

# FRESH CO

Flyer in effect February 20-March 19, 2025  
Prices in effect in Ontario, Excludes Thunder Bay

# RAMADAN MUBARAK



**SAVE \$2**  
**8.99**

Aman's Brown Sugar  
Raw Coarse 4.53 kg reg 10.99  
Cassonade



**25 PTS**  
when you buy 1  
**1.49**

Deep IQF Bhindi  
Baby or Cut Okra  
340 g reg 1.79  
Gombo



Maggi Masala  
Noodles 70 g  
reg 49¢  
Nouilles

**39¢**



**50 PTS**  
when you buy 1  
**5.49**

Vidhya Pani Puri  
Golgappa 260 g  
Collation



**SAVE \$2**  
**6.99**

Nanak Gulabjamun  
908 g reg 8.99  
Dessert



**SAVE 50¢**  
**5.99**

Aman's Lentils  
1.8 kg  
Selected Varieties  
reg 6.49  
Lentilles



**1.99**

Dried Figs or  
Apricots 200 g  
Product of Turkey  
Figs séchées ou  
abricots secs



**5.99**

Parnoosh Pitted  
Dates 907 g  
Product of Iran  
Dattes



**5.99**

Sukari Dates or  
Rabia Dates 500 g  
Product of  
Saudi Arabia  
Dattes



**11.99**

Ajwa Dates 500 g  
Product of  
Saudi Arabia  
Dattes



**6.99**

Mabroom, Safawi or  
Sugai Dates 500 g  
Product of  
Saudi Arabia  
Dattes



**9.99**

Jumbo Medjool  
Dates 1 kg  
Product of Jordan  
Dattes



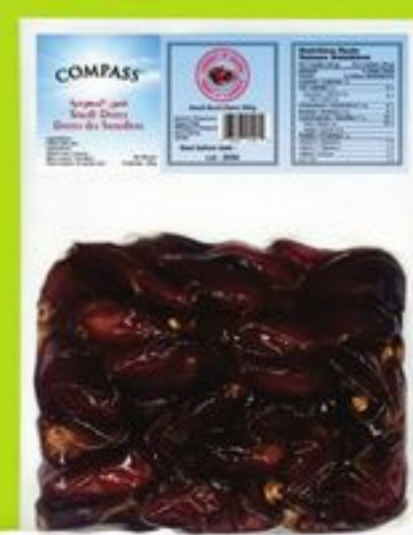
**1.49**

Compass Dates 200 g  
Product of Algeria  
Dattes



**6.49**

Deglet Pitted Dates  
1 kg  
Product of Algeria  
or Tunisia  
Dattes



**2.99**

Compass Dates 500 g  
Product of  
Saudi Arabia  
Dattes

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



SAVE \$7  
**14.99**

Swarna Chakki Fresh Atta  
9.07 kg reg 21.99  
Farine

# RAMADAN MUBARAK



25 PTS  
when you buy 1  
SAVE \$1  
**3.29**

Deep Mango Pulp 850 g  
reg 4.29  
Pulpe de mangue



Chalo!  
Signature  
Basmati Rice  
4.54 kg  
reg 14.99  
Riz

SAVE \$2  
**12.99**



SAVE \$1  
**5.99**

Brar's Samosas 624 g  
Selected Varieties  
reg 6.99  
Samosas



SAVE \$1.50  
**3.99**

Happy Dairy Paneer 300 g  
reg 5.49  
Fromage



SAVE 50¢  
**3.49**

Bestropics  
Coconut  
Water 1 L  
reg 3.99  
Eau de coco



SAVE \$3  
**8.99**

Nanak Rasmalai Dessert  
850 g  
Selected Varieties  
reg 11.99  
Dessert



**\$8**

India Gate Har Rooz  
Basmati Rice 3.63 kg  
Riz



SAVE \$2  
**8.99**

Mirch Masala Plain Paratha  
Family Pack 2 kg  
reg 10.99  
Pain



SAVE \$1.30  
**2.99**

Bikano Salted Snacks  
350 g  
Selected Varieties  
reg 4.29  
Grignotines



50 PTS  
when you buy 2  
SAVE 70¢  
**3.29**

Aljuice or Alphonso  
Juice 1.75 L  
Selected Varieties  
reg 3.99  
Jus



SAVE \$1.50  
**3.99**

KFI Sauces  
375-395 mL  
Selected Varieties  
reg 5.49  
Sauces



SAVE \$1.50  
**6.49**

Apna Taste Aloo  
Tikki Potato  
Patties 750 g or  
Vegetable Spring  
Rolls 1 kg reg 7.99  
Gallettes de pommes  
de terre ou rouleaux de  
printemps

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



**SAVE \$2**  
**9.99**

**KabKeb Kibbeh**  
454 g  
reg 11.99  
Kibbeh

**Puck Thickened Creamy Product**  
160 g  
reg 2.29  
Produit crémeux épaissi

**SAVE 50¢**  
**1.79**



**SAVE UP TO 50¢**  
**3.99**

**Salem Foods Pickled Grape Leaves 454 g or Cucumbers 1000 g**  
reg 4.29-4.49  
Feuilles de vigne ou concombres marinés



**SAVE 50¢**  
**5.99**

**Yamama Grenadine Molasses 750 mL**  
reg 6.49  
Mélasse



**SAVE \$1**  
**7.99**

**Barbican Malt Beverage 6 pk**  
reg 8.99  
Boisson maltée



**2.49**

**Salem Foods Bulgur or Semolina 907-908 g**  
reg 2.69-2.79  
Blé concassé ou semoule



**SAVE \$1.50**  
**9.49**

**Salem Foods Nablus Olives 2 kg**  
reg 10.99  
Olives



**SAVE \$2**  
**14.99**

**Sunwhite Calrose Rice 4.5 kg**  
reg 16.99  
Riz



**SAVE \$2**  
**9.99**

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



**SAVE \$3**  
**9.99**

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



**SAVE UP TO \$1**  
**6.99**

**Ahmad Tea 100 g or 100 pk**  
reg 7.49-7.99  
Thé



**SAVE 80¢**  
**3.99**

**Salem Foods Tomato Paste 700 g**  
reg 4.79  
Pâte de tomates

# RAMADAN MUBARAK



**Mina Halal Boneless Skinless Chicken Breasts**  
Poitrines de poulet désossées sans peau

**SAVE \$1**  
**\$23**



# RAMADAN MUBARAK



**SAVE \$3**

**13.99**

**Zabiha Halal Chicken Wings**  
Frozen 908 g  
Ailes de poulet



20 PIECES OR MORE KEEP FROZEN SERVING SUGGESTION 908 g



**SAVE 50¢**  
**2.99**

**Mina Halal Chicken Bologna or Wieners 250-450 g**  
Bologne et saucisses fumées au poulet



**SAVE UP TO \$1.50**  
**9.99**

**Mina Halal Supreme Crunch**  
Frozen 600-720 g  
Burgers de poulet



**SAVE \$1**  
**\$6**

**Mina Halal Extra Lean Ground Chicken 454 g**  
Poulet haché extra maigre



**SAVE \$2**  
**8.99**

**Zabiha Halal Breaded Chicken Frozen 800 g**  
Poulet pané



**SAVE UP TO \$2**  
**3.99**

**Zabiha Halal Breakfast Chicken Strips 375 g or Sliced Chicken 200 g**  
Lanières de poulet ou poulet en tranches



**SAVE \$1**  
**1.99**

**Zabiha Halal Chicken Bologna or Wieners 375-450 g**  
Bologne et saucisses fumées au poulet

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.