



PRICE CUT
EVENT

App
exclusive offer



Member Price

\$1.35

Non-Member Price

\$1.99

Members
Save
.64



10 LB BAG

YELLOW or RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601020001_EA/20601017001_EA

2.99
EA/LB

PKG OF 5



CHERRIES
6.59/kg, product of Chile,
no. 1 grade or
AVOCADOS
each, product of Mexico,
Peru or Colombia
cerises ou avocats
20159690001_KG
21644936001_EA

1.44



BROCCOLI CROWNS
product of Mexico or U.S.A.
each
couronnes de brocoli
21121560001_EA

1.99

283 G



**FARMER'S
MARKET™
GRAPE
TOMATOES**
product Canada, U.S.A.
or Mexico
tomates raisins
21367880001_EA

NOFRILLS®

PRICE CUT
EVENT

FLYER PRICES EFFECTIVE THURSDAY, JANUARY 29 TO WEDNESDAY, FEBRUARY 4, 2026.

CLUB
SIZE

SAVE 27%

10⁸⁸

LEAN GROUND BEEF
grass fed, 2x450 g
boeuf haché maigre
21618300, EA



SAVE 25%

4⁸⁸
LB

CHICKEN BREAST
club size, boneless, skinless
10.76/kg
poitrines de poulet
20454124, KG



SAVE 20%

\$1

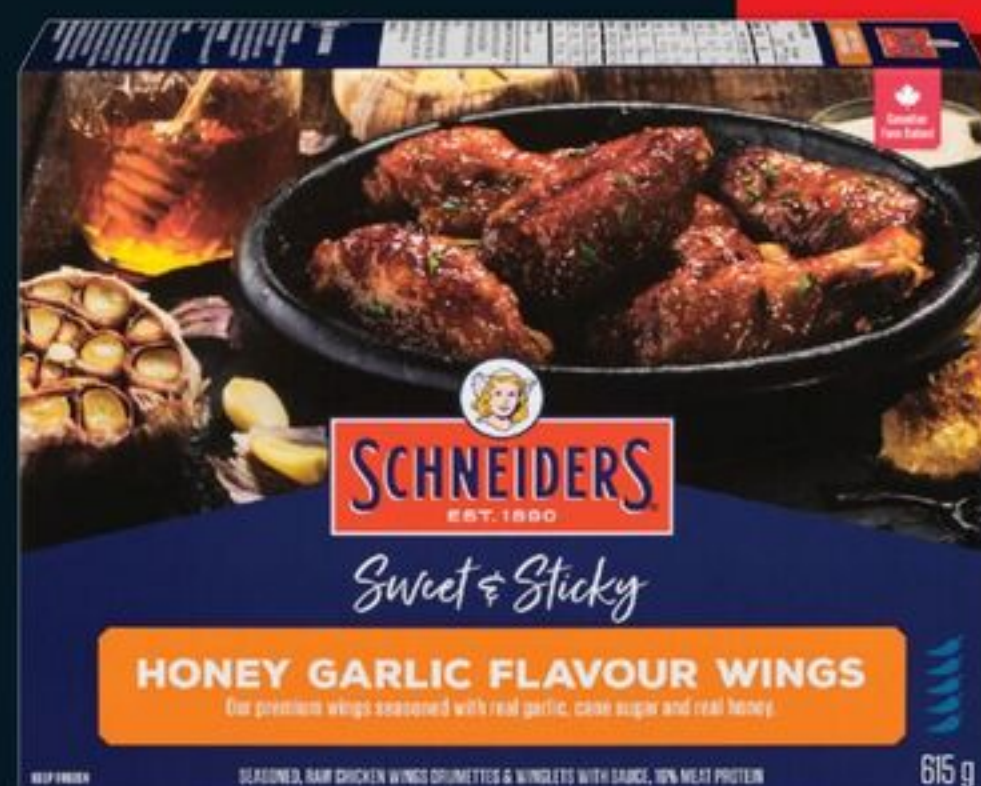
NEILSON CHOCOLATE MILK
750 mL
lait
20766719, EA



SAVE 30%

6⁹⁹

SCHNEIDERS CHICKEN WINGS
selected varieties, frozen, 615 g
21374335, EA



PRICE DROP

\$3

CLASSICO PASTA SAUCE
selected varieties
410/600 mL
sauce pour pâtes
2032560003, EA/21618217, EA



ONLY

3⁴⁷

OIKOS or ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
20419715001, EA/20633053, EA



SAVE UP TO 50%

\$2

MADE GOOD GRANOLA BARS, COOKIES, MINIS, CRISPY SQUARES or CRUNCHY BITES 110-150 g or **GOLDFISH CRACKERS** 150-200 g
selected varieties
barres granola ou biscuits ou carrés ou bouchées ou craquelins
21352121, EA/20300230, EA



PRICE DROP

6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
margarine
202978118002, EA



SAVE UP TO 43%

\$3

CRAVE DINNER ENTRÉES 200-340 g or **KRAFT DELUXE MAC & CHEESE** 340 g
selected varieties, frozen
plats cuisinés ou macaroni au fromage
21085515, EA



SAVE 33%

\$2

CAMPBELL'S CHUNKY SOUP
selected varieties
515 mL
soupe
21480447, EA



SAVE 55%

\$4

ROYALE FACIAL TISSUE
selected varieties
6x2/100 sheets
mouchoirs
20702419, EA



SAVE 33%

11⁸⁸
8 KG

JASMINE GOLD THAI JASMINE RICE
8 kg
riz au jasmin
21494274, EA



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd., Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St, Toronto, 970 Upper Wentworth St, Hamilton, 671 Broadway St, Tillsonburg, 410 St Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto, 1035 Plains Rd., Burlington; please see nofrills.ca for flyers for these stores.

  **nofrills.ca**

Moredays
Moredays
Moredays



Moredays™

Thursday, January 29 to Wednesday, February 4, 2026



App exclusive offer



\$4⁹⁹

Earn
1,500
pts

That's
\$1⁵⁰
back in points

PKG OF 4

FARMER'S MARKET™ SWEET PEPPERS
product of Mexico
poivrons
20117550001_EA



App exclusive offer



Member Price
\$2²⁵

Non-Members
\$3

Members
Save
.75

PC® or PC® BLUE MENU®
ENGLISH MUFFINS
selected varieties, 6's
muffins anglais
20810728_EA



App exclusive offer

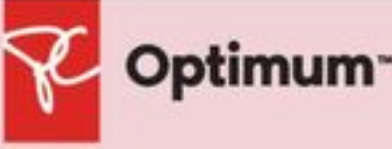


\$3⁵⁰

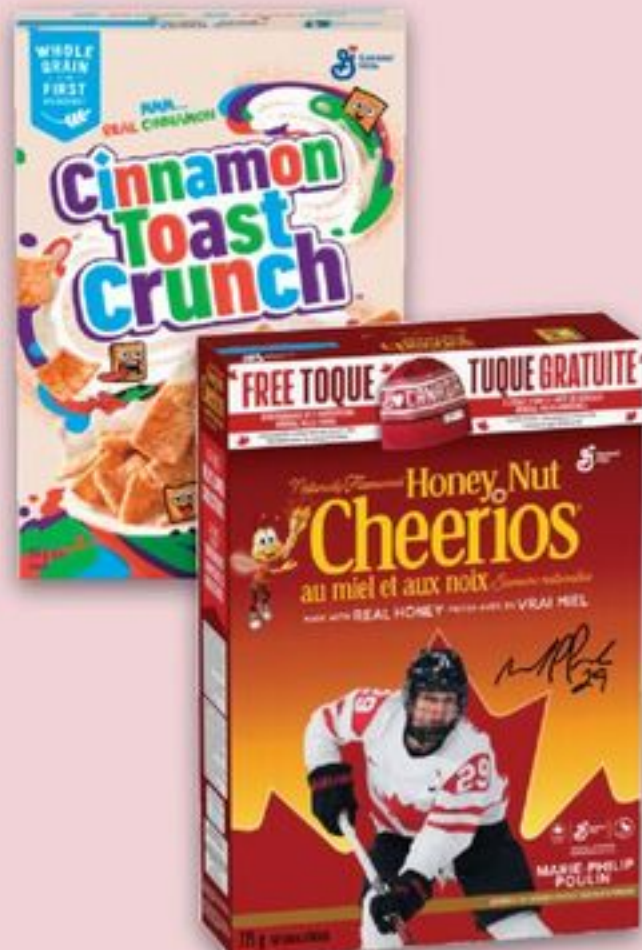
Earn
1,500
pts

That's
\$1⁵⁰
back in points

ZIGGY'S® SLICED DELI MEAT
selected varieties
175 g
charcuteries tranchées
21592461_EA/21596554_EA



App exclusive offer



Earn
5,000
pts

For every \$10*
spent

That's
\$5
back in points

GENERAL MILLS CEREAL
selected varieties
300 g - 1.3 kg
céréales
21104055_EA/21103495_EA

188

DRAGON FRUIT

product of Vietnam
pitaya
20168395001_EA



SAVE 40%

150

NESCAFÉ

COFFEE MIX
150 g
mélange de café
20964335_EA



ONLY

150

KALAS SEA SALT

75 g
sel de mer
20088518_EA



SAVE 23%

329

SURAJ®
GARLIC AND GINGER PASTE

selected varieties
750 g
ail ou pâte de gingembre
21088388_EA/21088480_EA



FRESH AT LOW PRICES



3.99

6 OZ CLAMSHELL

STRAWBERRIES
product of Mexico or U.S.A., no. 1 grade,
BLACKBERRIES
product of U.S.A. or Mexico or
BLUEBERRIES
product of Mexico, Peru, Chile or Morocco, no. 1 grade
fraises ou mûres ou bleuets
20051015001 EA/20128938001 EA/
20049778001 EA

PINT

1 LB CLAMSHELL

2 LB BAG

1.79

ENGLISH CUCUMBER
product of Ontario, Canada no. 1 grade
concombre anglais
20070132001 EA

2.99

FARMER'S MARKET™ CARROTS or YELLOW ONION
product of Canada, Canada no. 1 grade
carottes ou oignons jaunes
20600927001 EA/20811994001 EA

3 LB BAG

3.99

CANTALOUPE
product of Guatemala or Honduras, no. 1 grade,
PINEAPPLE
product of Costa Rica or
FARMER'S MARKET™ LEMONS
product of U.S.A.
citrons ou cantaloup ou ananas
20167017001 EA/20160992001 EA/
20795315001 EA



If your produce isn't fresh, we'll replace AND refund it.*

2.49
LB

EGGPLANT product of Mexico or
ROMA TOMATOES product of Canada or Mexico, no. 1 grade
aubergine ou tomates roma
5.49/kg
2013570601 KG/20143381001 KG

3.99

PKG OF 2

CAULIFLOWER
product of Mexico or U.S.A., no. 1 grade or
ROMAINE HEARTS product of U.S.A.
chou-fleur ou cœurs de romaine
20135377001 EA/20082756001 EA

2.99

BROCCOLINI product of U.S.A. or
FARMER'S MARKET™ MINI CUCUMBERS
product of Canada, Canada no. 1 grade
mini-concombres ou broccolini
2073737001 EA/20154907 EA

PKG OF 6

5.99

FARMER'S MARKET™ RED ONIONS
product of Canada, Canada no. 1 grade
oignons rouges
20771965001 EA

10 LB BAG

.79
LB

GREEN CABBAGE
product of Canada, Canada no. 1 grade
chou vert
1.74/kg
20795034001 KG

1.29

RED MANGOES
product of Peru
mangues rouges
20059615001 EA

2.99
LB

STEM & LEAF CLEMENTINES
product of Spain
clementines
6.59/kg
20613483001 KG

4.99

FARMER'S MARKET™ ORANGES
product of Morocco or Spain
oranges
20162945001 EA

3 LB BAG

4.99

PC®, BLUE MENU® or WONDERFUL PISTACHIOS
selected varieties, product of U.S.A.
200-225 g
pistaches
21331596 EA/20339219 EA

4.99

4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
51307312001 EA/20767998001 EA

6.99

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054020001 EA

2.49

227 G

PC® WHOLE, or SLICED, WHITE or CREMINI MUSHROOMS product of Ontario
champignons blancs ou cremini tranchés ou entiers
20737811 EA/20773860 EA

.69

KIWI
product of Greece
kiwi
20120242001 EA

\$10

4" ORCHID
orchidées
207906 EA
WHILE QUANTITIES LAST

*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.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 No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and 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.

FRESH AT LOW PRICES

\$7



SEAQUEST® FILLETS
selected varieties, frozen, 400 g
filets de poisson
21314740, EA

\$13 LB



BEEF STIR FRY STRIPS
Canada AA
lanieres de bœuf à sauter
28.66/kg
21189995, KG

\$7



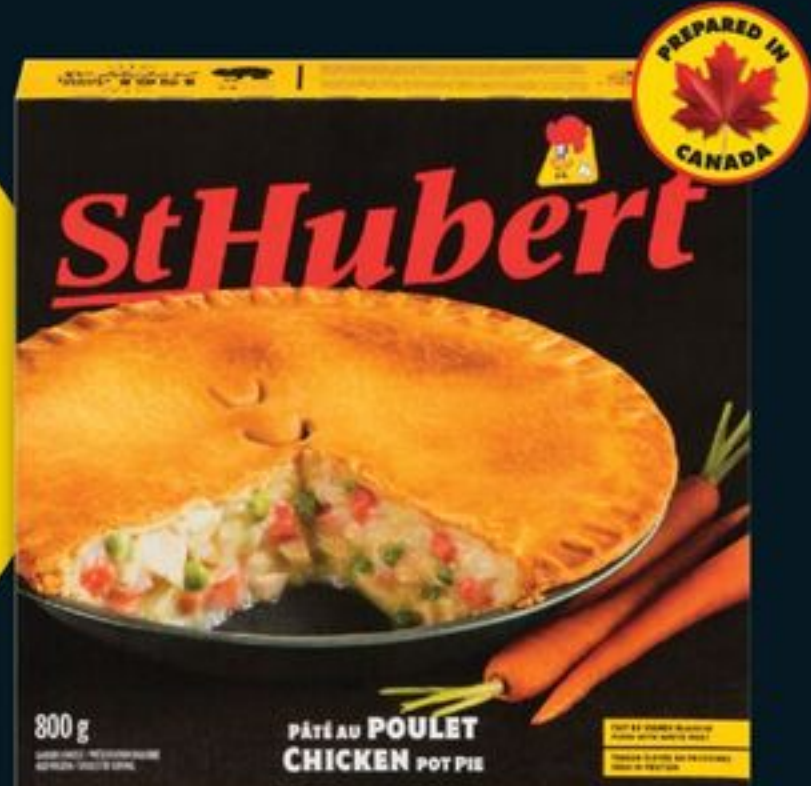
SEAQUEST® WHITE COLOSSAL SHRIMP raw, 16/20 per lb,
300 g, **BAY SCALLOPS** 400 g or **SHRIMP RING** 227 g
frozen
crevettes blanches colossales ou pétoncles de baie ou couronne de crevettes
21043387, EA



\$8

PC® BLUE MENU® GROUND CHICKEN or
MINCED TURKEY
454 g
poulet haché ou hachis de dinde
21100911, EA

7.99



ST-HUBERT 715/800 g or
SWISS CHALET POT PIES 650/655 g
selected varieties, frozen
pâtis
20719298, EA



8.99

JANES BONELESS CHICKEN BITES, FILLETS or TENDERS
selected varieties, frozen, 710/720 g
bouchées de poulet désossées ou filets ou lanieres de poulet
21440340, EA/21703608, EA

\$12

Earn
1,000
pts

that's
\$1
back in points

MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.4 kg
cuisses de poulet
21684202, EA



12.99



MARCANGELO SOUVLAKI KABOBS
selected varieties, 480/640 g
brochettes
21041735, EA

\$3.50

Earn
500
pts

that's
.50
back in points

MASTRO CAPOCOLLO or PROSCIUTTO COTTO or ROSEMARY HAM or SAN DANIELE MORTADELLA 175 g
capocollo ou prosciutto cotto ou jambon ou mortadelle
20576742, EA/20576743, EA



\$6



PC® FREE FROM® SLICED DELI MEAT 175 g,
MARCANGELO COOKED CHICKEN BITES 200 g or
SLICED DELI MEAT 85 g
selected varieties
charcuteries tranchées ou bouchées de poulet ou charcuteries tranchées
20682855, EA/21706097, EA

\$6



SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES 375-450 g
selected varieties
saucisses à hot dog ou saucisses fumées
20103611, EA

\$4



THE LAUGHING COW® 8's,
CHEESE DIPPER 140 g or **MINI BABYBEL** 6's
selected varieties
fromage
20319107, EA/20574332, EA

\$4



PC® TOPPED HUMMUS
selected varieties, 280 g
hummus
20611208, EA

\$5



OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g,
SKILLET GNOCCHI 280/300 g or **FRESH SAUCE** 300 mL
pâtis ou gnocchi ou sauce fraîche
21022061, EA/20201312, EA

\$2



NO NAME® BAGELS
selected varieties
6's
bagels
21297831, EA

\$3



COUNTRY HARVEST BREAD 600 g or **BAGELS** 6's
selected varieties
pain ou bagels
21178597, EA/21178642, EA

4.50



FARMER'S MARKET® BUTTER CROISSANTS 6's
or **PC® MINI MUFFINS** 12's
selected varieties
croissants au beurre ou mini-muffins
20973943, EA/21488839, EA

App exclusive offer



PC® VEGETABLES
selected varieties, frozen
300-750 g
légumes
20318915_EA

Member Price

\$3

Non-Members

\$4

Members
Save
\$1

Moredays Moredays Moredays



Optimum™

Moredays™

Thursday, January 29 to
Wednesday, February 4, 2026

App exclusive offer



CHRISTIE COOKIES 303-482 g or **CAKESTERS** 285 g
selected varieties
biscuits
21014087_EA/21712437_EA

\$4⁵⁰

Earn

2,500
(pts)

That's
\$2⁵⁰
back in points



DR. OETKER SUPREMA 487-520 g or
GIUSEPPE STUFFED CRUST PIZZA
685-771 g
selected varieties, frozen
pizza
21649640_EA

\$7

Earn

1,000
(pts)

That's
\$1
back in points



CLARK BEANS
selected varieties, 398 mL
légumineuses
21308477_EA

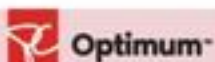
\$1⁵⁰

Earn

500
(pts)

That's
.50
back in points

App exclusive offer



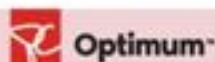
Earn
4,000
(pts)

For every \$10*
spent

That's
\$4
back in points

CHRISTIE PREMIUM PLUS CRACKERS
selected varieties, 450/481 g
croquelins
21109001_EA/21109004_EA

App exclusive offer



Earn
5,000
(pts)

For every \$10*
spent

That's
\$5
back in points

KNORR LIQUID BOULLION 250 mL, **CUBES** 63/69 g,
DRY SAUCE MIX 17-48 g, **ZERO SALT** 72 g, **OXO**
BOULLION 72 g or **VELOUTINE GRAVY MIX** 250 g
selected varieties
boullion ou mélanges à sauce ou mélanges à sauce brune
20311529001_EA/20320060_EA/2032323004_EA



Earn
3,500
(pts)

For every \$10*
spent

That's
\$3⁵⁰
back in points

GERBER BABY POUCHES, SNACKS or CEREALS
all sizes and varieties
sachets pour bébé ou collations ou céréales
21024943_EA/20574110001_EA/20305738001_EA



Earn
1,000
(pts)

For every \$6*
spent

That's
\$1
back in points

**ORVILLE REDENBACHER MICROWAVE
POPCORN** 385-492 g or **KERNEL JAR** 850 g
selected varieties
maïs à éclater ou en pot
20629532002_EA



Earn
1,500
(pts)

For every \$6*
spent

That's
\$1⁵⁰
back in points

**BETTY CROCKER SUPER MOIST
CAKE MIX** 375/404 g, **SNACK SIZE MIX** 184/212 g or
FROSTING 340/450 g, selected varieties
mélanges à gâteau ou mélanges à collation ou glaçage
20562641007_EA/21547838_EA



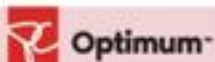
Earn
4,000
(pts)

For every \$12*
spent

That's
\$4
back in points

CADBURY CHOCOLATE
selected varieties
32-200 g
chocolat
20690539_EA/21648577_EA

App exclusive offer



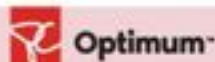
Earn
2,000
(pts)

For every \$5*
spent

That's
\$2
back in points

CHRISTIE CRISPERS
selected varieties
145 g
croquelins
21356333_EA

App exclusive offer



Earn
5,000
(pts)

For every \$10*
spent

That's
\$5
back in points

PILLSBURY REFRIGERATED DOUGH 200-468 g or
PILLSBURY POPS 380 g, **SCRAMBLES** 204 g or
STRUDEL 326 g, selected varieties
pâte réfrigérée ou collations de pizza ou pâtisseries
20318034001_EA/20305424002_EA/21436023_EA



Earn
3,500
(pts)

For every \$9*
spent

That's
\$3⁵⁰
back in points

YOPLAIT or LIBERTÉ YOGURT
selected varieties, excludes Yop 12's, 15's, Liberté 16's
yogourt
20317317001_EA/20642273_EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase.

*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. Members must open their PC Optimum™ App by Feb 1st, 2026 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between Jan 29th and Feb 1st, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App.

**Must be a registered PC Optimum™ member to get this offer.

NOFRILLS

CUSTOMER RELATIONS 1-866-98-SMILE (76453)

[nofrills.ca](https://www.nofrills.ca)



this product contains
post consumer recycled
paper



Moredays Moredays Moredays



Moredays™

Thursday, January 29 to
Wednesday, February 4, 2026



\$11

Earn
1,000
pts

That's
\$1
back in points

NATIVE HAIR CARE 487 mL or **BODY WASH** 532 mL
selected varieties
soins capillaires ou nettoyant pour le corps
21435048 EA/21505267 EA



Earn
10,000
pts

That's
\$10
back in points

For every \$25*
spent



AVEENO BODY LOTION, FACIAL CARE, SUNSCREEN, BODY WASH or BABY TOILETRIES
all sizes and varieties
lotion pour le corps ou soins pour le visage ou écrans solaires
ou nettoyant pour le corps ou articles de toilette pour bébé
20102023001 EA/20157402002 EA



Earn
3,000
pts

That's
\$3
back in points

For every \$15*
spent

CETAPHIL FACE or BABY PRODUCTS
all sizes and varieties
produits pour le visage ou bébé
20432313001 EA/21115535 EA



Earn
5,000
pts

That's
\$5
back in points

For every \$15*
spent

AXE, DEGREE or VASELINE PRODUCTS
all sizes and varieties
produits
20303942001 EA/21042562 EA/21085011 EA

Earn
5,000
pts

For every \$12*
spent

That's
\$5
back in points

LISTERINE MOUTHWASH
all sizes and varieties
rinçage-bouche
20348438001 EA

Earn
7,500
pts

For every \$20*
spent

That's
\$7.50
back in points

BENEFIBER, CENTRUM, EMERGEN-C, ADVIL, NEOCITRAN, TUMS, SENSODYNE or POLIDENT
selected varieties and sizes
fibres, multivitamines, vitamine C, analgésique, produit pour le rhume,
antiacide, dentifrice, produits pour prothèses dentaires
20301179003 EA/20997357 EA

App exclusive offer

Earn
20,000
pts

For every \$50*
spent

That's
\$20
back in points

JAMIESON PROGRESSIVE, IRON VEGAN or SMART SOLUTIONS ITEMS
selected varieties, 680-850 g
poudre de protéines
21518344 EA

\$11.49

Earn
1,500
pts

That's
\$1.50
back in points

ZIPLOC STORAGE BAGS
selected varieties
60-270's
sacs de rangement
21196100 EA

\$7.99

Earn
3,000
pts

That's
\$3
back in points

EASY-OFF OVEN CLEANER
selected varieties
400 g/475 mL
nettoyant pour four
20318168001 EA

Earn
5,000
pts

For every \$12*
spent

That's
\$5
back in points

LYSOL CLEANING or LAUNDRY
all sizes and varieties
produits nettoyants ou pour la lessive
20310677001 EA/21449826 EA

Earn
8,000
pts

For every \$20*
spent

That's
\$8
back in points

TYLENOL, BENLYN or ZARBEE'S COUGH COLD PRODUCTS
selected varieties and sizes
produits pour le rhume et la toux
20315180001 EA/20322277001 EA

\$22

Earn
1,000
pts

That's
\$1
back in points

TIDY CATS CAT LITTER
selected varieties
5.44 kg
litière pour chats
21217951 C01

Earn
5,000
pts

For every \$12*
spent

That's
\$5
back in points

CLOROX, PINE-SOL, LIQUID PLUMR, GREEN WORKS or GLAD HOMECARE PRODUCTS, all sizes and varieties
produits pour la maison
20298679001 EA/21283179 EA

App exclusive offer

Member Price
\$10

Non-Members
\$11

Members
\$1

TIDE LIQUID 1.62/1.86 L or **PODS** 31/18's
LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.66/2.63 L, **DOWNY or GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120/200's
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse
21593782 EA/21659584 EA

Earn
5,000
pts

For every \$10*
spent

That's
\$5
back in points

SCRUBBING BUBBLES, DRANO or GLADE PRODUCTS
all sizes and varieties
produits nettoyants ou huile parfumée
2032855001 EA/21367989 EA

JANUARY

**HIT
OF THE
MONTH**

\$1.50



🇨🇦 Made in Canada

Catelli Smart or Healthy Harvest pasta

Selected varieties, 340/375 g

Limit: 6, over limit retail \$2.50

20299819008_EA/20527060_EA

\$2.25



Kellogg's Eggo Waffles 8's

Frozen, selected varieties, 270/280 g

Limit: 6, over limit retail \$3.00

20302779_EA/20323436001_EA

\$1.99



🇨🇦 Prepared in Canada

Janes Cosmic Chicken Nuggets

Frozen, 500 g

Limit: 6, over limit retail \$4.50

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.

Offer valid January 1st - 31st, 2026 while quantities last.

We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

LAST
CHANCE TO
**SAVE
BIG***

Redemption ends
February 25th or
while supplies last.

**Supplies
are
limited!**



COLLECT
& SAVE!
BIG

*Get 1 stamp for every eligible \$20 spent before taxes in a single transaction until Feb. 11, 2026 at participating Loblaw banner stores. 8 bonus stamps for PC Optimum™ members who opt-in using the PC Optimum™ App ("App") between Oct. 16, 2025-Feb. 11, 2026. 1 bonus offer/account/household. Purchase exclusions apply. Stamps have no cash value and are non-transferrable. See in store for paper stamp card or App to opt-in to program for digital stamp card. Stamp redemption ends Feb. 25, 2026 or while supplies last. 20 stamps must be presented at time of ovenware purchase. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. For full warranty information, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

JANUARY 29 - FEBRUARY 11

LAST CHANCE TO

SAVE BIG
WITH *FEWER
STAMPS*

Supplies
are
limited!



Double Redemption

~~40~~ 20 =
stamps

Any **two pieces**
of Ovenware for
60%-80% off each!

COLLECT
& SAVE!
BIG

Offer available for redemption in-store and online at participating Loblaw banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferrable. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales are final. Ovenware is under warranty for 2 years from date of purchase. For full warranty information including warranty exclusions, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.



Optimum™

App exclusive offers

More offers
More points

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



PC® INSTANT COFFEE
80 - 100 g
café instantané

Earn
500
pts
Until February - 4 - 2026

Optimum™



NESCAFÉ RICH INSTANT COFFEE
excludes 95 g
café instantané

Save
\$2.50
with digital
coupon

Optimum™



PC® CHOCOLATE BARS
300 g
chocolat au lait

Earn
1,000
pts
Until February - 4 - 2026

Optimum™



PC® CHEESECAKE
600 g
gâteau au fromage

Earn
2,000
pts
with digital
coupon

Optimum™



PC® COLESLAW
397 g
salade de chou

Earn
500
pts
Until February - 4 - 2026

Optimum™



PC® GNOCCHI or RISOTTO
350/400 g
gnocchi ou risotto

Earn
1,000
pts
Until February - 4 - 2026

Optimum™



PC® BLUE MENU CALAMANSI CITRUS AND STRAWBERRY SPARKLING WATER
12 x 355 mL
eau pétillante

Earn
750
pts
Until February - 4 - 2026

Optimum™



PC® LOW SODIUM CLUB SODA
12 x 355 mL
soda

Earn
750
pts
Until February - 4 - 2026

Optimum™



PC® RED BREW DE-ALCOHOLIZED LAGER BEER
12 x 355 mL
bière

Earn
1,500
pts
Until February - 4 - 2026

Optimum™



PC® BABY WIPES
300's
lingettes bébé

Earn
1,000
pts
Until February - 4 - 2026

Optimum™



NO NAME® CHICKEN STRIPS
908 g
lanières de poulet

Earn
500
pts
Until February - 4 - 2026

Optimum™



NO NAME® CHICKEN NUGGETS
908 g
pépites de poulet

Earn
500
pts
Until February - 4 - 2026

Optimum™



PC® MEAT LASAGNA
2.27 kg
lasagne

Earn
2,000
pts
Until February - 4 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



NO NAME® CHOCOLATE CHIP COOKIES
907 g
brisures chocolatées

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® BUTTER
454 g
beurre salé

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® 100% WHOLE GRAIN QUICK OATS
1 kg
gruau rapide

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® SPICES
150 g
épices

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées

Earn
1,000

(pts)

Until February - 4 - 2026

Optimum



NO NAME® CHICKEN BURGER
908 g
burger au poulet

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® CHICKEN WINGS, MEDIUM BBQ
908 g
barbecue mi-piquantes

Earn
2,000

(pts)

Until February - 4 - 2026

Optimum



NO NAME® LEMONADE
1.75 L
limonade

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® FACIAL TISSUE
2 ply, 6 x 200 sheets
tissu facial

Earn
1,500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle

Earn
1,000

(pts)

Until February - 4 - 2026

Optimum



NO NAME® EXTRA SCENTED SCOOPABLE CLUMPING CAT LITTER
7 kg
litière pour chat

Earn
1,500

(pts)

Until February - 4 - 2026

BRANDS YOU LOVE AT LOW PRICES

\$3

ASTRO, IÖGO or LIBERTÉ GREEK 4's YOGURT
selected varieties
yogourt
20165226001 EA/20801752003 EA



\$6

CRACKER BARREL CHEESE SHREDS or BLACK DIAMOND CHEESTRINGS or SNACKS 252/336 g
selected varieties
fromage râpé ou collations
20763601 EA/21290616 EA

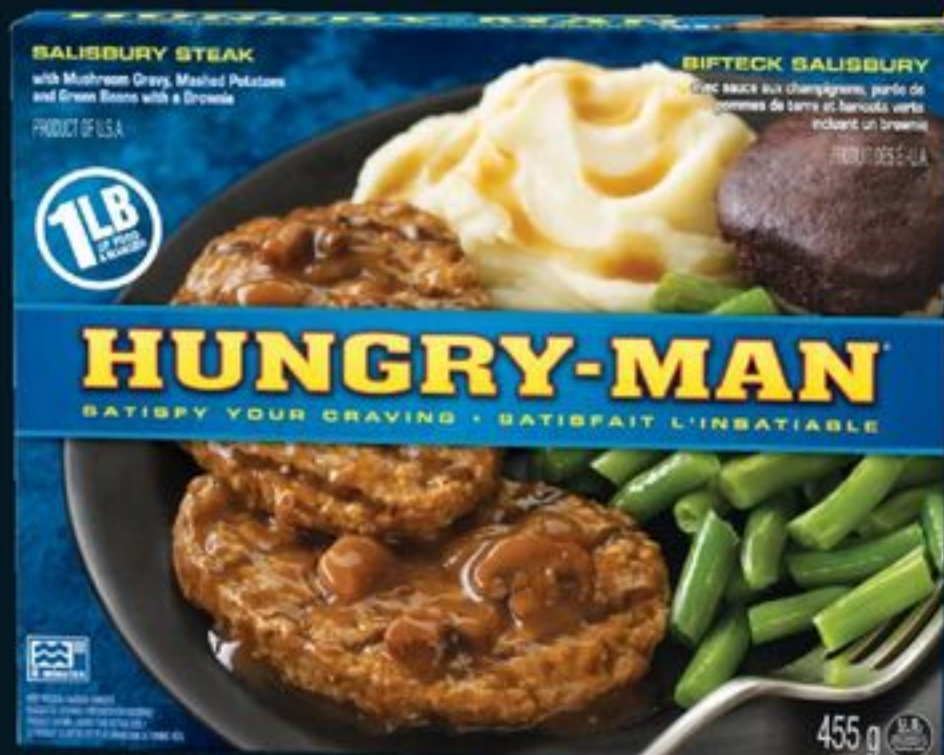
1.29

MINUTE MAID FRUIT PUNCH or LEMONADE
selected varieties
295 mL
punch ou limonade surgelé
20418237001 EA



4.50

HUNGRY-MAN DINNER ENTRÉES
selected varieties, frozen
plats cuisinés
20296014002 EA



5.50

PC® DRY ROASTED PEANUTS, CASHEWS or DELUXE MIXED NUTS 700 g
selected varieties
amandes ou noix de cajou ou mélange de noix
20057990001 EA/21054943 EA



6.49

PC® ORANGE JUICE
selected varieties, refrigerated, 2.5 L
jus d'orange
21531044 EA



\$11

NO NAME® MEAT LASAGNA
frozen, 2.27 kg
lasagne à la viande
20097975 EA



1.25

CAMPBELL'S CONDENSED SOUP
selected varieties, 284 mL
soupe condensée
20297340002 EA



3.50

OASIS, DEL MONTE or ARIZONA DRINK BOXES 8x200 mL or **SUNRYPE JUICE** 1.36 L
selected varieties
boissons ou jus
20468778003 EA/21649074 C06



\$4

COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 6x710 mL
boissons gazeuses
2001371002 C06



1.69

CAMPBELL'S BROTH
selected varieties, 250/900 mL
bouillon
20223248001 EA/21347245 EA



\$4

DORITOS TORTILLA CHIPS or SMARTFOOD POPCORN 210-235 g or 150-220 g
selected varieties
croustilles de tortilla ou maïs soufflé
20972859 EA/21649042 EA



2.29

DARE ULTIMATE COOKIES, VIVA PUFFS or WAGON WHEELS
selected varieties
biscuits ou collations
20417960001 EA/209748640 EA



1.50

CLOVER LEAF LIGHT TUNA
selected varieties, 85/170 g
thon pelé
20018117001 EA



3.25

MARIO'S CORNED BEEF or COOKED HAM
340 g
bœuf salé ou jambon cuit
21295614 EA



1.89

KNORR SIDEKICKS
selected varieties, 120-162 g
plats d'accompagnement
20221630007 EA/20221630012 EA



\$3

HEINZ KETCHUP
selected varieties
275 mL
ketchup
20128881 EA



\$4

NO NAME® CANOLA or VEGETABLE OIL
740 mL
huile de canola ou végétale
20088990 EA/20748640 EA



\$3

Earn **1,000 pts**

VH COOKING or DIPPING SAUCE
selected varieties, 341-380 mL
sauces à cuisson ou à trempette
20297368 EA/20984012 EA



2.79

BEN'S ORIGINAL BISTRO EXPRESS RICE
selected varieties, 240/250 g
riz
21405342 EA/21405476 EA



App exclusive offer

Earn **3,500 pts**
For every \$10* spent

That's **\$3.50** value



FLEISCHMANN'S YEAST 24-450 g
BREAD BOOSTER 100 g
BAKING POWDER 340 g or
CORNSTARCH 454 g
selected varieties
levure ou bonifiant de pain ou
poudre à pâte ou fécule de maïs
20006692 EA/20102920001 EA/21351074 EA

BRANDS YOU LOVE AT LOW PRICES

4⁹⁹

NEILSON TRUTASTE MILK
selected varieties
2 L
lot
20130270_EA



4⁵⁰

CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage
21290705_EA

\$4

NO NAME® ICE MILK
selected varieties, frozen
1.65 L
lait glacé
21610174_EA



\$1

SWANSON POT PIES
selected varieties, frozen, 200 g
pâtés
20320525001_EA

8⁵⁰



POGO
selected varieties, frozen, 8/10's
soudées sur bâtonnet
2003302001_EA

2⁸⁸



FRUITOPIA, PEACE TEA or FRUITE BEVERAGES
selected varieties, refrigerated, 1.54/1.75 L
thé au bonbons
2034740001_EA/21170470_EA

3⁵⁰



OLD DUTCH POTATO TORTILLA CHIPS or HUMPTY DUMPTY SNACKS
selected varieties
croustilles ou grignolines
21443100_EA

\$6



JACK LINK'S JERKY
selected varieties, 65-81 g
jerky
20501903001_EA

2⁷⁹



CHRISTIE COOKIES
selected varieties, 250-300 g
biscuits
21258407_EA/21361508_EA

Member Price
\$4⁵⁰

Non-Members
\$4⁹⁹

Members Save
.49

NO NAME® PIE FILLING
selected varieties, 540/796 mL
garniture pour tarte
21640334_EA/21647990_EA



\$8



NO NAME® SULTANA RAISINS or CRANBERRIES
selected varieties
raisins secs ou canneberries ou dates
20647009_EA/20647525_EA

2⁷⁵



PC® KETTLE, LOADS OF or WORLD OF FLAVOURS CHIPS
selected varieties, 200 g
croustilles
2064011002_EA/21422931_EA

\$6



MAXWELL HOUSE INSTANT COFFEE
selected varieties, 150 g
café instantané
21256608_EA

5⁴⁹



RED ROSE ORANGE PEKOE BLACK TEA 70's
selected varieties, 20's
thé
21642191_EA

1⁷⁵



CARNATION EVAPORATED MILK
selected varieties, 354 mL
lait évaporé
20694812_EA/20694887_EA

\$12



KICKING HORSE ORGANIC GROUND COFFEE
selected varieties, 284 g
café moulu
20605136001_EA

5⁵⁰



KELLOGG'S FAMILY SIZE CEREAL
selected varieties, 450-650 g
céréales
21489784_EA/21615440_EA

2²⁹



QUAKER DIPS or CHEWY GRANOLA BARS
selected varieties, 120-150 g
barres
20647582_EA/21339366_EA

\$9



NO NAME® HONEY 1 kg or **FOURISH PANCAKE MIX** 430 g
selected varieties
miel ou mélange à crêpes
20033683_EA/21373781_EA

\$3



FERRERO CHOCOLATE BAR 90 g or **MERCI CHOCOLATE BAR** 100 g
selected varieties
barres de chocolat
21160514_EA/21428863_EA

BRANDS YOU LOVE AT LOW PRICES

App
exclusive offer



\$7

Earn
1,000
pts

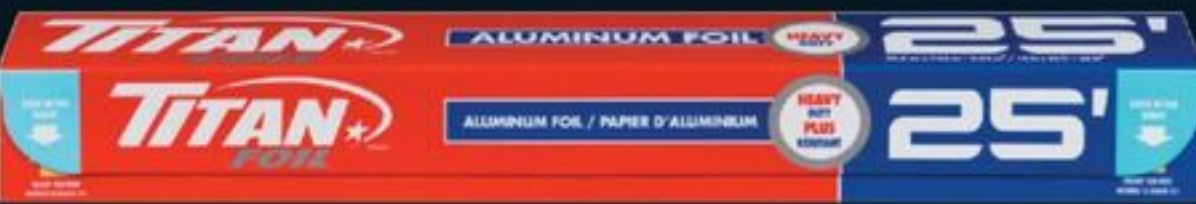
That's
\$1
value

**TRESEMMÉ
HAIR CARE**
selected varieties
184-311 g/236-828 mL
soins capillaires
20315303016, EA/21170103, EA



\$2

GLAD CLING WRAP 30 m, **TITAN FOIL** 25 ft or
TITAN WAX PAPER 25 ft
pellicule plastique ou papier d'aluminium ou papier ciré
20003818, EA/21408432, EA



\$4

**MR. CLEAN ALL
PURPOSE CLEANER** 1.21 L,
FEBREZE AIR 250 g,
**BATHROOM
AIR FRESHENER** 7.5 mL,
CAR 2 mL or
MAGIC ERASER 2's
selected varieties
nettoyant ou désodorisant ou
effaceur magique
21005017, EA/21700198, EA



19⁸⁸

**FINISH AUTO
DISHWASHER TABS**
selected varieties
60-105's
capsules de détergent
pour lave-vaisselle
21218875, EA/21561337, EA



NEW
LOWER
PRICES

\$7

**GREAT BRITISH
CHEDDAR**
400 g
cheddar
21527282_EA



3⁵⁰

**NATURAL BAKERY
RYE BREAD**
500 g
pain de seigle
21688966_EA

\$5

SCHNEIDERS BOLOGNA
selected varieties
500 g
bologna
20039186_EA



\$8

EXTRA LEAN GROUND BEEF
fresh, halal, grass fed
450 g
bœuf haché extra maigre
21675592_EA



4⁵⁰

**NATUREGG
NATURE'S BEST
LARGE EGGS**
12's
œufs
20814983001_EA



3⁵⁰

**MINUTE MAID
ZERO SUGAR or
FUZE BEVERAGES**
selected varieties, refrigerated
1.54/1.75 L
boissons
21434122_EA/21652207_EA



\$5

**CHAPMAN'S
FROZEN YOGURT
or
SORBET**
selected varieties, frozen
2 L
yogourt glacé ou sorbet
20314434001_EA/20529120001_EA



\$7

**PC® ORGANICS
FROZEN FRUIT**
selected varieties, frozen
600 g
fruits surgelés
20431483003_EA/20993672_EA



\$2

**BEN'S ORIGINAL
RICE CUPS**
selected varieties
62/68 g
riz
21680527_EA/21680713_EA



\$2

**SNACK PACK
PUDDING**
selected varieties
4x99 g
pouding
20310707001_EA



\$4

**HEALTHY CHOICE
DINNER ENTRÉES**
selected varieties, frozen
269-306 g
plats cuisinés
20318616009_EA



3²⁵

**İÖGÖ NANÖ
YOGURT
DRINKS**
selected varieties
6x93 mL
boissons de yogourt
20609487003_EA



\$5

**ACTIVIA
YOGURT**
selected varieties
8x93 mL
yogourt
21108458_EA



4⁷⁵

SMUCKER'S UNCRUSTABLES
selected varieties, frozen
52/58 g
pâtisseries
21543057_C04



7⁵⁰

LILYDALE SLICED DELI MEAT
selected varieties
400/500 g
charcuteries branchées
21673404_EA/21673436_EA



\$4

**TWININGS
TEA**
selected varieties
20's
thé
20300740001_EA



\$8

**CLIF BAR
5 PK**
selected varieties
340 g
barres
21664794_EA/21664843_EA



6⁵⁰

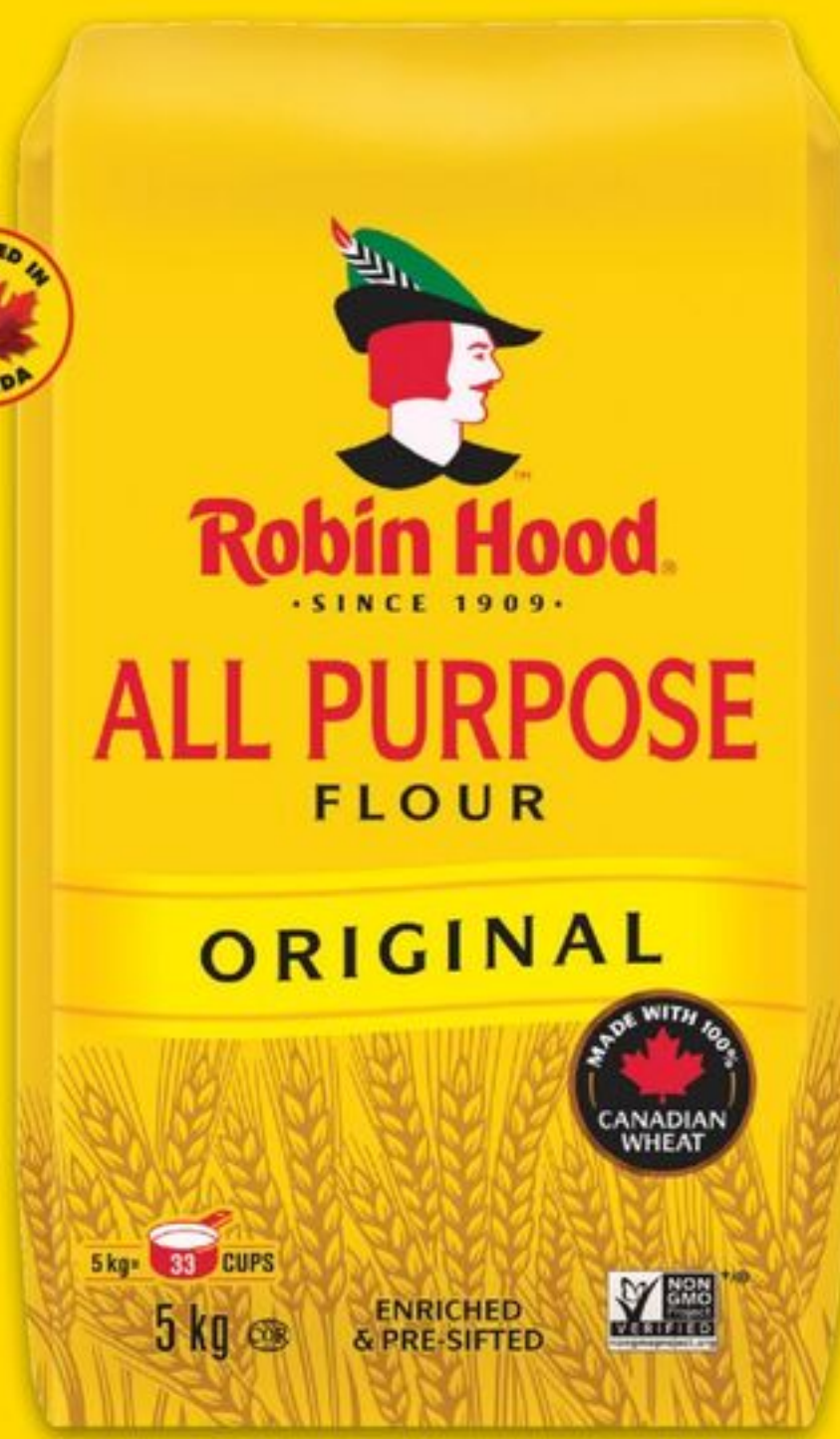
MCCAIN PIZZA POCKETS
selected varieties, frozen
540/600 g
gâchettes de pizza
21047833_EA



**NEW
LOWER
PRICES**

4⁷⁵

PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20312227_EA

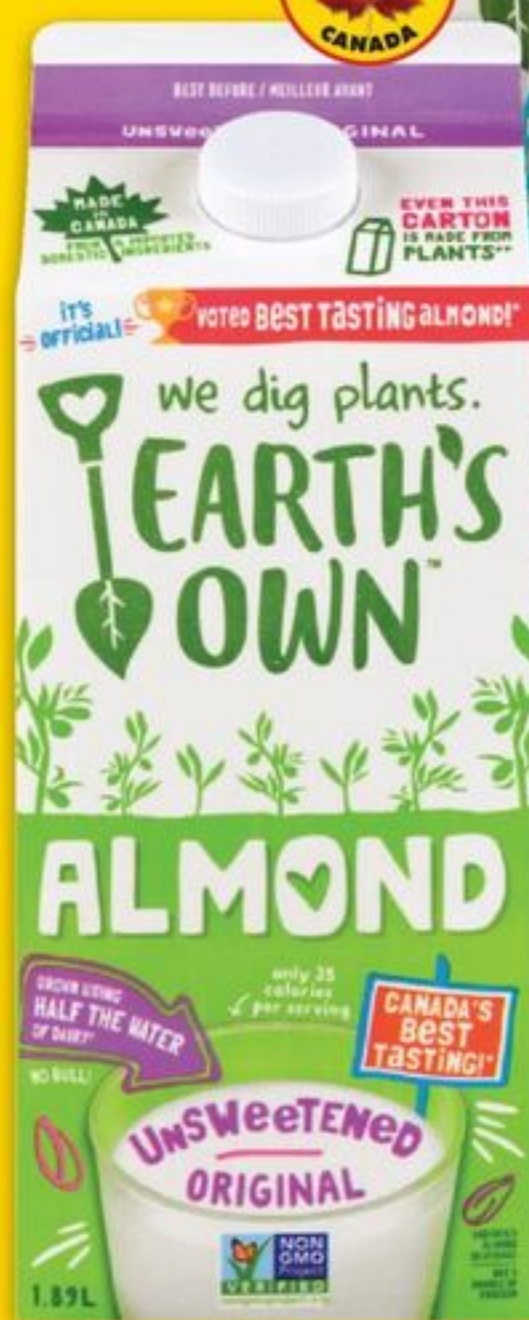


\$10

ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
5 kg
farine
20149342001_EA

5⁵⁰

SCHNEIDERS BREAKFAST SANDWICH or EGG BITES
selected varieties frozen
204-288 g
sandwich déjeuner ou bouchées aux œufs
21623288_EA/21623323_EA



3⁵⁰

EARTH'S OWN ALMOND or SOY BEVERAGE
selected varieties, refrigerated
1.75/1.89 L
boisson aux amandes ou soya
20327647_EA/21586394_EA

\$5

CHAPMAN'S SUPER NOVELTIES
selected varieties, frozen
8-18's
friandises glacées
20115332_EA/20117581001_EA



6⁵⁰

FRUTÉE ICE CREAM
selected varieties,
frozen
270 mL
crème glacée
21701523_EA



7⁵⁰

MUSAFIR BUTTER CHICKEN BITES or PANEER BURGERS
bouchées de poulet au beurre ou burgers paneer
21705194_EA/21705196_EA



\$5

M&M'S or MARS CHOCOLATE POUCHES
selected varieties
155-170 g
chocolat
21571767_EA/21571768_EA



\$3

TWIZZLERS CANDY or JOLLY RANCHER ROPE
selected varieties
friandises
20022328004_EA



7⁵⁰

SAMYANG NOODLES
selected varieties
650 g
nouilles
21450283_EA



1⁵⁰

LIPTON or KNORR SOUP MIX
selected varieties
40-145 g
mélange à soupe
20297314001_EA/20308188001_EA



\$5

PAM COOKING SPRAY
selected varieties
141/170 g
vaporisateur à cuisson
20178204001_EA



\$6

NESTLÉ CARNATION HOT CHOCOLATE MIX
selected varieties
400/450 g
mélange à chocolat chaud
21397996_EA



3⁷⁵

NO NAME® DISINFECTANT WIPES
selected varieties
75's
lingettes désinfectantes
21386780_EA



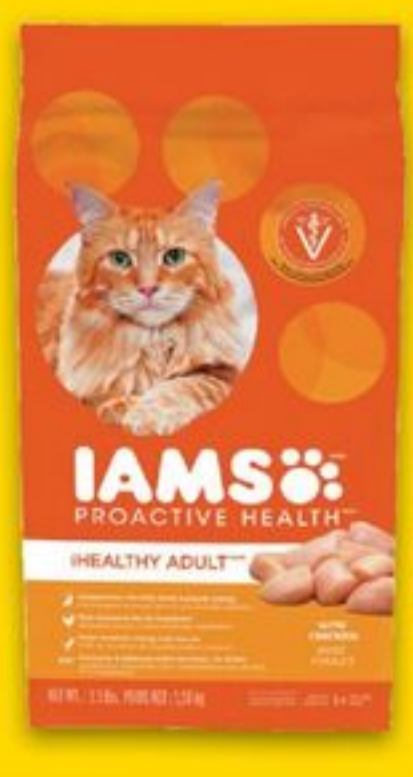
\$7

PC® BATHROOM TISSUE or FACIAL TISSUE
12x24 rolls or 6x126 sheets
papier hygiénique ou mouchoirs
20181283_EA/21450718_EA



\$12

IAMS DRY CAT FOOD
selected varieties
1.36/1.59 kg
nourriture sèche pour chats
21027553_EA



NATURAL FOODS AT LOW PRICES

\$4



GT'S KOMBUCHA
selected varieties
480 mL
kombucha
20374106, EA/20906034003, EA

8⁹⁹



DAIYA PIZZA
gluten free
selected varieties, frozen
354-550 g
pizza
20923827, EA

3⁵⁰



EARTH'S OWN BARISTA 946 mL or
VITA COCO COCONUT WATER 1 L
selected varieties
boissons à l'avoine ou eau de noix ce coco
20332922, EA/21643665, EA



QUE PASA TORTILLA CHIPS
selected varieties
156-350 g
croustilles de tortilla
21031316, EA

3⁵⁰



SKINNY POP POPCORN
selected varieties
125/150 g
maïs soufflé
20785418001, EA

8⁹⁹



KIND MINIS or THINS
selected varieties
200/210 g
barres
21125232, EA/21554179, EA

4⁵⁰



THE GOOD CRISP CHIPS
selected varieties
160 g
croustilles
21535581, EA

\$5



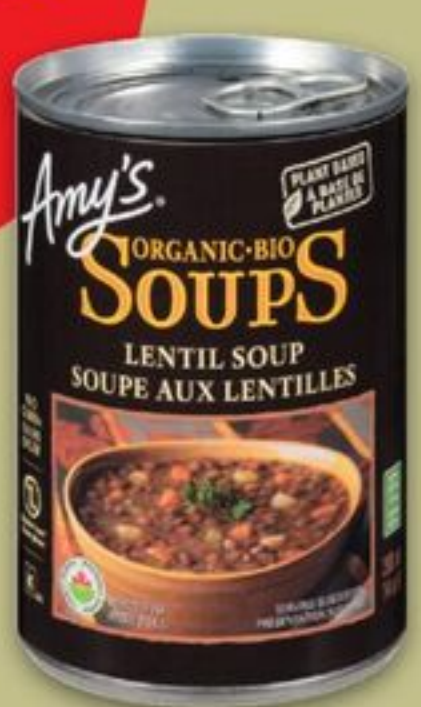
CHICKAPEA HIGH PROTEIN GLUTEN-FREE PASTA
selected varieties
227 g
pâtes sans gluten
21597621, EA

12⁹⁹



LUNDBERG RICE
selected varieties
907 g
riz
20652730, EA

4⁴⁹



AMY'S PLANT-BASED ORGANIC SOUP
selected varieties
398 mL
soupe
20305535002, EA

\$11



RX BAR MINIS
or 5's
selected varieties
208-275 g
barres
21540999, EA/21541007, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL INFO NV

BABY ESSENTIALS AT LOW PRICES



26⁹⁷

PAMPERS EASY UPS or **NINJAMA'S TRAINING PANTS**
selected varieties
34-74's
sous-vêtements d'entraînement
21089401 EA/21089456 EA



7⁹⁹

HUGGIES 2X/3X BABY WIPES
selected varieties, 112-192's
lingettes
20358604 EA/21086935 EA



34⁹⁷

ENFAGROW A+ INFANT NUTRITIONAL SUPPLEMENT
selected varieties
907 g
supplément nutritionnel pour nourrissons
21698898 EA



9⁵⁰

PEDIASURE COMPLETE
selected varieties
4x235 mL
boisson nutritive pour enfants
2032241001 EA/20322414002 EA

1⁹⁹



BABY GOURMET ORGANIC FRUIT or VEGETABLE BABY FOOD POUCHES or **JARS**
selected varieties, 113-128 mL
pots d'aliments pour bébé ou sachets d'aliments pour bébé biologiques
20616541001 EA/21122983 EA

4⁵⁰



AMARA ORGANIC INFANT SMOOTHIE MELTS
selected varieties, 23 g
smoothie fondant biologique
21426267 EA/21703352 EA

2⁹⁹



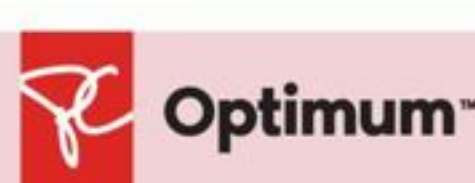
BABY MUM MUM'S WAFER STICKS 70 g or **MUM MUM SNAX CHICKPEA CRISP** 50/60 g
bâtonnets de gaufrettes pour bébé
21291768 EA

4²⁷



Q-TIPS COTTON SWABS
500's
cotons-tiges
2032077001 EA

App exclusive offer



Earn
10,000
pts
For every \$50*
spent

That's
\$10
value



HUGGIES IN THE BABY DEPARTMENT
selected varieties and sizes
couches
20963841 EA/21172500 EA/
21371199 EA/21401195 EA/
21456748 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

3⁵⁰



CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
dentifrice
21041420, EA/21354024, EA



\$6

COLGATE TOOTHPASTE
70-133 mL, 2x120/150 mL, or 2's
MANUAL TOOTHBRUSH
selected varieties
dentifrice ou brosse à dents manuelle
20110327002, EA/21164650, EA

\$11



AVEENO LOTION
selected varieties
532 mL
lotion
201020233001, EA/201020233003, EA



\$5

DOVE BAR SOAP 3x106 g,
BODY WASH 325 mL,
DEODORANT 45-76 g or **HAIR CARE** 142-198 g/195-355 mL
selected varieties
pain de savon au nettoyant pour le corps ou
déodorant ou soins capillaires
21220717, EA/21644832, EA

7⁵⁰



IVORY BODY WASH PUMP
selected varieties
1035 mL
nettoyant pour le corps
21432577, EA/21432666, EA



\$18

POISE PADS or DEPENDS UNDERWEAR
selected varieties and sizes
12-60's
serviettes ou sous-vêtements
21023579, EA/21302119, EA

3²⁵



HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21247098, EA/21247099, EA



\$3

MEN'S or LADY'S SPEED STICK DEODORANT
selected varieties
45-85 g
déodorant
20348223001, EA/20847071, EA

9⁵⁰



TYLENOL CHILDREN'S or INFANTS PAIN RELIEF PRODUCTS
selected varieties
16-20's / 24-100 mL
produits analgésiques pour enfants
20329139001, EA

\$12



ENSURE or GLUCERNA READY TO DRINK SHAKES
selected varieties
6's
boissons frappées prêtes à boire
201802833003, EA/20304767001, C06

ALWAYS

\$5



LIFE BRAND® LIQUID HAND SOAP REFILL
selected varieties
2 L
recharge de savon liquide pour les
mains
21357613003, EA/21357613004, EA

RAMADAN KAREEM

رمضان كريم



\$8

SUFRA HALAL CHICKEN DRUMSTICKS
fresh, up to 840 g
piles de poulet halal
21427840 EA



4.99

DEGLET NOUR PITTED DATES, or ORGANIC PITTED DATES
product of Tunisia or
HONEY PITTED DATES
product of Iran
dates
21562279001 EA/20772841 EA/21217809001 EA



3.99

SURAJ® DRY BEANS or LENTILS
selected varieties
1.8 kg
lentilles ou haricots secs
20558757 EA/20558758 EA



8.99

QUALITY BASMATI RICE
3.63 kg
riz basmati
20787290 EA



App exclusive offer



Member Price

\$11.99

Non-Members

\$13.99

Members Save \$2

SHER DURUM ATTA
9.07 kg
farine
20657367 EA



RAMADAN KAREEM

رمضان كريم

\$8

SUFRA® HALAL CHICKEN DRUMSTICKS
fresh, up to 840 g
pilons de poulet halal
31427840 EA



SUFRA® PROBIOTIC YOGURT
selected varieties
750 g
yaourt aux probiotiques
21246557 EA

2²⁹

\$2

SURAJ® JUICE
selected varieties
1 L
jus
21001004 EA



\$5

SURAJ® NAAN
selected varieties
10's
naan
20345261 EA



1²⁹

SURAJ® BEANS
selected varieties
540 mL
legumineuses
20340264 EA

7⁵⁰

MUSAFIR OMELETTE BITES
336 g
bouchées d'omelette
21705242 EA



7⁵⁰

MUSAFIR PANEER NUGGETS
480 g
poisettes de paneer
21705222 EA



7⁵⁰

MUSAFIR PANEER BITES
selected varieties
336 g
bouchées de paneer
21705580 EA



7⁵⁰

MUSAFIR PANEER BURGERS
480 g
burgers de paneer
21705194 EA/21705196 EA

4⁹⁹

AHMAD TEA
selected varieties
200 g
thé
20784225 EA



1²⁹

TAMAM BEANS
selected varieties
540 mL
legumineuses
21314370 EA

1⁷⁹

TAMAM ROSE or ORANGE BLOSSOM WATER
selected varieties, 300 mL
eau de rose ou de fleur d'oranger
21217099 EA/21217237 EA



3⁹⁹

TAMAM PICKLES or OLIVES
selected varieties, 600 g/1 L
cornichons ou olives
21227887 EA/21230682 EA

App exclusive offer



Earn
1,000
pts
For every \$5*
spent

That's
\$1
value

ALL SURAJ® AND SUFRA® PRODUCTS

products
20838931 EA/20618034 EA/20379701 EA/
21179709 EA/21246557 EA



Earn
1,000
pts
For every \$5*
spent



That's
\$1
value



ALL ROOSTER®, NONGSHIM, DAN-D, LEE KUM KEE AND SAMYANG PRODUCTS

(excl. Rooster Jasmine Rice 8 kg)
products
21295298 EA/21367021 EA/21450283 EA





恭賀新禧

.98
LB

DAIKON product of China,
NAPA or **TAIWANESE**
CABBAGE
product of Mexico, or U.S.A.
2.16/kg
daikon ou chou napa ou chou taiwanais
20082109001_KG/20015025001_KG



1.88
LB

ASIAN BROWN or
YELLOW PEARS or
FUJI APPLES
product of China
4.14/kg
poires ou pommes
20314943001_KG/20035618001_KG



1.88
LB

GINGER ROOT
product of China
4.14/kg
racine de gingembre
20179038001_KG



1.88
LB

PAPAYA
product of Mexico
4.14/kg
papaye
20817066001_KG

4.88
LB

GUAVA
product of Taiwan
10.76/kg
goyave
20162500001_KG



.88
PKG OF 3

ROOSTER® GARLIC
product of China
oil
21004355001_EA



3.88

AUTHENTIC ASIA ENTRÉES
selected varieties, frozen
258-350 g
plats cuisinés
20958324_EA



9.48

SEAQUEST® WHOLE TILAPIA 1.36 kg or
WHOLE POMPANO 800 g
frozen
tilapia entier ou pompano entier
21591947_EA/21592084_EA



.98

GOLDEN HAPPINESS SPECIALTY BUNS
selected varieties, 100 g
brioches de spécialité
21297543_EA



1.78

T&T® ORGANIC KONJAC NOODLES
200 g
nouilles konjac biologiques
21099839_EA



3.88

LUNAR NEW YEAR ORIGINAL TWO-BITE CUPCAKE
300 g
petit-gâteau
21431082_EA





恭賀新禧

2⁸⁸

ROOSTER® CORN STARCH
454 g
féculé de maïs
21047841, EA



8⁸⁸

BILLY BEE HONEY
1 kg
miel
20528715, EA

2⁴⁸

ROOSTER® SWEETENED CONDENSED MILK
selected varieties
300 mL
lait condensé sucré
20126907, EA



4⁸⁸

LEE KUM KEE SRIRACHA MAYO
445 mL
mayonnaise à la sauce sriracha
20775047, EA

1⁸⁸

GARDEN CREAM WAFERS
selected varieties
200 g
gaufrettes
20312830003, EA



4⁹⁸

M.Y. SAN SKY FLAKES CRACKERS
800 g
craquelins
21174798, EA



.88

KOPIKO CANDY
selected varieties
120 g
friandises
21094799, EA



4⁵⁰

T&T® MATCHA SWISS ROLL
350 g
roulées suisses
21682116, EA



1⁸⁸

MEIJI HELLO PANDA SNACKS 60 g or **T&T® ALOE VERA DRINK** 1.5 L
selected varieties
collations ou boisson à l'alcool
20393585, EA/21183381, EA



2²⁸

SPRINGHOME SPRING ROLL PASTRY
Frozen
400 g
pâte pour rouleaux de printemps
20131105, EA



2⁸⁸

HI-CHEW CANDY
selected varieties
90/100 g
friandises
21380659, EA



4⁴⁸

LOTTE MOCHI ICE CREAM
selected varieties, frozen
270 g
mochi
21247111, EA



4⁸⁸

O'TASTY DUMPLINGS
selected varieties, frozen
567 g
boulettes
20319243001, EA



6⁸⁸

SHAOMEI DESSERT BAR
selected varieties, frozen
280 mL
barre dessert
21431403, EA



19⁸⁸

FINISH AUTO DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
20318875, EA/21561337, EA



5⁴⁸

LYSOL WIPES 75/84 ct. **DISINFECTANT SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
lingettes ou vaporisateur désinfectant ou tout usage à gâchette
20314311001, EA/21449826, EA



12⁴⁸

TRU EARTH LAUNDRY DETERGENT ECO-STRIPS 32's or **SCENT BOOSTERS** 200 g
détergent à lessive ou rehausseurs de parfum
21425514, EA



AVAILABLE AT SELECT LOCATIONS ONLY

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HOT POT ESSENTIALS

1⁹⁸
LB



JAPANESE SWEET YAMS
product of U.S.A.
4.37/kg
ignames
20524922001_KG



PC® ORGANICS BABY KING OYSTER, ENOKI or SHITAKE MUSHROOMS or PC® OYSTER MUSHROOMS
product of Ontario
100-170 g
champignons
21548173_eo/20626629_eo

3⁸⁸

1⁴⁸



BEAN SPROUTS
product of Canada
germes de soja
20558232001_EA

1²⁸
LB



CASSAVA
product of Costa Rica
2.82/kg
manioc
20087682001_KG

12⁸⁸



T&T® SLICED BEEF PLATE ROLLS
340 g
rouleaux de bœuf tranché
21570476_EA

13⁸⁸



T&T® LAMB SHOULDER ROLLS
fresh
340 g
rouleaux d'épaule d'agneau
21570410_EA

1⁸⁸



ROOSTER™ LONGKOU VERMICELLI 8x50 g
or **T&T® SWEET POTATO VERMICELLI** 400 g
vermicelles
21295299_EA/21447369_EA

4⁸⁸



FOREWAY SESAME OIL 370 mL or **LEE KUM KEE CHIU CHOW CHILI OIL** 205 g
selected varieties
huile de sésame ou huile de piments
20387680_EA/21567021_EA

11⁸⁸



T&T® DRIED SHITAKE MUSHROOMS
454 g
champignons séchés
21426418_EA

.88



LEE KUM KEE SEAFOOD HOT POT SOUP BASE
selected varieties
40 mL
base de soupe hot pot
21384051_EA

1⁸⁸



SUNRISE MEDIUM FIRM TOFU
selected varieties, 454 g
tofu mi-ferme
20022329_EA

2⁸⁸



LAO GAN MA CHILI CRISP 210 g or **LEE KUM KEE PREMIUM SOY SAUCE** 500 mL
selected varieties
chili épici croustillant ou sauce soja
20026320_EA/20874066_EA

3⁸⁸



SPAM LUNCHEON MEAT
340 g
pain de viande
21450739_EA

5⁹⁸



T&T® HEAD ON SHELL ON SHRIMP, RAW 30/40 per lb, 400 g, or **COOKED** 21/25 per lb, 300 g
selected varieties, frozen
crevettes
21689820_EA/21489948_EA

6⁹⁸



TRADITIONS FISH BALLS 750 g or **SHRIMP BALLS** 650 g
frozen
boules de poisson ou crevettes
21592065_EA/21593537_EA

SOUTH ASIAN FLAVOURS AT LOW PRICES

1²⁹
LB



RED CARROTS
product of China
2.84/kg
carottes rouges
21618319001_KG

1⁹⁹
LB



LONG EGGPLANT
product of Mexico, Honduras or Dominican Republic
4.39/kg
aubergine longue
20159013001_KG

.99



CILANTRO or BUNCH MINT
product of Mexico or U.S.A.
menthe ou coriandre en botte
20139326001_EA/20091825001_EA

3⁴⁹



CRISPY ROTI
selected varieties
15's
roti
21195569_EA

\$12

HALAL



SUFRA® HALAL CHICKEN THIGHS
boneless, skinless
up to 736 g
haché de cuisses de poulet halal
21647999_EA

\$16

HALAL



AUSTRALIAN LEAN GROUND LAMB
fresh
2x350 g
agneau haché maigre
21682482_EA

\$10



ZABIHA HALAL CHICKEN
selected varieties,
frozen
800/908 g
21192505_EA

1²⁵



KURKURE SNACKS
selected varieties
115 g
collations
20659742_EA/21361077_EA

\$2



FROOTI MANGO JUICE
1 L
jus de mangue
20041155_EA

9⁹⁹



WAGH BAKRI PREMIUM TEA
907 g
thé
20375231_EA

2²⁹



SURAJ® DAHI YOGURT
selected varieties
750 g
yogourt dahi
20599532_EA

\$4



HAPPY DAIRY PANEER
300 g
paneer
21343632_EA

1⁴⁹



NATIONAL CUSTARD
selected varieties
300 g
crème anglaise
20130570_EA/20430289001_EA

2⁹⁹



PRAN SAMOSA or SPRING ROLLS
selected varieties, frozen
400 g
samosas ou rouleaux de printemps
21054779_EA/21054846_EA

5⁹⁹



BRAR'S SAMOSA
selected varieties, frozen
624 g
samosas
21000033_EA

5⁹⁹



BRAR'S GULAB JAMUN
selected varieties, frozen
850 g
gulab jamun
20347537_EA

7⁵⁰



BRAR'S DAIRY DAHI
3.25%
1.8 kg
21576316_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 05 NFO



BUDGETS LOVE YELLOW

(So switch)

\$6



**NO NAME®
NAPKINS**
500's
serviettes
20306897_EA

5⁵⁰



**NO NAME®
COMPOSTABLE
KITCHEN BAGS**
20's
sacs de cuisine compostables
20179960_EA

2²⁹



**NO NAME®
DISHWASHING LIQUID**
800 mL
détergent liquide à vaisselle
21309894_EA

\$2



**NO NAME®
WHITE VINEGAR**
Club Size
4 L
vinaigre blanc
20102756_EA

3⁵⁰



**NO NAME®
BLEACH**
selected varieties
2.4 L
eau de Javel
21486532_EA

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*Standard message and data rates may apply.

App exclusive offer



January 29 to February 4, 2026



for every \$100* spent on any combination of Boston Pizza, DoorDash, Gap Inc. Brands, Google Play, The Keg, and Ultimate Dining Card gift cards.



*Google Play gift card purchases are subject to a \$200 limit. Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on any combination of Boston Pizza, DoorDash, Gap Inc. Brands, Google Play, The Keg, Ultimate Dining Card, Harvey's, and Swiss Chalet cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. All other trademarks are property of their respective owners.

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when you spend \$30 or more on fuel.*

Jan 29 – Feb 1



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The **NOFRILLS** thing to do.

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‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

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