

**EXTRA LEAN
GROUND BEEF**
Fresh, 15.41/kg

699
LB



**PORK
TENDERLOIN**
Fresh, 9.90/kg

449^{LB}

**GREEN
SEEDLESS
GRAPES**
USA, 6.59/kg

299
LB

**BROCCOLI
CROWNS**
USA, 6.59/kg

299
LB

GREAT SELECTION. GREAT SERVICE.

RECIPE: THOMAS
**CRACKER
BARREL**
FOR KALI BUTTER
MEDIUM • MI-FORT

**CRACKER BARREL
CHEESE**
Selected Varieties,
600g

899 EA

PACIFIC FOODS
ORGANIC BROTH
Selected Varieties,
946 mL or 1 Litre

499
EA

**BREYERS
CREAMERY
STYLE
ICE CREAM**
Selected Varieties,
1.41 Litres

499 EA

PRICES EFFECTIVE THURSDAY TO WEDNESDAY, DECEMBER 4 TO 10, 2025
We reserve the right to limit quantities, some items may not be exactly as illustrated or not available at all locations.
Prices do not include applicable taxes, bottle deposits, eco fees or recycling fees where applicable.
Maple Leaf indicates products of Canada and products made in Canada. See actual items for details.

Where the Locals Shop!

WK 45

 **CANADIAN** owned and operated.

PICKED AT THE PEAK-OF-FRESHNESS

RASPBERRIES
or Blackberries, USA,
340g or 1 Pint

7⁹⁹
EA

MANDARIN
ORANGES
Sweet, USA, 907g

5⁹⁹
EA

ROMA TOMATOES
Canada, USA or Mexico,
5.49/kg

2⁴⁹
LB

COSMIC CRISP
APPLES
USA, 2 lb Bag

6⁹⁹
EA

YELLOW ONIONS
Canada, 3 lb Bag

2⁹⁹
EA

YELLOW
POTATOES
Canada, 5 lb Bag

4⁹⁹
EA

NATURALLY NOURISHING OPTIONS

ORGANIC
PEARS
USA, 6.59/kg

2⁹⁹
LB

ORGANIC
AVOCADOS
Mexico

2 \$5
FOR

EARTHBOUND
FARM ORGANIC
SALAD
Selected Varieties,
USA, 142g

5⁴⁹
EA

PRIME CUTS & CATCHES

CHICKEN LEGS

Fresh, Back Attached,
8.80/kg

3⁹⁹_{LB}

NESTERS MARKET

VALUE PACK

BONELESS BLADE
POT ROAST

Fresh, 28.64/kg

12⁹⁹_{LB}

CANADIAN BEEF

NORTHERN GOLD
STRIP LOIN STEAK

Also Rib Eye, Fresh

15%
OFF

CANADIAN BEEF

NESTERS OWN FULL SERVICE MEAT COUNTER

CHICKEN
KABOBS

Fresh, Marinated

2\$¹²
FOR

TOMAHAWK
PORK
CHOPS

Fresh, 24.23/kg

10⁹⁹
LB

AHI TUNA STEAK

or Whole Loin, Frozen
or Previously Frozen

2⁹⁹
100G

OCEAN WISE

WESTERN FAMILY
BLACK TIGER
PRAWNS

Peeled & Deveined, 41 to
50 Count, Frozen, 340g

9⁹⁹
EA

SEALED FOR YOUR PROTECTION

CHILEAN
SHRIMP

Hand Peeled,
Previously Frozen

3⁹⁹
100G

SEALED FOR YOUR PROTECTION

SAVOURY SELECTIONS

GRIMM'S
SAUSAGE
RING

Selected Varieties,
300g

8⁹⁹
EA

OLIVIERI
FILLED PASTA

Selected Varieties,
540g or 700g

9⁹⁹
EA

GREENFIELD
BACON

Raised without
Antibiotics, Selected
Varieties, 375g

8⁹⁹
EA

Earn points
faster than you
can say 'bacon'.

NEW

GET FESTIVE

one Appie at a time



LIMITED
TIME ONLY



MIX & MATCH
BUY 2
GET 1
FREE*



western family
APPETIZERS
Selected Varieties,
Frozen



*of equal or lesser value

FRESH & DELI-CIOUS CHOICES


HOMESTYLE ROAST BEEF
Fresh Sliced in Store,
Regular or Garlic

4²⁹
100G


SILA GENOA SALAMETTI
Selected Varieties,
300g

9⁹⁹
EA

GRIMM'S HAM
Fresh Sliced in Store,
Selected Varieties

3²⁹
100G




BREAKFAST SANDWICH CROISSANT
Selected Varieties

5⁹⁹
EA


DELI SALAD
Selected Varieties

1⁹⁹
100G


TAKE & BAKE PIZZA
Selected Varieties

11⁹⁹
EA

CHEESE SHOP SELECTION


GOUDA CHEESE
Medium or Mild

3⁴⁹
100G


KERRYGOLD IRISH CHEESE
Selected Varieties, 198g

8⁹⁹
EA


ALEXIS DE PORTNEUF CAMEMBERT FRANÇAIS CHEESE
Cut in Store

3⁹⁹
100G

OLD-FASHIONED FRESHNESS



KAISER ROLLS
or Scotch Baps, Baked in Store,
Selected Varieties, Pack of 6

349
EA



BRAIDED STRUDELS
Fresh, Baked in Store, Selected
Varieties, Pack of 4

399
EA



ARTISAN BREAD
Baked in Store,
Selected Varieties, 450g

429
EA



CROISSANTS
Baked in Store, Pack of 4

329
EA



DESSERT CAKE
Selected Varieties, 600g

1499
EA



**ISLAND CITY
FOCCACIA BREAD**
Authentic or Rosemary,
400g

449
EA

GRAB-AND-GO GOODNESS



**COUNTRY
HARVEST BREAD**
Selected Varieties, 600g

399
EA



**VILLAGGIO
TOSCANA BUNS**
(528g) or Bread (510g),
Selected Varieties

2\$7
FOR



**DEMPSTER'S
BAGELS**
Selected Varieties,
Pack of 6

449
EA

EAT WELL LIVE WELL



SIGGI'S SKYR YOGURT
Selected Varieties, 650g or 750g

6⁹⁹ EA



iöGO NANO DRINKABLE YOGURT
(6 x 93 mL) or Siggi's Skyr (4 x 100g), Selected Varieties

3⁹⁹ EA



ARMSTRONG SHREDDED CHEESE
Selected Varieties, 320g

5⁹⁹ EA



BILLIO FROZEN NON-DAIRY DESSERT
Selected Varieties, 1 Litre

10⁹⁹ EA



TENDERFLAKE PIE SHELLS
Deep Dish (350g) or Puff Pastry (397g), Frozen

3⁹⁹ EA



MY BUTCHER BONE BROTH
Gluten Free, Beef or Chicken, 700 mL

6⁹⁹ EA

SMART PANTRY STAPLES



POPPI SODA
Selected Varieties, 4 x 355 mL

10⁹⁹ EA



GOOD DRINK ICED TEA
or Mango, 473 mL

3\$8 FOR



CERES 100% JUICE
Selected Varieties, 1 Litre

3⁹⁹ EA

BETTER-FOR-YOU BASICS



PRANA ORGANIC BAKING PRODUCTS
Selected Varieties,
180g or 200g

8⁹⁹
EA



CHA'S ORGANICS ORGANIC COCONUT WHIPPING CREAM
400 mL

5⁹⁹
EA



BOB'S RED MILL TRADITIONAL BAKING MIX
Selected Varieties, 397g

5⁹⁹
EA



NUTS TO YOU TAHINI SPREAD
500g

8⁹⁹
EA



EAT WHOLESOME ORGANIC TOMATOES
Selected Varieties,
680 mL or 796 mL

4⁹⁹
EA



CHOSEN FOODS MAYONNAISE
Selected Varieties,
332 mL or 355 mL

11⁹⁹
EA



FEVER-TREE TONIC WATER
Selected Varieties,
4 x 200 mL

7⁹⁹
EA



SIMPLY COCKTAIL
Selected Varieties,
480 mL

8⁹⁹
EA



FEVER-TREE CLASSIC MIX
Selected Varieties,
750 mL

8⁹⁹
EA

PICKS OF THE WEEK



STARBUCKS COFFEE
(340g) or Pods (10's), Selected Varieties

12⁹⁹
EA



EARTH'S OWN BARISTA
Selected Varieties, 946 mL

4⁹⁹
EA



EL JEFE FRESH CORN CHIPS
Selected Varieties, 350g

4⁹⁹
EA



MRS. RENFRO'S SALSA
Selected Varieties, 473 mL

5⁹⁹
EA



OLD DUTCH POTATO CHIPS
Selected Varieties, 235g

3⁹⁹
EA



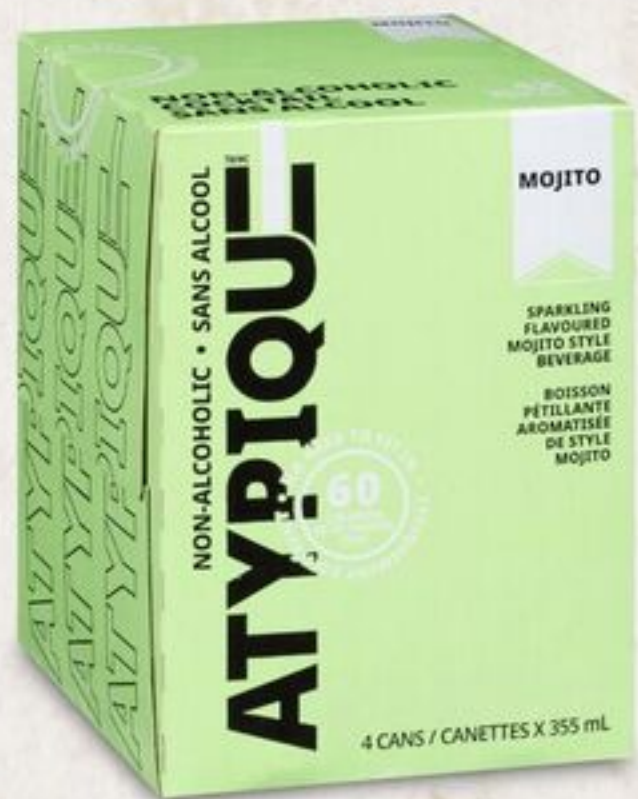
STANLEY PARK NON-ALCOHOLIC BEER
Selected Varieties, 4 x 355 mL

9⁹⁹
EA



ATHLETIC BREWING NON-ALCOHOLIC BEVERAGES
Selected Varieties, 6 x 355 mL

10⁹⁹
EA



ATYPIQUE NON-ALCOHOLIC MOCKTAILS
Selected Varieties, 4 x 355 mL

8⁹⁹
EA



MISS VICKIE'S
POTATO CHIPS
Kettle Cooked,
Selected Varieties, 200g

2\$9
FOR



LAY'S
POTATO CHIPS
Selected Varieties,
235g

3\$9
EA



TOSTITOS
TORTILLA CHIPS
Selected Varieties,
275g or 295g

2\$8
FOR



PEPSI SOFT DRINKS
Selected Varieties,
6 x 222 mL Mini Cans

2\$9
FOR



BUBLY SPARKLING WATER
(12 x 355 mL) or Montellier Carbonated
Natural Spring Water (10 x 355 mL),
Selected Varieties

6\$9
EA



SWEET TREATS FOR THE HOLIDAYS

LINDT LINDOR
CHOCOLATES
Selected Varieties, 150g
WHILE QUANTITIES LAST.

9⁹⁹
EA



NESTLÉ AFTER
EIGHT MINTS
Selected Varieties, 200g
WHILE QUANTITIES LAST.

7⁹⁹
EA

TERRY'S
CHOCOLATE
ORANGE
Selected Varieties, 157g
WHILE QUANTITIES LAST.

6⁹⁹
EA





NESTLÉ TURTLES
CHOCOLATES
Selected Varieties, 150g
WHILE QUANTITIES LAST.

7⁹⁹
EA

M&M'S CHRISTMAS
RED AND GREEN
CHOCOLATE CANDIES
Selected Varieties, 165g
WHILE QUANTITIES LAST.

5⁴⁹
EA



WALKERS SEASONAL
SHORTBREAD
Selected Varieties, 125g

4⁹⁹
EA

ONLY GOODNESS^{TM MC}



**ONLY
GOODNESS
ORGANIC FRUIT**
Selected Varieties,
Frozen, 1.5 kg

12⁹⁹
EA

**ONLY
GOODNESS
ORGANIC OATS**
Selected Varieties, 1 kg

4⁹⁹
EA



**ONLY GOODNESS
ORGANIC EXTRA
VIRGIN OLIVE OIL**
500 mL

11⁹⁹
EA



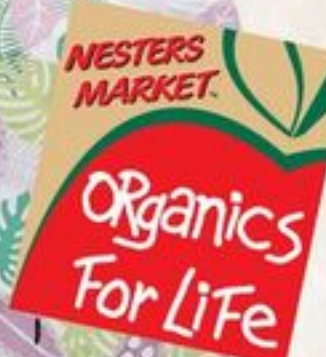
**ONLY GOODNESS
ORGANIC
COCONUT MILK**
400 mL

2\$5
FOR



**ONLY GOODNESS
ORGANIC
POPPING CORN**
700g

5⁹⁹
EA



**ONLY GOODNESS
ORGANIC COFFEE**
Whole Bean, Selected
Varieties, 400g

19⁹⁹
EA

Healthy goodness made simple.

Selection may vary by store.

PERSONAL WELLNESS

SUBI GREENS
SUPER JUICE MIX
Selected Varieties, 264g or 280g

32⁹⁹
EA

It's easy to stay hydrated!
Subi provides your daily dose
of greens and nutrients in
1 easy scoop with no synthetic
vitamins or ingredients.



ORGANIKA
ENHANCED
COLLAGEN
Original or Marine, 250g

30%
OFF



LIVE CLEAN
BODY WASH
Selected Varieties, 500 mL

74⁹
EA



HELLO NATURAL
DEODORANT
Selected Varieties, 73g

6⁹⁹
EA



COLGATE
TOOTHPASTE
Regular or Winter Fresh,
120 mL

1⁹⁹
EA



DOVE BAR SOAP
Selected Varieties,
6 x 106g

124⁹
EA



MUNCHKIN
SNACK CATCHER
(2-Pack) or Soft Tip
Spoons (6-Pack),
Selected Varieties

20%
OFF



VASELINE
LOTION
Selected Varieties,
600 mL

More
REWARDS
EARN
1000
POINTS



BATISTE DRY
SHAMPOO
Original or Tropical, 350 mL

14⁹⁹
EA



EDGE SHAVE GEL
or Skintimate, Selected
Varieties, 198g

44⁹
EA



MY
**MERRY
MEGA**
DEAL

NESTERS  MARKET™

Your Christmas
BONUS POINTS
are waiting for you!

LOAD MY OFFERS