120432_EA/21592541_EA



PVL protein powder or sport
nutrition all varieties & sizes
20650672002_EA/21340710_EA

nuun
electrolyte tablets
all varieties & sizes
21393717_EA/21414563_EA



4.49
35-50 g

Kind breakfast
or granola bars
selected varieties
20925684_EA/21518333_EA

Case Sale

23.99
case

Simply Protein
snack bar
all varieties
21388491_EA/21388644_EA

Up to 13 g
of protein!

5.49
1 L

Thirsty Buddha
coconut water
selected varieties
20689784_EA

Organic!

5.49
each

Amy's organic
frozen meals
234-284 g or burritos
156-170 g, all varieties
20042092002_EA/20820314_EA

8.99
6x500 mL

Flow alkaline water
21033026_C01/21157064_C06

Sourced from
artesian springs!

4.49
142 g

PopCorners
popped corn chips
all varieties
21370205_EA/21370259_EA



Prices effective from Thursday, January 2 to Wednesday, January 29, 2025

Detox

The New Year brings new resolutions. Let's start the year feeling fresh and energized. Post holiday season is a great time to 'detox' and switch to a healthier diet. Help your body to detox with foods free of preservatives, gluten and artificial flavours. You'll notice the difference!

Here's some tips:

- ✓ Laxative teas help keep you regular
- ✓ The use of Apple Cider Vinegar helps to stimulate enzyme activity in your gut
- ✓ Switch to gluten-free bread & pasta
- ✓ Turmeric & Ginger shots - Aids in reducing inflammation, increases digestive activity
- ✓ Regular use of supplements, probiotics combined with seasonal cleanses

UP TO
20% OFF

Providing 4g of activated turmeric for anti-inflammatory & anti-oxidant benefits!



Omega Alpha detox and organ support all varieties & sizes
20085466_EA/20308945_EA

Canadian Made

Moonshine Mama turmeric elixirs all varieties, 60 mL
21610106_EA/21610119_EA



Lily of the Desert aloe vera gel or juice all varieties
20426802_EA/20429302_EA



Blume super belly electrolyte & probiotic drink mix all varieties
21648263_EA/21648322_EA

NEW



Aeryon Wellness supplements for women all varieties & sizes
21537405_EA/21621016_EA

Flor-Essence is an herbal blend for gentle detox at the cellular level!

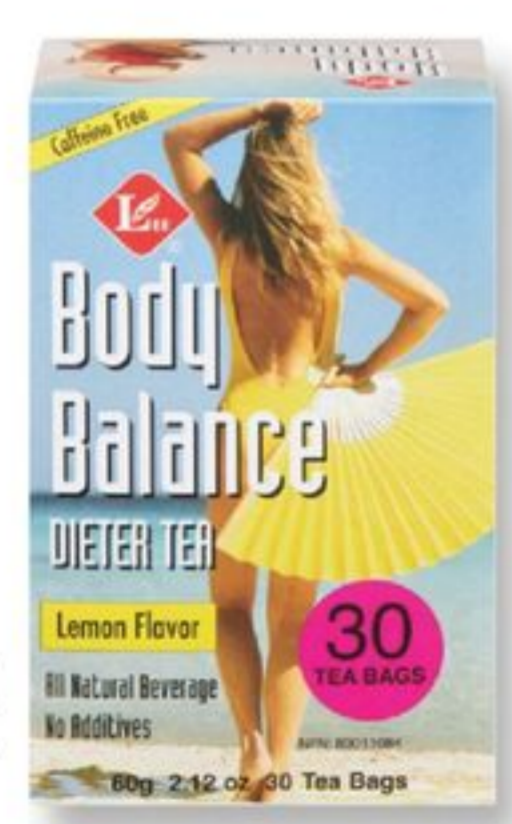
Flora supplements all varieties & sizes
20735144_EA



Wild Rose herbal d-tox kit
21623738_EA

NEW

7.99
30-100's
Uncle Lee's tea selected varieties
20296329002_EA



Infused with minerals & fulvic acid!
2.49
500 mL
blk alkaline water selected varieties
21561019_EA/21561074_EA



6.99
945 mL
Filsinger's organic apple cider vinegar selected varieties
21312947_EA



Fresh not frozen!
7.49
200-400 g
Schar gluten free bread, buns or rolls selected varieties
21384229_EA/21384233_EA



NEW
6.99
250 g
Felicia gluten free pasta selected varieties
21603270_EA/21603268_EA



Great "cheese" replacement!
7.99
142 g
Bob's Red Mill nutritional yeast
21370054_EA



Rich in vitamin B12!



Tempeh Tortilla Soup

This nourishing soup is a riot of textures and flavours.

The duo of tempeh and pinto beans makes each spoonful rich in protein.

Heat oil in a large saucepan over medium heat. Add onion and salt and heat, stirring occasionally, until onion has softened and is beginning to brown, about 5 minutes. Add tempeh pieces to pan and heat 3 minutes, stirring occasionally. Add sweet potato, red or poblano pepper, garlic and jalapeño to pan, heat 2 minutes. Stir in tomato paste, oregano and cumin to pan, heat 1 minute. Add canned tomatoes, broth and pinto beans. Bring to boil, reduce heat to medium-low and simmer covered for 20 minutes, until potato is tender. Stir in corn and lime juice & heat.

Serve soup garnished with avocado, tortilla chips and cilantro.
Serves 4

Ingredients:

- 1 Tbsp (15 mL) avocado oil or grapeseed oil
- 1 small white onion, chopped
- 1/2 tsp (2 mL) salt
- 1 package (8 ounces) tempeh, cut into 1-inch cubes
- 2 medium sweet potatoes, cut into 1-inch pieces
- 1 large red bell pepper or poblano pepper, chopped
- 3 garlic cloves, minced
- 2 jalapeño peppers, seeded and finely chopped
- 2 Tbsp (30 mL) tomato paste
- 1 tsp (5 mL) dried oregano
- 3/4 tsp ground cumin
- 1 can (398 mL) diced tomatoes
- 4 cups low-sodium vegetable broth
- 1 can (398 mL) pinto beans, drained and rinsed
- 1 cup (250 mL) frozen or canned corn kernels
- 2 cups (500 mL) crumbled baked tortilla chips
- Juice of 1/2 lime
- 1 avocado, cubed
- 1/2 cup (125 mL) cilantro



NEW

5.99
each

Noble Bean organic tempeh
240 g, frozen, all varieties
21652942_EA/21657223_EA



29.99
1 L

Acropolis Organics extra virgin olive oil
selected varieties
20574926_EA

Contains kelp,
a natural
source of
iodine!

5.99
250 g

A. Vogel Herbamare organic herbed sea salt
all varieties
20317961001_EA/20317961002_EA



NEW

5.99
283 g

Fillo's sofrito beans
all varieties
21644828_EA/21644985_EA



Made with vine ripened California organic tomatoes harvested at their peak ripeness ensuring the freshest, most flavourful results!

3.99
156 mL

Bianco DiNapoli organic tomato paste
21613993_EA



NEW

3.49
each

Bioitalia organic canned corn or tomatoes
340 g or 398 g selected varieties
21077670_EA/21078168_EA



5.99
946 mL/1 L

Pacific Foods organic broth
selected varieties
21644828_EA/21644985_EA



2.99
118 mL

Casa Fiesta diced green chilies
selected varieties
21619763_EA



9.99
500 mL

Italian Volcano 100% organic lemon or lime juice
21545070_EA/21545083_EA



3.99
13-64 g

PC® Organics spices
selected varieties
21209148_EA/21209151_EA



Grain-free,
gluten-free
& Non-GMO!

5.99
141 g

Tia Lupita cactus tortilla chips
all varieties
21570644_EA/21570702_EA



8.99
907 g

Lundberg rice
selected varieties
20648150001_EA/20648150002_EA



Back To School, Happy & Healthy!

Keeping kids healthy is easy at Nature's Treasure. Strong immune systems and good nutrition are the best preparation for return to classes. Nutrition, learned at a young age develops beneficial habits and prevents chronic conditions in adults.

- ✓ Keep snacks and lunches free from artificial ingredients, low in sugar and include veggies.
- ✓ Simplify healthy weeknight dinners with approved meals that are high in protein but light on prep.
- ✓ Introduce regular supplementation for your kids' general health, immune support and illness prevention.

3⁹⁹
213 g

Annie's organic
crackers or cookies
all varieties

20949212_EA/21019983_EA



4⁹⁹
135-154 g

FreeYumm soft-baked
cookies or bars
all varieties

21048233_EA/21048242_EA



Multi-pack!
Great for school
lunches!

6⁴⁹
108 g

Skinny Pop
skinny pack

21052844_EA



12⁹⁹
946 mL

Patience
organic wild
blueberry juice

21108164_EA



UP TO
**20%
OFF**

Canadian Made

Aqua Omega
kids Omega-3
supplements
all varieties
& sizes

21639578_EA/21639630_EA



Canadian Made

Orange
Naturals
supplements
for kids
all varieties
& sizes

21295561_EA/21409197_EA



Boiron homeopathic remedies
for baby all varieties & sizes

21208574_EA/21208602_EA

Homeocan
kids 0-9 cold
& cough syrup
all varieties
& sizes

21223137_EA/21232983_EA



Salus
Haus
multi-vitamin
and mineral
liquid tonics
all varieties
and sizes

21303321_EA/21566292_EA



NOW Brand
supplements
for kids
all varieties & sizes

21471512_EA/21472047_EA



Immune Health

Prevention is the best defense during cold & flu season. A healthy gut creates a strong immune system and a healthy everyday diet is your best defense against viruses & bacteria!

- ✓ Foods rich in probiotics, like Kefir and Kombucha enhance the response of the gut immune system with beneficial bacteria
- ✓ Warming teas with ginger and tumeric help alleviate cold and flu, plus antioxidants in tea can help prevent viruses from beginning
- ✓ Limit sugars, alcohol and caffeine to restore gut balance

Canadian Made

6.99
1 L

Organic Meadow kefir drink all varieties

20710883001_EA/20710883002_EA



Rich in probiotics!

Unpasteurized!

Canadian Made

9.99
500 g

Peace River organic creamed honey

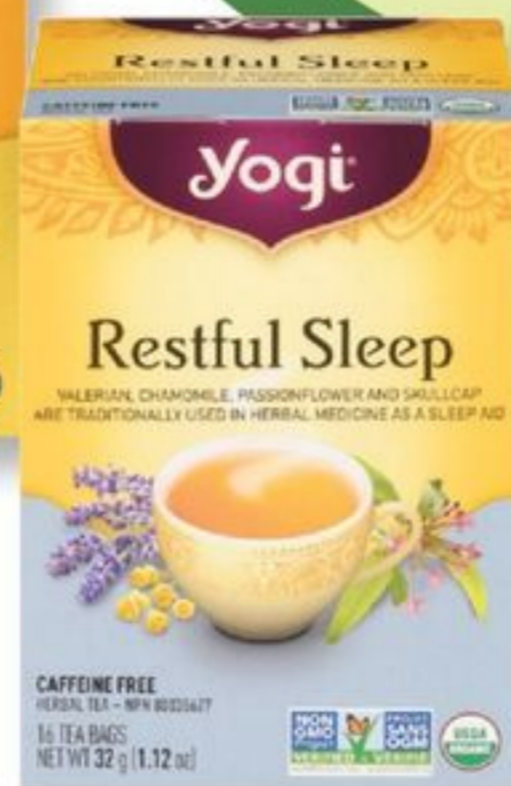
21447829_EA



4.99
16's

Yogi organic tea all varieties

20309377001_EA/20693913003_EA



Non-GMO, no antibiotics or added hormones



8.99
16 g

Bone Broth instant bone broth all varieties

21400280_EA/21400291_EA

Just add water!

7.99
360 g

Blender Bites 1-step smoothie all varieties

21535625_EA/21535627_EA



NEW

Canadian Made

2.99
355 mL

Tonica kombucha drink all varieties

20818822001_EA/21632450_EA



UP TO
20% OFF



Ki immune defense supplements all varieties & sizes

21106267_EA/21191532_EA

Canadian Made
Dutchman's Gold propolis throat spray or gummies all varieties & sizes

21543337_EA/21543345_EA



A. Vogel echinaforce immune defense all varieties & sizes

20730073_EA
20189195_EA



Boiron Oscilloccinum homeopathic remedy all varieties & sizes

21184289_EA/21209920_EA

Canadian Made
St. Francis deep immune capsules or tonic all varieties & sizes

20731309_EA/20731316_EA



Canadian Made
Nature's Way sambucus gummies or syrup all varieties & sizes

21190315_EA/21192086_EA



Elderberry supplement for prevention and relief of cold & flu symptoms!

Digestive Wellness - Start The Day Right

Healthy & nourishing foods help you take on the day and stay energized. These Nature's Treasure breakfast foods maximize gut health and overall wellness.

- ✓ Gut healthy & gluten free bagels, full of Omega rich chia seeds
- ✓ Almond butter contains more healthy fats than peanut butter
- ✓ Grass fed dairy (milk, butter, yogurt) has a higher healthy Omega 3 & 6 ratio, more nutrients and better taste
- ✓ Organic coffee
- ✓ Vitamins – find out the best time of day to take for optimum benefit

We're here to help!



6⁹⁹
284/300 g

Prana chia seeds
selected varieties
20845806001_EA/20845806002_EA

Organic!

14⁹⁹
340 g

Canadian Heritage Roasting
Company coffee all varieties
21642615_EA/21642499_EA



6 g of plant-based protein!

6⁹⁹
250 g

Yumi overnight oats
selected varieties
21522422_EA

Great source of fibre!



4⁹⁹
350 g

Tree Island
grass-fed yogurt
selected varieties
21622466_EA/21622484_EA

NEW



10⁹⁹
365/500 g

Nuts to You spreads
selected varieties
20180613_EA/20922533_EA



Gluten-free!

6⁹⁹
464-500 g

Queen St. Bakery superfood
bagels, loaf or English muffins
all varieties
21512027_EA/21575964_EA



**UP TO
20%
OFF**



Ener-C or Ener-D drink mixes
all varieties
20819303001_EA/21565070_EA



Botanica
herbal
phyto-liquid
capsules
all varieties
& sizes
21204299_EA/21204302_EA



Genuine Health probiotic
capsules all varieties, 20-60's
21025971_EA/21095289_EA



Organic Traditions smoothie-
boosting powders or greens
all varieties & sizes
20984249_EA/21396096_EA



Orange
Naturals
magnesium
supplements
all varieties, 20-60's
21096218_EA/21190726_EA



Can Prev vitamin
D3 supplements
all varieties & sizes
21169513_EA/21307954_EA



Salad Blends

- Certified Organic
- 6 varieties



Baby Arugula
142g
21020913_EA

Rosé Spring
142g
21208336_EA

Baby Spinach 142g
20305277_EA

Arugula & Baby Spinach 142g
21020913_EA

Field Greens 142g
20312523_EA

Supergreens 142g
20611100_EA

Jackfruit Pods

Available year round, jackfruit has a musky aroma with sweet and mellow flavours of banana and pineapple.

Often used as a meat substitute, typically jackfruit is peeled and eaten out of hand, added to desserts or shredded for stews.

We've done the work for you in preparing these bright yellow chunks, ready to enjoy. Full of phytonutrients and antioxidants.

Potassium-packed snack!



TIP: Try freezing.
Then thaw when ready to eat to soften the pods for an even juicier texture!



Greenhouse



Visit the Greenhouse Shot Spot + discover routine-boosting organic juice shots.

Available as single shots or in a convenient 4-pack.



DIGESTION



IMMUNITY



VITAMIN C



ENERGY



COLLAGEN



BEDTIME

FORT 7

HEALTHY EATING

Easy meal options for lunch, dinner or anytime!



6²⁹ each
Daiya cheddar flavour block 200 g or slices 220 g, selected varieties
21070683_EA/21335548_EA



6²⁹ 200 g
Daiya vegan cheese shreds selected varieties
21207740_EA/21465121_EA



4⁴⁹ 120/155 g
Yves veggie cold cut slices selected varieties
20596883_EA/20597352_EA



2⁹⁹ 350/454 g
Sunrise extra firm tofu selected varieties
20022239_EA/20570507_EA



2²⁹ 300 g
Sunrise soft or dessert tofu selected varieties
20135704_EA/20599353_EA



7⁴⁹ 320/350 g
Gusta vegan sausage selected varieties
21284423_EA/21284436_EA



9⁹⁹ 183-200 g
Spread'Em Kitchen Co. cashew cheese style dip selected varieties
21195802_EA/21621546_EA



6⁹⁹ 300-400 g
Big Mountain Vegan Foods plant based grounds, bites or patty selected varieties, refrigerated
21310529_EA/21432601_EA

Nuts For Cheese fermented cashew product selected varieties
21162677_EA/21398569_EA

11⁴⁹ 120 g



PC® Blue Menu® bread selected varieties
21015175_EA

4⁹⁹ 440 g



Weight Watchers bread, bagels or tortillas selected varieties
21004352_EA/21004548_EA

5²⁹ 248-450 g



4⁹⁹ 260-480 g

Promise gluten free loaf or buns selected varieties
21465953_EA



Happy Lunar New Year



long eggplant
product of
Dominican Republic
20159013001_KG

daikon
product of U.S.A.
20082109001_KG

12⁹⁸ T&T® hot pot rolls
selected varieties
340 g
21570350_EA/21570410_EA

5⁹⁸ Anchor's Bay
cooked mussel
or clam meat frozen
340 g
20791670_EA/20792247_EA

1⁸⁸lb
4.14/kg

.88lb
1.94/kg

2²⁸lb ginger root
product of China
5.03/kg
20179038001_KG



4⁸⁸ two-bite
Lunar New Year
mini cupcakes
selected varieties
300 g
21431082_EA/21433261_EA

4⁸⁸ Kimberley's
Lunar New Year
frosted
sugar cookies
selected varieties
383 g
21433261_EA

money tree
in 5" ceramic pot
21163199_EA

22⁸⁸
each

Dan-D Pak
cashews
salted or unsalted
20314862001_EA/20314862002_EA

17⁸⁸
908 g

SkyFlakes crackers
800 g or Kewpie
mayonnaise 517 mL
21064091_EA/21176798_EA

7⁴⁸
each



1²⁸ Nongshim noodle
soup cup 75 g,
selected varieties
or T&T®
Korean roasted
sea laver 3x5 g
20032441005_EA/20593313_EA

Hereford corned
beef or SPAM
luncheon meat,
selected varieties
20050622_EA/20968255_EA

4⁴⁸
340 g

Aroy-D
coconut milk
400 mL or T&T®
noodles 363 g
selected varieties
20063864_EA/20692707_EA

1⁹⁸
each

Golden Dragon
Hoisin or oyster
sauce 455 mL
or Maggi
seasoning
200 mL
20123023_EA/20307187_EA

3⁸⁸
each

Flying Goose
sriracha
sauce 730 mL
or T&T®
potstickers
selected varieties,
frozen, 567 g
21495805_EA/21499017_EA

5⁴⁸
each



7⁸⁸
each

5⁴⁸
400 g

2⁴⁸
each

5⁸⁸ Melona frozen
dessert bars
8x70 mL
21622903_EA/21622933_EA

4⁸⁸ CP Authentic
Asia entrées
selected varieties,
frozen
20956750_EA

PANE *Fresco*

PAN BREADS

Made the old fashioned way with natural ingredients!

8 varieties!
Great for sandwiches!



4.99 old fashioned white or whole wheat
550 g 20613611_EA/20883611_EA

sprouted grains
5.99
600 g 20826566_EA

4.99 multigrain
605 g 20613644_EA

5.99 cheddar
460 g 21209687_EA

5.99 cinnamon raisin
570 g 21209688_EA

5.99 cranberry or flax seed
540 g 21030611_EA/21124858_EA

**FROM
OUR
CHEFS™**

Artisan-style Deli Meat Roasted In-store!

- No added nitrites, nitrates* or phosphates
- Canadian made with natural ingredients

Hand-tied!

8 VARIETIES:

- Turkey breast
- Black Forest ham
- Tuscan ham
- Roasted Maple ham
- Roast beef
- Buffalo chicken
- Salsalita turkey
- Lemon Sage turkey



*Except for those naturally occurring in the ingredients.

Available at most locations.

GROCERY



1.99 Chef Woo
ramen cups
selected varieties
71 g
21448063_EA/21448070_EA

3.29 Pringles
potato chips
selected varieties
148/156 g
21003833_EA/21584545_EA

3.49 Dare Bear Paws
cookies
selected varieties
168-240 g
21080777_EA/21531448_EA

2.99 PC® soft drinks
selected varieties
6x222 mL
21087279_C06

1.59 Primo
canned beans
selected varieties
540 mL
21187513_EA/21187516_EA

3.49 each
Skinny Girl
salad dressing 237 mL
or Fresh Gourmet
croutons 128/142 g
or tortilla strips 99 g
21448144_EA/21526302_EA

5.49
6x355 mL
PC® M'AQUA
sparkling water
selected varieties
21590669_C06/21590813_C06

3.99
125-384 g
Kellogg's Rice
Krispies, Nutri-Grain
bars or Pop-Tarts
selected varieties
20126567001_EA/20313984003_EA

2.99
250 mL
Red Bull
energy drinks
selected varieties
20702466_EA

.99
156 mL
Unico
tomato paste
selected varieties
20000527_EA

21.99
3.63 kg
Dainty Basmati, Kimora
or Jasmine rice
21368746_EA/21368751_EA

4.49
190/200 g
Miss Vickie's
kettle chips
selected varieties
21240628_EA

3.29
375 mL
Unico
canned olives
20324873002_EA/20324873004_EA

3.99
125-250 g
Ryvita
snack bread
selected varieties
2032633001_EA/20763958001_EA

Take the Dry January Challenge

7.99
6x330 mL
Corona Sunbrew
non-alcoholic
beer
selected varieties
21433615_C06

8.99
4x355 mL
Atypique
non-alcoholic
cocktails
selected varieties
21517134_C04

10.99
750 mL
Smoky Bay
non-alcoholic
wine
selected varieties
21596489_EA/21596657_EA

8.49
4x355 mL
Partake
non-alcoholic
beer
selected varieties
21208552_C04

11.99
4x440 mL
Guinness 0
non-alcoholic
beer
selected varieties
21567137_C04

2.49
473 mL
Coors Edge
21103816_EA

DAIRY & FROZEN



3.49 Gay Lea sour cream selected varieties
425/500 mL 20317536001_EA



4.99 PC® frozen fruit
400-600 g 21377841_EA



3.49 Cheemo perogies selected varieties, frozen
907 g 20527369_EA



750 when you buy 3

2.49 Michelina's frozen entrées selected varieties
156-284 g 21208614_EA



9.99 High Liner fish or shrimp selected varieties, frozen
330-700 g 20303200001_EA



a2 partly skimmed 2% milk
21339272_EA

6.49 2 L



Natre! chocolate milk
20085624_EA

5.99 6x200 mL



Healthy Choice simply entrées selected varieties, frozen
20974538_EA

5.49 255-283 g

Chapman's no sugar added ice cream 1 L or novelties 4/6's selected varieties, frozen
20315564001_EA



6.99 each

Eby Manor Golden Guernsey 4% chocolate milk
21242665_EA



4.29 500 mL



Smucker's Uncrustables selected varieties, frozen
21543055_C04

5.79 4x52/58 g

Black Diamond Cheestrings selected varieties
20763661_EA



7.99 pkg of 12/16



4.99 410 g
Black Diamond Slices processed cheese product selected varieties
21252564_EA

Nordica cottage cheese selected varieties
20021992002_EA



7.49 750 g



3.49 McCain fries selected varieties, frozen
21521219_EA

PC® orange juice
21430531_EA



4.99 1.54 L

bibigo mini wontons frozen
21591982_EA



10.48 680 g



6.49 16's
Kellogg's Eggo waffles selected varieties, frozen
20099730001_EA

no name®

Just Low Prices



129 no name® tuna
lemon pepper or thai chili
85 g
20097482001_EA/20097482003_EA



249 no name®
sour cream
500 mL
20299657_EA



179 no name®
chopped spinach
300 g
20611796_EA



199 no name®
apple sauce
620 mL
21379698_EA



479 no name®
peanut butter
1 kg
20296985001_EA



249 no name®
lemon
concentrate
946 mL
20642581_EA



279 no name®
perogies
907 g
20811240_EA



399 no name®
fruit
796 mL
20618824_EA



129 no name®
soup
284 mL
20252539_EA



399 no name®
flour
2.5 kg
20013256_EA



129 no name®
mushrooms
284 mL
20299211_EA



179 no name®
beans in
tomato sauce
398 mL
20314839003_EA



499 no name®
rice
2 kg
20069589_EA



349 no name®
salmon
213 g
20164488_EA



199 no name®
facial tissue
2 ply
126's
20970999_EA



199 no name®
snack bags
80's
21108326_EA



749 no name®
recycling or
garbage bags
30-40's
21116660_EA



399 no name®
bleach
2.4 L
21486532_EA



799 no name®
cat litter
7 kg
20023746002_EA

Warm up this Winter



3.79
20/24's
Tetley herbal tea
selected varieties
20722550_EA/20976083_EA



4.99
72's
Red Rose tea
21593431_EA



Maxwell House
ground coffee
selected varieties
21606882_EA



9.99
631-900 g



PC® flavoured
ground coffee
21478006_EA/21478021_EA

6.99
250 g



7.99
110-123 g
Nabob T-Discs
or Maxwell House
K-Cups
selected varieties
20552968_EA/20975428_EA



6.99
80's/250 g
Yorkshire tea
selected varieties
20752130_EA/20752199_EA



Optimum
3,000 pts

13.99
10's
Kicking Horse K-Cups
21628567_EA/21628644_EA



Lavazza
K-Cup pods
selected varieties
21589797_EA/21589798_EA

19.99
30's



Starbucks
hot chocolate
selected varieties
21541288_EA/21624750_EA

9.99
240/300 g

no name®
coffee filters
selected varieties
20179276_EA

2.99
100's



no. 2
cone
coffee filters
no name®
100 filters



no. 4
cone
coffee filters
no name®
100 filters

Natrel
coffee creamer
21589027_EA

6.49
1 L



International
Delight coffee
whitener
selected varieties
20895480003_EA

5.99
946 mL



BULK

Meat Curing Spices



259
150 g crushed chili flakes
21448057_EA



299
200 g Spanish paprika
21448059_EA



519
200 g ground black pepper
21448060_EA



349
150 g fennel seeds
21448062_EA



187
/100 g Turkish apricots
8.49/lb
20120073_KG



121
/100 g dried cranberries
5.49/lb
20076360_KG



198
/100 g raw or roasted pepitas
8.99/lb
salted or unsalted
20171376_KG



220
/100 g walnut pieces, halves or crumbs
9.99/lb
20160573_KG



.88
/100 g roasted sunflower seeds
3.99/lb
salted or unsalted
20015072_KG



353
/100 g pecan halves or pieces
15.99/lb
20730611_KG



165
/100 g chia seeds
7.49/lb
20655499_KG



286
/100 g hemp seeds
12.99/lb
20977592_KG



154
/100 g gluten free honey raisin & almond granola
6.99/lb
21622146_KG



154
/100 g cinnamon raisin granola
6.99/lb
21622193_KG



132
/100 g maple almond granola cereal
5.99/lb
20655821_KG



.33
/100 g rolled oats
1.49/lb
20041938_KG

SEAFOOD



Great with
salad & pasta!

5.49 SeaQuest®
crab flavoured Alaska
pollock flake or leg style
454 g 20591152_EA/20591951_EA

8.99 Hunter Marine
seafood sauces
selected varieties, frozen
430/450 g 21393905_EA/21599186_EA

8.99 BOS smoked
Atlantic salmon
selected varieties
125 g 21192437_EA/21192711_EA

10.99 IFC Canadian
cold water shrimp
frozen
340 g 21636940_EA

EASY MEALS



18.49 Yorkshire Valley
Farms organic
chicken pot pie
frozen
700 g 21644664_EA



15.99 PC® shepherd's pie
selected varieties,
frozen
800/900 g 20129604_EA



9.49 PC® gluten free chicken
burgers, strips or nuggets
selected varieties, frozen
600 g 21079451_EA/21079476_EA



14.49 Schneiders boneless
chicken bites
frozen
600 g 21627202_EA/21627217_EA



27.99 PC® Blue Menu® boneless
skinless chicken breasts
Club Pack®, frozen
1.36 kg 20138476_EA



23.99 Jackie's cutlets
or pork schnitzel
selected varieties,
frozen
680/908 g 21637816_EA/21638134_EA



6.49 Maple Lodge or Zabiha
Halal chicken bacon
selected varieties
375 g 20099204_EA/20105121_EA



8.99 Rachel's
corned beef brisket
19.82/kg 20620766_KG



cut tulips
assorted colours
20180973_EA

10⁹⁹
10 stems



12⁹⁹ large or mini
gerbera bunches
assorted colours
20342399_EA/21205508_EA
or 3/\$32



spring bulbs
in 4" pot
\$4.99 ea.

9⁹⁹ spring bulbs
assorted varieties
21087691_EA
6" pot



tropical house plants
assorted varieties
21049510_EA/21050495_EA

4⁹⁹
3.5" pot



tropical plants
assorted varieties
21050365_EA

16⁹⁹
6" pot



10" tropical hanging
basket \$24.99 ea.

16⁹⁹ tropical hanging
6" basket
assorted varieties
21386968_EA/21387411_EA
each

Floral Arrangements

- ✓ Made Fresh by our skilled designers
- ✓ We Deliver!
Order fresh flowers today for local delivery.



BABY



36⁹⁹ Huggies Pull-Ups selected varieties
66-92's 21021423_EA/21021427_EA



19⁹⁹ Pampers or Huggies wipes selected varieties
21018026_EA/21371309_EA



4⁴⁹ PC® baby oil, bubble bath or wash selected sizes and varieties
20978100_EA/20978401_EA



54⁹⁹ Enfamil powder selected varieties
20435527003_EA/21436985_EA



9⁹⁹ PediaSure selected varieties
20322414001_EA/20322414002_EA



1⁷⁹ Love Child pouches all varieties
128 mL 20752699001_EA/20752699002_EA



2⁹⁹ Once Upon A Farm refrigerated pouches 85 mL or PC® Organics mini cereal bars 160 g, selected varieties
20431441001_EA/21191663_EA



3⁹⁹ Earth's Best snacks selected varieties
71-133 g 21534883_EA/21534914_EA



2⁹⁹ Baby or Toddler Mum-Mum selected varieties
50/60 g 20159814002_EA/20316680001_EA



4⁹⁹ Gerber cereal selected varieties
227 g 20358339006_EA/20358339007_EA

BODY & HEALTH



6⁹⁹ Sensodyne repair toothpaste 75 mL or Listerine 1 L selected varieties
20348438001_EA/21471658_EA



3⁹⁹ J.R. Watkins 266/325 mL hand soap or Nivea or Chapstick lip care 2's selected varieties
20143913_EA/20432297002_EA



8⁹⁹ Nivea 50-625 mL soft or Vaseline 400-600 mL lotion selected varieties
20700027_EA/20794480_EA



5⁹⁹ Ivory bar soap 10's or body wash 621 mL or Dove bar soap 3's
20347887001_EA/20860346001_EA



6⁹⁹ Dove or Degree deodorant selected varieties
74/107 g 20840721_EA/21078327_EA



4⁹⁹ Always liners 36-72's, pads 10-26's or Tampax tampons 14-18's selected varieties
21181430_EA/21444989_EA



17⁹⁹ Tena protective underwear selected varieties
21033614_EA/21033778_EA



5⁹⁹ Pantene hair care or styling selected varieties
20311794002_EA/21431192_EA



3⁹⁹ Barebells portein bars 55 g or Halls bags 24-30's selected varieties
20315680001_EA/21626177_EA



13⁹⁹ Boost high protein ready to drink shakes selected varieties
20986348_C06/20986361_C06

HOUSEHOLD



Persil laundry detergent
selected varieties
20952144_EA

17⁹⁹
2.21 L



Snuggle fabric softener sheets
21170996_EA

10⁹⁹
200's



Pine-Sol multi purpose cleaner
selected varieties
20298679001_EA/20298679002_EA

5⁹⁹
1.41 L



Finish dishwasher tabs
selected varieties
21561304_EA/21217835_EA

13⁹⁹
21-30's



Bounty Select A Size paper towels
21515979_EA

29⁹⁹
8=24 rolls



Glad cling wrap
20003818_EA

3²⁹
30 m



PC® liquid dish soap
selected varieties
21012467_EA/21013091_EA

2⁴⁹
638/739 mL



Swiffer refills
wet or dry
21628715_EA/21630025_EA

15⁹⁹
each



3⁹⁹
30/40's
no name® freezer bags
medium or large
20155482_EA/20298374_EA



Cashmere Ultra bathroom tissue
selected varieties
21189845_EA

23⁹⁹
24=72 rolls

PET NEEDS



Whiskas Perfect Portions wet cat food
selected varieties
20945097_EA/21011523_EA

1⁴⁹
75 g



Purina Friskies dry cat food
selected varieties
20142252001_EA/209125151_EA

7⁹⁹
1.42 kg



IAMS Proactive Health dry cat food
selected varieties
21027553_EA/21027556_EA

15⁹⁹
1.36-1.59 kg



Meow Mix dry cat food
selected varieties
21388314_EA

9⁹⁹
1.36 kg



TidyCats clumping cat litter
selected varieties
21206496_EA/21206503_EA

14⁹⁹
2.72 kg



Milk-Bone Soft & Chewy treats for dogs
selected varieties
20303865001_EA/20303865002_EA

2⁶⁹
113 g



Zoë wet dog food
21218863_EA/21218883_EA

2⁶⁹
369 g



no name® rawhide small dog bones
21081469_EA

8⁹⁹
8's



Purina One dry dog food
selected varieties
20912587_EA/20946525_EA

11⁹⁹
1.81 kg



Blue Buffalo dry dog food
21365754_EA

32⁹⁹
4.5 kg



Optimum™

**MORE Weekly Savings
with our Digital Coupons
*Over \$20 in value!***

Scan Here



**Scan to
visit the Digital
Coupon Board**



Conditions apply. Must be a registered PC Optimum™ member. See <https://www.pcoptimum.ca/load?page=MKDigitalCoupon20230202> for details.

HUNGRY HUNTER

**NEW YEAR.
FRESH FOOD.
HEALTHY,
HAPPY PETS.**

Find us in the freezer
down the pet aisle.



TURKEY - 3.6 KG (21376262_ea) **BEEF - 3.6 KG** (21376264_ea)

CHICKEN - 3.6 KG (21376267_ea) **LAMB - 3.6 KG** (21612110_ea)

DUCK - 3.6 KG (21610758_ea)

HUNGRYHUNTER.CA

FIND US IN
NATURE'S
TREASURE

**KICKING
HORSE®
COFFEE**

NEW

Optimum™
3,000 pods
when you buy 1

**THE KICKASS COFFEE
YOUR KEURIG®
HAS BEEN WAITING FOR.**



Kicking Horse® Coffee 10 K-Cup® pods
21628596_EA, 21628567_EA, 21628644_EA

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Unico

PRIMO



16.99

Gallo Extra Virgin Olive Oil (1L)



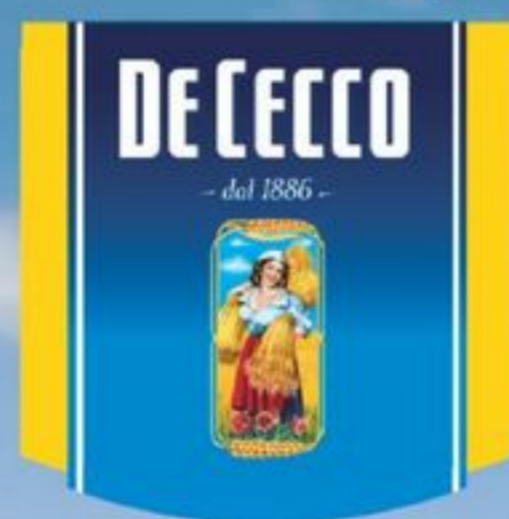
12.99

Unico Sunflower Oil (3L)



4.79

DeCecco Napoletana
Pasta Sauce (400g)



5.29

DeCecco Pappardelle
All'Uovo (250g)



15.99

Primo Extra Virgin
Olive Oil (1L)



1.59

Primo Canned
Black Beans (540 mL)



1.79

Primo Diced
No Salt Added Tomatoes (796 mL)